

# SMARTWIZ

## GRADE 10 LIFE ORIENTATION EXAM

**MARKS: 80**

MARKS	

**TIME: 2 hours**

**SCHOOL** \_\_\_\_\_

**CLASS (e.g. 4A)** \_\_\_\_\_

**SURNAME** \_\_\_\_\_

**NAME** \_\_\_\_\_

### Instructions for Learners:

- Read all the instructions carefully before you begin the exam.
- Write your name and learner number clearly on the answer sheet/booklet.
- Answer all the questions unless otherwise instructed.
- Show all your work/calculations where applicable.
- Write neatly and legibly.
- Use only blue or black ink. *Do not use correction fluid or tape.*
- No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- Raise your hand if you have any questions.
- Do not talk to other learners during the exam.
- Any form of cheating will lead to disqualification.

**This test consists of 8 pages including the cover page.**

## SECTION A: MULTIPLE CHOICE & VISUAL INTERPRETATION (20 marks)

Study the diagram showing the stages of career planning below and answer the questions that follow.

*Self-awareness → Explore careers → Make decisions → Take action*

1. What is the **first step** in the career planning process? (1)

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2. Give one example of an action a learner can take in the "**Take action**" stage. (2)

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3. Why is self-awareness important when choosing a career? (2)

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4. Choose the correct answer:  
A CV should include:  
A) Your home address only  
B) Your favourite sport  
C) Your qualifications and work experience  
D) A photo of you at the beach  
**Correct answer:** \_\_\_\_\_ (1)

Look at the digital safety poster below:



5. List **two rules** shown in the poster for staying safe online. (2)

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6. What could happen if a learner shares too much personal information online? (2)

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7. Choose the correct answer:  
Which of the following is an example of **cyberbullying**?

- A) Posting kind messages
- B) Sharing someone's photos without permission
- C) Liking a friend's post
- D) Tagging someone in a joke

**Correct answer:** \_\_\_\_\_ (1)

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## SECTION B: SHORT ANSWER QUESTIONS (30 marks)

1. Define the term **digital footprint**. (2)

MYST PATHWORKS

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2. List three personal qualities that help in building **strong friendships**. (3)

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3. Describe **two challenges** teenagers face in maintaining mental well-being. (4)

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4. Suggest two ways schools can support learners' mental health. (2)

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5. What does it mean to have **self-motivation**? Give an example. (3)

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6. Define **gender equality** and give one example of it in school. (3)

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10. Suggest two ways communities can reduce teenage substance abuse. (3)

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"The importance of building healthy online habits in the digital world."

[illegible]

**SECTION D: ESSAY (20 marks)**

Choose ONE topic below and write an essay of 150–200 words.

- 1. How can developing emotional intelligence help teenagers make better decisions in relationships?
- 2. Discuss the importance of goal setting and planning for your future.
- 3. What can schools do to promote a safe and inclusive environment for all learners?

Handwriting practice lines with a watermark reading 'MYST PATHWORKS'.

**TOTAL : 80**

## **MEMO**

### **SECTION A: MULTIPLE CHOICE & VISUAL INTERPRETATION (20 marks)**

1. **Self-awareness** (1)
2. Examples:
  - Apply for job shadowing
  - Join an internship
  - Choose school subjects related to career goals (Any  $1 \times 2 = 2$ )
3. Self-awareness helps individuals understand their interests, strengths, and values, which guide career choices. (2)
4. Correct answer: **C) Your qualifications and work experience** (1)
5. Any 2 rules from the poster:
  - Keep passwords private
  - Don't talk to strangers
  - Think before you post  
( $2 \times 1 = 2$ )
6. Possible consequences:
  - Identity theft
  - Cyberbullying
  - Stalking or harassment  
(Any valid 2 = 2)
7. Correct answer: **B) Sharing someone's photos without permission** (1)

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### **SECTION B: SHORT ANSWER QUESTIONS (30 marks)**

1. **Digital footprint:**
  - The record of everything you do online, including posts, likes, and searches. (2)
2. Personal qualities:
  - Honesty, loyalty, respect, empathy, good communication (Any  $3 \times 1 = 3$ )
3. Mental well-being challenges:
  - Pressure to perform, social media anxiety, bullying, peer pressure (Any  $2 \times 2 = 4$ )
4. School support examples:

- Counselling services
- Mental health awareness programs  
(Any 2 = 2)

5. **Self-motivation:**

- Being driven to achieve goals without needing others to push you.  
Example: Studying for exams without reminders. (3)

6. **Gender equality:**

- Equal rights and opportunities for all genders.  
Example: Both boys and girls being allowed to join any school club or leadership role. (3)

7. Conflict resolution strategies:

- Listening actively
- Staying calm
- Seeking help from a mediator  
(Any 3  $\times$  1 = 3)

8. Responsible sexual decision considerations:

- Consent
- Use of protection
- Emotional readiness
- Respect for values and beliefs (Any 3  $\times$  1 = 3)

9. **Substance abuse:**

- The harmful use of drugs or alcohol for non-medical purposes. (2)

10. Community actions to reduce substance abuse:

- Youth awareness programs
- Support groups
- Stricter control of illegal substances  
(Any 2  $\times$  1½ = 3)

## SECTION C: PARAGRAPH RESPONSE (10 marks)

### Marking guide:

- Relevance to the topic: 4
- Logical flow and structure: 3

- Language and grammar: 3  
(10 marks total)

*Expected content:*

- The impact of internet use on mental health
- Setting screen time boundaries
- Thinking before posting
- Respecting others online

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## **SECTION D: ESSAY (20 marks)**

**Marking rubric (20 marks):**

- **Content and Relevance:** 10
- **Structure (Intro, Body, Conclusion):** 5
- **Language Use (grammar, spelling, punctuation):** 5

*Essays should show insight, be well-structured, and reflect real-life understanding of the topic chosen.*

**Total: 80 Marks**