



RELAB EXERCISES/ WORKSHEETS

SUBJECT: LIFE ORIENTATION

TOPIC: GOALS AND GOAL-SETTING

GRADE 11 – WEEK 1



1.1 Define the following concepts:

- Goals.
- Goal-setting.

(4)

1.2 Distinguish between the types of goals:

- ☐ short-term,
- ☐ medium and
- ☐ long-term;

(6)

1.3 Outline the steps in planning and goal-setting.

1.4 Briefly explain why problem-solving skills are important for the youth.

(4)

1.5 Create a VISUAL BOARD in which you illustrate your life goals.

(4)

1.6 Briefly discuss the importance of prioritising life goals.

(4)

1.7 What is the difference between perseverance and persistence?

(4)

PTO

1.8 Read the case study below and answer the questions that follow.

Case Study:

It took discipline to write and pass despite all odds

Ayanda (18) faced the challenge of studying hard to pass matric, but also had to play the role of being a mother and father to her younger sisters. Her mother works far away and comes home once a month for a day. Her mother is the only provider for the family and has no other choice. Each morning Ayanda had to get her younger sisters up and dressed and walk them to school before returning to complete the household chores. She studied at home before fetching them from school, helping them, causing a distraction.

During exam time Ayanda's youngest sister became ill and she had to take her to the clinic regularly. She was also worried about her little sister. What motivated her to succeed was the fact that so many girls in her neighborhood were falling pregnant at a young age and had to leave school. The result was that they ended up walking the streets and creating problems for their families.

Ayanda wants to study electrical engineering or biotechnology at a university. She hopes to get a bursary. Otherwise she plans to study a short course. If all fails she intends to get a job and help her mother

- 1.8.1 What long term goal had Ayanda set for herself? (1)
- 1.8.2 What is she doing to achieve her long-term goal? (2)
- 1.8.3 List four challenges that she faced in working towards her goal? (4)
- 1.8.4 What motivated Ayanda to persevere and pass matric? (2)
- 1.8.5 What was Ayanda's back-up plan? (2)
- 1.8.6 If you were able to sponsor Ayanda to go to university, would you give her the chance. Give two reasons for your ANSWER. (2)

DISCUSS THIS ACTIVITY IN CLASS

**Assessment on:
Dream / Vision Board**

- Create your own vision board use where you outline your smart goals for the short, medium and long term.
- Study your completed vision board and provide an evaluation of the following:
 - i. What would be the possible **strengths** of your vision / goal?
 - ii. What would be the possible **weaknesses** of your vision /goals?
 - iii. What would be possible **opportunities** for your vision / goals?
 - iv. What would be the possible **threats** to your vision goals?

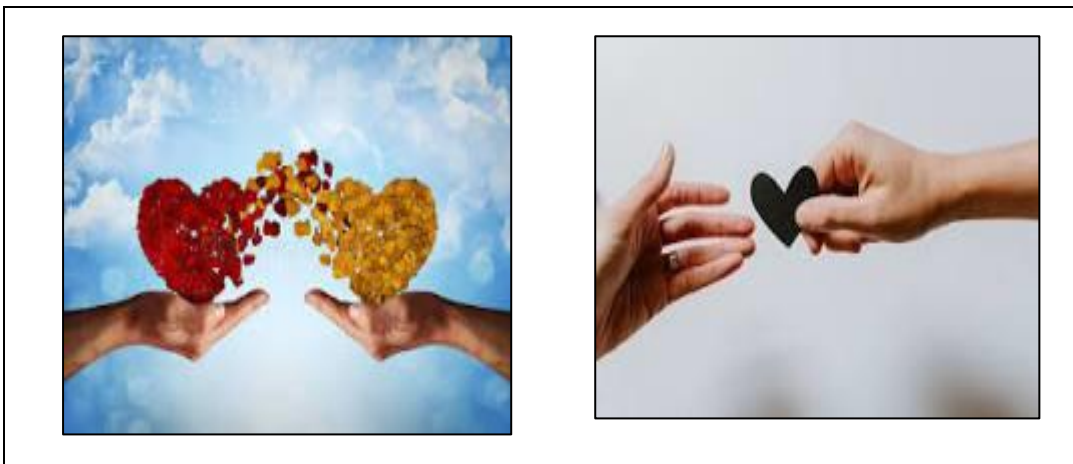


RELAB EXERCISES/ WORKSHEETS

SUBJECT: LIFE ORIENTATION

GRADE: 11 - WEEK 2

TOPIC: RELATIONSHIPS



1. Define the following concepts:
 - Relationship
 - Well-being(4)
2. **Explain** how relationships can influence by your well-being (2)
3. **Discuss** the different types of relationships with different people/ groups. (8)
4. What is your understanding of changing relationships? (2)

