

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: DEFINITIONS AND EXAMPLES (20 marks)

Define each term in your own words and provide a relevant example. (4 marks each)

1. Emotional resilience : _____
 2. Cultural diversity: _____
 3. Peer pressure : _____
 4. Work-life balance : _____
 5. Conflict resolution : _____
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SECTION B: SCENARIO-BASED MULTIPLE CHOICE (20 marks)

Read each scenario and choose the best answer. Write the letter (A–D) only.

1. Thabo feels overwhelmed by schoolwork and family problems. What is the BEST step he can take to manage stress?
 - A) Ignore the problems and hope they go away
 - B) Talk to a trusted adult or counsellor
 - C) Drop out of school
 - D) Keep everything to himself
 2. A learner witnesses bullying at school. What should they do?
 - A) Join in to fit in with the bullies
 - B) Tell a teacher or responsible adult
 - C) Pretend it's not happening
 - D) Record the bullying and share it online
 3. Which of the following best illustrates cultural diversity?
 - A) Everyone in a community speaks the same language
 - B) A school celebrates different cultural festivals from around the world
 - C) Only one type of food is served in the school cafeteria
 - D) Everyone dresses in identical uniforms without variation
 4. What is a healthy way to resolve a conflict between friends?
 - A) Avoid the friend forever
 - B) Yell at each other until one gives up
 - C) Discuss feelings openly and listen to each other
 - D) Ignore the problem hoping it will resolve itself
 5. Which of the following is NOT a benefit of maintaining a good work-life balance?
 - A) Improved mental health
 - B) Increased stress levels
 - C) Better relationships with family and friends
 - D) Greater productivity
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SECTION C: DATA INTERPRETATION (25 marks)

Study the data below showing percentages of South African youth aged 15–24 involved in various health risk behaviours.

Behaviour	Percentage (%)
Smoking tobacco	18
Alcohol consumption	35
Unprotected sex	27
Physical inactivity	40
Drug use (illicit)	10

Answer the questions below in full sentences.

1. Which risk behaviour is the most common among South African youth? (3 marks)

2. Identify two health risks associated with unprotected sex. (4 marks)

3. Suggest two strategies schools can implement to reduce alcohol consumption among learners. (6 marks)

4. Explain why physical inactivity can affect mental health as well as physical health. (6 marks)

5. What role can peers play in encouraging healthy behaviour? Give two examples. (6 marks)

SECTION D: PERSONAL DEVELOPMENT PLAN (15 marks)

You want to improve your leadership skills over the next 6 months.

1. List three SMART goals related to leadership development. (6 marks)

2. Describe two activities you could do to develop your leadership skills. (6 marks)

3. Explain how you will measure your progress towards your goals. (3 marks)

SECTION E: ESSAY (20 marks)

Write an essay of about 250 words on the following topic:

“The impact of social media on the mental health of young people.”

Your essay should include:

- Introduction to social media usage
 - Positive and negative effects on mental health
 - Ways to promote healthy social media habits
 - Conclusion summarising your views
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END OF EXAM

TOTAL: 100 MARKS

MEMO**SECTION A: DEFINITIONS AND EXAMPLES (20 marks)**

(4 marks each: 2 for definition, 2 for example)

1. Emotional resilience

- Ability to recover quickly from emotional difficulties or stress.
- Example: Staying calm and positive after failing a test.

2. Cultural diversity

- Presence of different cultural or ethnic groups within a community.
- Example: Celebrating different cultural festivals at school.

3. Peer pressure

- Influence from people of similar age to conform to certain behaviours.
- Example: Friends encouraging someone to try smoking.

4. Work-life balance

- Managing time and energy between work/study and personal life.
- Example: Setting time aside for family and hobbies outside of school.

5. Conflict resolution

- Process of resolving disagreements through communication and compromise.
- Example: Talking through a misunderstanding with a friend to restore the relationship.

SECTION B: SCENARIO-BASED MULTIPLE CHOICE (20 marks)

(2 marks each)

1. B) Talk to a trusted adult or counsellor
2. B) Tell a teacher or responsible adult
3. B) A school celebrates different cultural festivals from around the world
4. C) Discuss feelings openly and listen to each other
5. B) Increased stress levels

SECTION C: DATA INTERPRETATION (25 marks)

1. Most common risk behaviour:

- Physical inactivity (40%) (3 marks)

2. Two health risks of unprotected sex:

- Risk of sexually transmitted infections (STIs)
- Risk of unplanned pregnancy (4 marks)

3. Two strategies to reduce alcohol consumption:

- Implement educational programmes on alcohol risks
- Provide extracurricular activities as alternatives to drinking
- Peer mentoring and support groups (6 marks)

4. Physical inactivity affects mental and physical health because:

- Lack of exercise can lead to obesity and poor physical health
- Physical activity releases endorphins which improve mood and reduce anxiety/depression (6 marks)

5. Peers' role in encouraging healthy behaviour:

- Encouraging friends to participate in sports or clubs
- Supporting each other to avoid risky behaviours like drinking or drug use (6 marks)

SECTION D: PERSONAL DEVELOPMENT PLAN (15 marks)

1. Three SMART goals (each 2 marks):

- Example: "I will lead my class project team to complete tasks on time by the end of this term."
- Example: "I will attend two leadership workshops in the next three months."
- Example: "I will improve my public speaking by practicing once a week."

2. Two activities to develop leadership skills (3 marks each):

- Joining a student council or leadership club
- Volunteering to organize school events or community projects

3. Measuring progress (3 marks):

- Keeping a journal of activities and reflections

- Getting feedback from teachers and peers
 - Tracking completion of leadership tasks or goals
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SECTION E: ESSAY (20 marks)

Marking rubric:

- **Introduction (3 marks):** Clear explanation of social media use among youth
 - **Positive effects (4 marks):** Connecting with friends, access to information, support networks
 - **Negative effects (4 marks):** Anxiety, cyberbullying, addiction, poor self-esteem
 - **Ways to promote healthy use (4 marks):** Time limits, critical thinking, digital detoxes, parental guidance
 - **Conclusion (3 marks):** Summary of balanced view and suggestions for mindful usage
 - **Language and structure (2 marks):** Clear, well-organized, grammar/spelling
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End of memo

TOTAL : 100

MYST PATHWORKS