

SMARTWIZ

GRADE 12 LIFE ORIENTATION EXAM

MARKS: 100

TIME: 2 HOURS

SCHOOL _____

CLASS (eg. 4A) _____

SURNAME _____

NAME _____

MARKS	
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Instructions for Learners:

- Read all instructions carefully before you begin the exam.
- Write your full name and student number clearly on the answer sheet/book.
- Answer all questions unless otherwise instructed.
- Show all your work/calculations where necessary.
- Write neatly and clearly.
- Use only a blue or black pen. Do not use correction fluid or tape.
- Electronic devices (calculators, cell phones, etc.) are not allowed unless explicitly permitted.
- Raise your hand if you have any questions.
- Do not talk to other learners during the exam.
- Any form of dishonesty will result in immediate disqualification from the exam.

This exam consists of Five pages, including the cover page.

SECTION A: TRUE OR FALSE (10 marks)

Write **True** or **False** next to each statement. (1 mark each)

1. Adolescence is the stage between childhood and adulthood where physical and emotional changes occur. _____
2. HIV can be transmitted through sharing utensils. _____
3. Stress always has negative effects on the body. _____
4. Financial planning involves spending money without keeping track of expenses. _____
5. A learner's rights include the right to quality education and freedom of expression. _____
6. Gender stereotyping can limit opportunities for individuals. _____
7. Volunteering benefits only the community, not the volunteer. _____
8. Positive self-esteem helps in building healthy relationships. _____
9. Conflict is always harmful and should be avoided at all costs. _____
10. Healthy eating affects both physical and mental well-being. _____

SECTION B: FILL IN THE BLANKS (15 marks)

Fill in the missing word(s) in the sentences below. (3 marks each)

1. The process of making choices about your future career based on your interests and abilities is called _____.
2. _____ is the ability to understand and share the feelings of others.
3. The legal age to vote in South Africa is _____.
4. The three main components of emotional intelligence are self-awareness, self-regulation, and _____.
5. When budgeting, it is important to differentiate between _____ and _____ expenses.

SECTION C: CASE STUDY ANALYSIS (30 marks)

Case Study:

Sipho is a young man from a township who recently completed Grade 12. He wants to start a small business but has limited funds and no prior experience. He is worried about finding customers and managing the business. Sipho's community has limited access to electricity and internet.

Questions:

1. Identify two challenges Sipho might face when starting his business. (4)

2. Suggest two community resources or organisations that could help Sipho. (4)

3. Explain how Sipho can develop his entrepreneurship skills despite limited resources. (6)

4. Discuss how financial literacy can impact the success of Sipho's business. (6)

5. Describe two qualities Sipho should develop to overcome challenges as a young entrepreneur. (5)

6. Suggest two ways Sipho can balance starting a business with other personal responsibilities. (5)

SECTION D: VISUAL INTERPRETATION (15 marks)

Below is a diagram showing the “Wheel of Wellness” with several interconnected components such as physical, emotional, social, intellectual, and spiritual wellness.



Questions:

1. Explain why it is important to maintain balance in all five areas shown in the diagram. (5)

2. Give one example of an activity that promotes physical wellness. (2)

3. How can improving social wellness benefit a learner's academic performance? (4)

4. Suggest two ways a person can nurture their spiritual wellness regardless of religion. (4)



SECTION E: REFLECTIVE QUESTION (15 marks)

Write a paragraph (about 120–150 words) reflecting on the following question:

“How can developing resilience help young people face the challenges of today's world?”

Your paragraph should:

- Define resilience
- Include examples of challenges young people face
- Explain how resilience can help overcome these challenges
- Suggest ways to build resilience

Use the lines below to write your response:

END OF EXAM

TOTAL: 100 MARKS

MEMO**✓ SECTION A: TRUE OR FALSE (10 marks)**

(1 mark each)

1. True
2. False
3. False (Stress can have positive effects in small doses)
4. False
5. True
6. True
7. False
8. True
9. False (Conflict can be constructive if managed well)
10. True

■ SECTION B: FILL IN THE BLANKS (15 marks)

(3 marks each)

1. Career planning / career decision-making
2. Empathy
3. 18 years
4. Motivation / social skills
5. Fixed / variable

■ SECTION C: CASE STUDY ANALYSIS (30 marks)

1. Challenges Sipho might face (any two, 2 marks each):

- Limited funds/capital
- Lack of business experience/skills
- Limited access to electricity/internet
- Difficulty finding customers due to location

2. Community resources or organisations (2 marks each):

- Local business development centres
- NGOs supporting youth entrepreneurship
- Small Enterprise Development Agency (SEDA)
- Community-based organisations or cooperatives

3. How Sipho can develop entrepreneurship skills (6 marks):

- Attend workshops or training offered by community centres or NGOs
- Use free online resources or mobile apps when possible
- Seek mentorship from experienced business owners in the community
- Practice managing small projects or informal sales to gain experience

4. Impact of financial literacy (6 marks):

- Helps in budgeting and managing expenses effectively
- Assists in understanding profits, losses, and reinvestment
- Prevents debt through wise borrowing and spending
- Enables setting realistic financial goals and savings

5. Qualities to develop (2.5 marks each):

- Resilience / perseverance to keep going despite obstacles
- Creativity and problem-solving skills to overcome challenges
- Good communication skills for dealing with customers and partners
- Patience and willingness to learn from mistakes

6. Ways to balance business with responsibilities (2.5 marks each):

- Time management and scheduling activities
- Seeking help or sharing responsibilities with family/friends
- Prioritizing tasks and setting clear goals
- Taking breaks to avoid burnout

SECTION D: VISUAL INTERPRETATION (15 marks)

1. Importance of balance in all wellness areas (5 marks):

- All areas are interconnected; neglecting one can affect others
- Balanced wellness leads to overall good health and quality of life
- Promotes harmony in physical, emotional, social, intellectual, and spiritual well-being

2. Example of activity promoting physical wellness (2 marks):

- Exercise (running, walking, playing sports)
- Eating healthy food
- Getting enough sleep

3. How social wellness benefits academic performance (4 marks):

- Builds support networks for encouragement and help
- Improves communication skills for group work and presentations

- Reduces stress through positive relationships
 - Enhances motivation and self-confidence
4. Ways to nurture spiritual wellness (2 marks each):
- Practicing mindfulness or meditation
 - Spending time in nature
 - Reflecting on personal values and purpose
 - Engaging in community service or acts of kindness
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SECTION E: REFLECTIVE QUESTION (15 marks)

Marking guide:

- Definition of resilience (3 marks)
- Examples of challenges young people face (3 marks)
- Explanation of how resilience helps overcome challenges (5 marks)
- Suggestions to build resilience (4 marks)

Sample points:

- Resilience is the ability to recover and adapt after setbacks or difficulties.
 - Challenges: peer pressure, unemployment, family issues, social inequality, mental health struggles.
 - Helps by enabling young people to stay motivated, learn from failures, and cope with stress.
 - Ways to build: positive mindset, support networks, goal setting, learning problem-solving skills.
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End of Memo

TOTAL : 100