[16]

RELAB EXERCISES/ WORKSHEETS

SUBJECT: LIFE ORIENTATION

GRADE: 11 - WEEK 3

TOPIC: RELATIONSHIPS



Answer the questions below:

- 3.1 What are the FOUR qualities required in different relationships (4)
- 3.2 Name and explain TWO factors that contribute to a detrimental relationship. (4)
- 3.3 Explain one cultural view of relationships. (2)
- 3.4 Discuss TWO ways how cultural views can affect relationship. (4)
- 3.5 Why is Individuality important in relationships. (2)
- 3.6 Discuss the impact of the media on values and beliefs about relationships (4)



RELAB EXERCISES/ WORKSHEETS

SUBJECT: LIFE ORIENTATION

GRADE: 11 - WEEK 4

TOPIC: ADMISSION REQUIREMENTS



4.1 What are NSC requirements for obtaining the following:

- Certificate
- Diploma
- Degree

(15)

4.2 Choose one course you are interested and list admission requirements. (2)

4.3 What is an APS and what is it being used for? (4)

4.4 What is a career portfolio? (2)

4.5 How can you develop a career portfolio (steps to be followed) (5)

4.6 How can it help you? (6)

4.7 How can you use it? (3)

4.8 What is the difference between a:

- university qualification
- university of technology qualification; and
- college qualification

(6)



RELAB EXERCISES/ WORKSHEETS
SUBJECT: LIFE ORIENTATION

GRADE: 11 - WEEK 5
TOPIC: ADMISSION REQUIREMENTS

- 5.1 What is NBT? (2)
- 5.2 What is the purpose of NBT? (2)
- 5.3 What is the highest grade you need to pass in order to study at the following institutions (1)
- University of Technology (1)
 - TVET college

5.4 Use the information on Learner A, B and C to answer the following questions:

 NATIONAL SENIOR CERTIFICATE <table> <thead> <tr> <th>SUBJECT</th> <th>%</th> <th>LEVEL</th> </tr> </thead> <tbody> <tr> <td>Zulu Home Language</td> <td>59</td> <td>4</td> </tr> <tr> <td>English 1st Add Lang</td> <td>46</td> <td>3</td> </tr> <tr> <td>Life Orientation</td> <td>60</td> <td>5</td> </tr> <tr> <td>Maths Lit</td> <td>33</td> <td>2</td> </tr> <tr> <td>Tourism</td> <td>45</td> <td>3</td> </tr> <tr> <td>Geography</td> <td>30</td> <td>2</td> </tr> <tr> <td>B studies</td> <td>35</td> <td>2</td> </tr> </tbody> </table> This Candidate qualifies for a Higher Certificate	SUBJECT	%	LEVEL	Zulu Home Language	59	4	English 1 st Add Lang	46	3	Life Orientation	60	5	Maths Lit	33	2	Tourism	45	3	Geography	30	2	B studies	35	2	 NATIONAL SENIOR CERTIFICATE <table> <thead> <tr> <th>SUBJECT</th> <th>%</th> <th>LEVEL</th> </tr> </thead> <tbody> <tr> <td>Afrikaans Home Language</td> <td>61</td> <td>5</td> </tr> <tr> <td>English 1st Additional Lang</td> <td>50</td> <td>4</td> </tr> <tr> <td>Life Orientation</td> <td>62</td> <td>5</td> </tr> <tr> <td>Accounting</td> <td>47</td> <td>3</td> </tr> <tr> <td>Business Studies</td> <td>45</td> <td>3</td> </tr> <tr> <td>Economics</td> <td>57</td> <td>4</td> </tr> <tr> <td>Mathematics</td> <td>44</td> <td>3</td> </tr> </tbody> </table> This Candidate qualifies for a Diploma	SUBJECT	%	LEVEL	Afrikaans Home Language	61	5	English 1 st Additional Lang	50	4	Life Orientation	62	5	Accounting	47	3	Business Studies	45	3	Economics	57	4	Mathematics	44	3	 NATIONAL SENIOR CERTIFICATE <table> <thead> <tr> <th>SUBJECT</th> <th>%</th> <th>LEVEL</th> </tr> </thead> <tbody> <tr> <td>English Home Language</td> <td>65</td> <td>5</td> </tr> <tr> <td>Afrikaans 1st Add Language</td> <td>70</td> <td>6</td> </tr> <tr> <td>Life Orientation</td> <td>82</td> <td>7</td> </tr> <tr> <td>Mathematics</td> <td>60</td> <td>5</td> </tr> <tr> <td>Accounting</td> <td>62</td> <td>5</td> </tr> <tr> <td>Life Science</td> <td>63</td> <td>5</td> </tr> <tr> <td>P. Science</td> <td>50</td> <td>4</td> </tr> </tbody> </table> This Candidate qualifies for a Bachelor's degree	SUBJECT	%	LEVEL	English Home Language	65	5	Afrikaans 1 st Add Language	70	6	Life Orientation	82	7	Mathematics	60	5	Accounting	62	5	Life Science	63	5	P. Science	50	4
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5.4.1 What 5 courses can you follow with the passes obtained by learner A, B and C?

