

GRADE 11 LIFE ORIENTATION

ACTIVITY 1 AND ACTIVITY 2

(Distinction-Level Answers with LO Terminology)

ACTIVITY 1

QUESTION 1: RELATIONSHIPS, VALUES, GOALS AND MEDIA

1.1 Finding Balance: Personal Goals and Relationships in the Digital Age

1.1.1 Define the term “personal goal.” (2)

A personal goal is a clearly defined objective that an individual sets in order to achieve self-development or success in a particular area of life, such as education, career or personal growth. Personal goals form part of the life planning process and contribute to building a positive self-concept and future orientation.

1.1.2 Differentiate between short-term and long-term goals. (2)

Short-term goals are objectives that can be achieved within a limited period and form part of a structured action plan. Long-term goals are broader, future-oriented aspirations that require sustained commitment, resilience and strategic planning over an extended period.

1.1.3 Importance of maintaining personal goals in a romantic relationship. (4)

Maintaining personal goals within a romantic relationship preserves individual identity and strengthens self-concept. It prevents emotional dependency and promotes personal accountability. Healthy interdependence ensures that both partners support one another's growth without compromising long-term socio-economic stability and future aspirations.

1.1.4 Importance of a healthy relationship. (4)

A healthy relationship promotes emotional well-being, mutual respect and psychological safety. It is characterised by trust, equality, effective communication and shared responsibility. Such relationships enhance social competence and contribute positively to personal development.

1.1.5 Communication skills in building strong relationships. (6)

Effective communication includes active listening, assertiveness and emotional intelligence. Active listening ensures understanding without prejudice. Assertiveness allows individuals to express needs respectfully. Emotional intelligence promotes empathy and conflict resolution. These skills strengthen trust and promote healthy conflict management.

1.2 Influence of Media on Personal Values

1.2.1 Meaning of value and two important values. (4)

A value is a deeply held belief that influences attitudes, behaviour and decision-making. Values guide ethical conduct and form part of moral development. Integrity promotes honesty and accountability, while respect upholds the dignity and rights of others.

1.2.2 How societal and cultural beliefs shape values. (4)

Family, religion, education and media influence the socialisation process by shaping acceptable behaviour. Cultural norms influence expectations regarding loyalty, responsibility and gender roles. Young people internalise these societal standards, which guide their relationship behaviour.

1.2.3 How personal values positively influence choices towards goals. (6)

Personal values provide a framework for responsible decision-making. Valuing education encourages discipline and perseverance. Strong moral values promote resilience against peer pressure. Accountability and self-discipline increase the likelihood of achieving both short-term and long-term goals.

1.2.4 Social media values and cyberbullying. (8)

Social media often promotes popularity and external validation, which may pressure learners to prioritise social status over ethics. This can result in passive bystander behaviour during cyberbullying. However, digital citizenship campaigns promote empathy and accountability. Learners with strong internal values are more likely to report bullying and support victims, demonstrating responsible online behaviour.

ACTIVITY 2

SECTION A: PHYSICAL FITNESS

Physical fitness refers to the efficient functioning of the cardiovascular, muscular and respiratory systems, enabling daily tasks to be performed effectively while reducing health risks.

Two components of physical fitness are cardiovascular endurance and muscular strength.

Examples of cardiovascular activities include running and swimming.

SECTION B: CAREERS AND CAREER CHOICES

Advantages of a matric certificate: A matric certificate improves employability and provides access to higher education, enhancing socio-economic mobility.

Two lifelong learning opportunities: Universities offer academic qualifications, while TVET colleges provide vocational training aligned with industry needs.

Two potential challenges after Grade 12: Financial constraints may limit access to tertiary education. Unemployment due to limited experience can affect financial independence and self-esteem.

Forms of financial assistance: Bursaries are awarded based on merit or financial need and do not require repayment. Scholarships recognise exceptional performance. Student loans provide funding that must be repaid with interest.

Misconceptions about TVET colleges: TVET colleges are often incorrectly viewed as inferior to universities. In reality, they provide specialised skills addressing national skills shortages. Another misconception is that TVET qualifications limit career growth, yet many programmes articulate into higher qualifications and support entrepreneurship.

SECTION C: DEMOCRACY AND HUMAN RIGHTS

Nation-building is the process of fostering social cohesion and shared identity among citizens. In South Africa's constitutional democracy, it promotes reconciliation, equality and unity in diversity.

Democratic values demonstrated when learners play together include equality and tolerance.

The school's sports campaign promotes equality, human dignity and freedom of association through inclusive participation.

Teamwork strengthens relationships by promoting cooperation, trust, accountability and effective communication.

Negative spectator behaviour such as racism or violence undermines constitutional values of equality and human dignity. It weakens social cohesion and contradicts nation-building efforts in a democratic society.