

Life Orientation Assignment

Name: _____

Grade: 12

Subject: Life Orientation

Teacher: _____

Date: _____

Activity 1: Development of the Self in Society

1.1 Positive stress: Eustress. Negative stress: Distress.

1.2 Coping mechanisms are ways or strategies people use to deal with stress and difficult situations in a healthy way.

1.3 Three ways stress can affect communication with peers:

- A person may become angry or impatient and argue with friends.
- A person may avoid talking to friends and isolate themselves.
- Stress can cause poor listening and misunderstandings.

1.4 Three impacts of stress on concentration during exams:

- It becomes difficult to focus on exam questions.
- Learners may forget information they studied.
- Stress can make a learner feel tired and unable to think clearly.

1.5 Two ways funding after Grade 12 can reduce financial stress:

- It helps pay for tuition, books and accommodation.
- Students can focus more on their studies instead of worrying about fees.

1.6 Physical activities help reduce stress, improve concentration and help learners stay focused during studying and exams.

Activity 2: Development of the Self in Society

2.1 Three personal changes learners may experience after school:

- Becoming more independent.
- Having more responsibilities.
- Adjusting to a new environment such as university or work.

2.2 Four ways accepting responsibility can influence communication:

- People communicate honestly.

- They admit their mistakes.
- They speak in a mature and respectful way.
- They try to solve problems calmly.

2.3 Transition is the change from one stage of life to another, for example from school to university or work.

2.4 Factors influencing effective communication:

- Appropriate expression of views and feelings: speaking clearly and respectfully.
- Attitudes and values: positive attitudes help people communicate better.
- Respect for the feelings of others: listening carefully and being considerate.

2.5 Avoidance means ignoring a conflict. It may stop arguments for a short time, but the problem may continue if it is not discussed and solved.

Activity 3: Study Skills

3.1 Four aspects learners should consider when choosing a career:

- Personal interests
- Skills and abilities
- Job opportunities
- Education and training needed

3.2 Difference between a study plan and a study timetable:

A study plan shows what subjects or topics you need to study and your goals.

A study timetable shows the specific days and times you will study each subject.

3.3 Importance of carefully reading exam questions:

- Helps understand the question correctly.
- Prevents giving the wrong answer.
- Helps identify key words like explain or discuss.
- Helps manage time better during the exam.

3.4 Two study methods:

- Summarising notes to remember important information.
- Practising past exam papers to understand exam questions.

3.5 The National Senior Certificate is important because it allows learners to apply to universities and colleges, improves job opportunities, and allows learners to continue studying.

3.6 One benefit of online applications is convenience. Learners can apply from home which saves time and money.

3.7 Importance of researching admission requirements:

- Helps learners know which subjects and marks are needed.
- Helps them prepare early and improve their chances of acceptance.

Activity 4: Careers and Career Choices

4.1 Two reasons for high youth unemployment:

- Lack of work experience.
- Limited job opportunities.

4.2 Three psychological effects of unemployment on youth:

- Stress and anxiety.
- Low self-esteem.
- Feelings of depression or hopelessness.

4.3 Unemployment is when people who want to work cannot find jobs.

4.4 Two purposes of the National Benchmark Test (NBT):

- To check if learners are ready for university studies.
- To identify if students need extra academic support.

4.5 Social entrepreneurship allows learners to start businesses that solve problems in their communities while creating jobs.

4.6 High unemployment may influence learners to choose careers with more job opportunities or start their own businesses. It can also make learners worried about their future.