5.4.2 Distinguish between the following:

- Bachelor degree
 - Honours degree
 - Masters' degree
 - Doctorate degree
- (8)

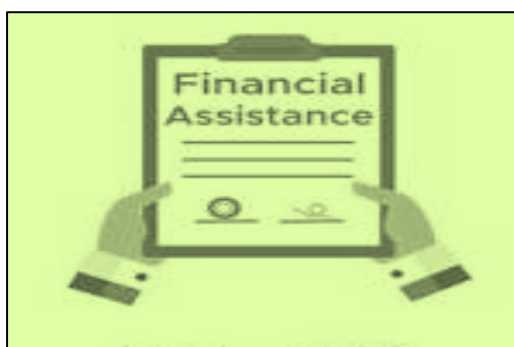
5.4.2 Distinguish between the following:

- 5.5 University
 - 5.6 University of technology
 - 5.7 College
 - 5.8 TVET college
- (8)

RELAB EXERCISES/ WORKSHEETS
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GRADE: 11 - WEEK 6

TOPIC: FINANCIAL ASSISTANCE



- 6.1 Name Three ways or options for financial assistance that students can explore to fund their studies. (3)
- 6.2. Distinguish between the following:
 - Bursaries
 - Study loans
 - Scholarship (6)
- 6.3 What is Fundza Lushaka? (2)
- 6.4 What is the difference between the following:
 - Learnership
 - SETAs (2)
- 6.5. Write the acronym SETA in full and name any 4v SETAs that you know. (4)
- 6.6. Discuss in a paragraph form the purpose or reason for the establishment of SETAs as part of addressing unemployment in South Africa. (5)

- *****

RELAB EXERCISES/ WORKSHEETS
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GRADE: 11 - WEEK 8

TOPIC: PRINCIPLES, PROCESSES AND PROCEDURES FOR DEMOCRATIC PARTICIPATION



8.1 Define the following concepts:

- Constitution
- Mandates
- Lobbying
- Advocacy

(8)

8.2 Name three democratic structures in SA?

(3)

8.3 Give three examples of lobbying

(3)

8.3 Give three reasons why structures change in a democratic country

(6)

8.4 Give four examples of advocacy campaigns

(4)

8.5 What are the processes for participation in national and provincial government?

(5)

8.6 What are the principles and functions of local government?

(5)

8.7 List 12 basic steps in law-making process.

(12)

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RELAB EXERCISES/ WORKSHEETS
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GRADE: 11 - WEEK 9 & 10

TOPIC: ROLE OF SPORT IN NATION BUILDING



9.1. Define the following concepts:

- Nation building
- Spectator
- Participants
- Sporting behaviour

(8)

9.2. How can you **promote** nation building through sport?

(4)

9.3. How can sport **detract** from nation building?

(5)

9.4 How can sport **support** nation building?

(5)

9.4. What are the **effects** of unsporting behaviour, when alcohol is a trigger?

(5)

9.5 What is the **impact** unsporting behaviour in sport?

(5)

9.6 Give three examples of **positive behavior programs** in sport

(6)

9.7 What are the 4 **aims** of a sport code of conduct)

(4)

[42]
