SMARTWIZ

GRADE 9 LIFE ORIENTATION EXAM

MARKS: 80	MARKS	
TIME: 2 hours		
SCHOOL		_
CLASS (e.g. 4A)		
SURNAME		
NAME		_
MYST PATHW	ORK	S

Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. * Do not use correction fluid/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 students during the exam.
- > Any form of cheating will result in disqualification.

This test consists of 8 pages, excluding the cover page.

SECTION A: DEVELOPMENT OF THE SELF IN SOCIETY (20 MARKS)

1.	Define the term self-esteem in your own words.
(2)	
2.	List three factors that can influence a teenager's self-esteem.
	a)
	b) c)
	(3)
3.	Explain how social media can have both positive and negative effects on self-image.
	Positive: Negative:
	(4)
4.	Read the scenario below and answer the question:
and do	is constantly teased at school because he wears glasses and is quiet. He has started avoiding class oesn't speak to anyone. at kind of bullying is Sipho experiencing? ggest two ways the school could support Sipho.
1.	
2.	
(5)	
5.	Suggest three ways teenagers can build healthy relationships with others.
(6)	

☼ SECTION B: HEALTH, SOCIAL AND ENVIRONMENTAL RESPONSIBILITY (20 MARKS)

1. Define substance abuse.

2)	
(2)	
2.	Identify two common substances that are abused by teenagers.
	a) b)
	(2)
3. 4.	Explain two negative effects that substance abuse can have on a young person's life.
5.	
(4)	
4.	What is the importance of participating in physical activity regularly? Give two reasons.
5.	
6.	
(4)	
5	Match the environmental problem in Column A with the correct consequence in Column B:
	DATE FORTING TO A FIRST TO A CO. TO THE O
	r pollution i) Animals losing their habitats
b) De	forestation ii) Dirty and unsafe drinking water
c) Wa	ter pollution iii) Difficulty in breathing
a)	
b)	
c) (3)	
6	Suggest two ways your salesal can halp protect the anying property
7.	Suggest two ways your school can help protect the environment.
8.	
(5)	

1. What is the **Bill of Rights**?

(3)	
2.	Identify two rights learners have at school.
	a)
	b)
	(2)
3.	What is discrimination ? Give an example from school life.
	Definition:
	Example:(4)
4.	Read the following case and answer the questions below:
	up of learners refused to include another learner in their sports team because of her religion.
	ich human right is being violated?
b) Wh	at advice would you give to the learners who excluded her?
(4)	
` ′	
5.	How can learners promote inclusivity and respect for diversity at school? List three actions.
	a)
	a) b)
	c)
	(3)
6.	What is gender equality and why is it important?
(4)	
(+)	
4	CECTION D. CADEEDS AND CADEED CHOICES (20
	SECTION D: CAREERS AND CAREER CHOICES (20
MA	RKS)
-	
1.	What is a career path ?
	·

(2)

2.	Explain the difference between a job and a career . Job:
	Career:
	(4)
3.	Identify two personal qualities that are important when choosing a career.
٠.	a)
	b)
	(2)
4.	Complete the table below:
Caree	er Skill Needed Subject Required
Nurse	
Lawye	cr Communication
5.	What does the term lifelong learning mean?
	List three resources or places where you can find information about careers. a) b) c) (3)
7.	Why is goal setting important when planning your future career?
5)	

TOTAL: 80

MEMO

SECTION A: DEVELOPMENT OF THE SELF IN SOCIETY (20 MARKS)

1. Self-esteem:

Belief or confidence in one's own worth or abilities. $\checkmark\checkmark$

- 2. Three factors influencing self-esteem:
- Family support ✓
- Peer pressure ✓
- Physical appearance ✓
 (Other valid examples accepted)
- 3. Effects of social media:

Positive: Boosts confidence through compliments/support ✓ Negative: Can lead to comparison, low self-esteem ✓

4.

- a) Verbal/emotional bullying \checkmark
- b) Support:
 - Provide counseling ✓
 - Implement anti-bullying rules/peer support ✓
 - 5. Ways to build healthy relationships:
 - Communicate openly ✓
 - Respect others ✓
 - Be supportive and honest ✓

☼ SECTION B: HEALTH, SOCIAL AND ENVIRONMENTAL RESPONSIBILITY (20 MARKS)

1. Substance abuse:

Using harmful substances in a way that damages health or well-being 🗸

- 2. Substances commonly abused:
- Alcohol ✓
- Drugs (e.g., cannabis) ✓
- 3. Two negative effects:

- Poor academic performance ✓
- Addiction or health problems ✓

4. Benefits of physical activity:

- Improves physical health ✓
- Reduces stress/improves mental well-being ✓

5. Matching:

- a) iii **√**
- b) i **√**
- c) ii ✓

6. Ways school can protect environment:

- Start recycling programs ✓
- Plant trees or clean-up campaigns ✓

SECTION C: DEMOCRACY AND HUMAN RIGHTS (20 MARKS)

1. Bill of Rights:

A list of basic rights protected by the Constitution $\checkmark\checkmark\checkmark$

- 2. Learner rights at school:
- Right to education ✓
- Right to safety and dignity ✓

3. Discrimination:

Unfair treatment based on differences (race, religion, gender) ✓ Example: Excluding a learner because of religion ✓

4.

- a) Freedom of religion / equality 🗸
- b) Advice: Respect everyone regardless of beliefs ✓

5. **Promoting inclusivity:**

- Include everyone in activities ✓
- Celebrate cultural days ✓
- Speak out against discrimination ✓

6. Gender equality:

Equal treatment of all genders \checkmark

Importance: Promotes fairness, respect, and equal opportunity ✓

SECTION D: CAREERS AND CAREER CHOICES (20 MARKS)

1. Career path:

The progression of jobs and roles leading to your career goal $\checkmark\checkmark$

2.

Job: A short-term task for income ✓

Career: A long-term profession based on passion and growth ✓

3. Qualities:

- Determination ✓
- Creativity ✓ (Other suitable qualities accepted)

4.	MI	YST PA
Career	Skill Needed	Subject Required
Nurse	Empathy ✓	Life Sciences ✓
Lawyer	Communication ✓	History or English ✓

5. Lifelong learning:

Continuously gaining knowledge or skills throughout life 🗸 🗸

- 6. Career info sources:
- Internet ✓
- Career expos ✓
- Teachers or guidance counsellors ✓

Importance of goal setting:

- Helps track progress ✓
- Provides direction **✓**
- Motivates consistent effort ✓
- Makes dreams more realistic ✓
- Builds confidence ✓

TOTAL: 80