

MEMORANDUM: LIFE ORIENTATION GRADE 11 TERM 1 SBA

TOPIC: DEVELOPMENT OF THE SELF IN SOCIETY & RELATIONSHIPS

TOTAL MARKS: 45

QUESTION 1

1.1 Define the term **goal setting**, as an important aspect for successful living. (1x2) (2)

- **Goal setting** is the proactive and structured process of identifying specific, measurable, and time-bound objectives that an individual intends to achieve. [1] (✓) It acts as a personal roadmap that provides a clear sense of direction and purpose, ensuring that daily decisions and actions are intentionally aligned with one's long-term aspirations and values. [2] (✓)
- *(Note: The definition must highlight both the "process/roadmap" and the "purpose/direction" for full marks.)*

1.2 Briefly state FIVE ways in which the inability to set realistic goals may impact your wellbeing, as a grade 11 learner. (5x1) (5)

1. **Heightened Stress Levels:** Attempting to achieve impossible targets creates a cycle of constant pressure and anxiety, leading to mental exhaustion. (✓)
2. **Damaged Self-Confidence:** Frequent failure to meet unrealistic expectations can lead to a negative self-image and feelings of inadequacy. (✓)
3. **Chronic Procrastination:** When goals feel unachievable, learners often lose the motivation to start, resulting in academic backlog and panic. (✓)
4. **Poor Time Management:** Without realistic milestones, it becomes difficult to prioritize tasks effectively, leading to burnout from "cramming." (✓)
5. **Loss of Future Purpose:** A lack of achievable direction can lead to feelings of hopelessness or "drifting," which significantly impacts overall emotional health. (✓)

1.3 Differentiate between **perseverance** and **persistence**, without which goals may not be successfully met. (2x2) (4)

- **Perseverance** refers to the long-term endurance and steady effort required to maintain a course of action despite setbacks, delays, or discouragement. It is the "marathon"

mindset of sticking to a path over time. [1] (✓✓)

- **Persistence** is the quality of continuing a specific action or behavior with determination, often in the face of direct opposition or immediate failure. It is the "sprint" mindset of refusing to take "no" for an answer in the moment. [1] (✓✓)

1.4 Describe how personal values may help you with goal setting. (2x2) (4)

- **Alignment and Authenticity:** Personal values act as a filter; if you value "honesty," you will set goals that are ethical, ensuring that your achievements bring genuine satisfaction rather than internal conflict. (✓✓)
- **Resilience during Hardship:** Goals rooted in deep-seated values (like "community" or "growth") provide stronger intrinsic motivation, making you more likely to stay committed when external rewards are not immediately visible. (✓✓)

1.5 Analyse how nurturing relationships with family members may enable you to prioritise life goals. (4x2) (8)

1. **Emotional Stability:** A supportive home environment provides a "psychological safety net," reducing the mental clutter caused by family conflict and allowing a learner to focus entirely on their priorities. (✓✓)
2. **External Accountability:** Family members who are aware of your goals can act as "gentle mirrors," providing reminders and encouragement that keep you disciplined when distractions arise. (✓✓)
3. **Strategic Resource Allocation:** Open communication with family can lead to practical support, such as siblings helping with chores or parents ensuring a quiet study space, which frees up time for goal-oriented tasks. (✓✓)
4. **Self-Actualization Support:** Healthy family bonds build the core self-esteem necessary to set ambitious goals without the paralyzing fear of being "lesser" if the outcome isn't perfect. (✓✓)

1.6 Discuss ways in which your wellbeing may influence how you relate with others. (4x2) (8)

1. **Conflict Management:** High emotional wellbeing allows for better self-regulation, meaning you are more likely to approach disagreements with a "problem-solving" mindset rather than an "attacking" one. (✓✓)
2. **Empathetic Engagement:** When you are mentally healthy, you have the "emotional bandwidth" to truly listen and respond to the needs of others, fostering deeper and more meaningful connections. (✓✓)
3. **Social Energy and Presence:** Physical wellbeing dictates your capacity for social interaction; feeling healthy and energized makes you more approachable and willing to participate in group activities. (✓✓)

4. **Boundaries and Respect:** Spiritual and mental balance helps you set healthy boundaries for yourself, which in turn teaches others how to respect you, creating a more stable and respectful relationship dynamic. (✓✓)

1.7 Explain factors that may contribute to relationships that are detrimental to well-being. (1x2) (2)

- **Disregard for Personal Boundaries:** When a relationship is characterized by manipulation, excessive jealousy, or a lack of respect for individual autonomy, it erodes the person's sense of self and causes chronic emotional distress. (✓✓)

1.8 Critically discuss the impact of the media on beliefs about relationships. (2x4) (8)

1. **The Perfection Myth (Idealization):** Media often romanticizes relationships as effortless and devoid of conflict. This creates a dangerous belief that if a relationship requires work or has "boring" phases, it is a failure, leading learners to abandon healthy connections prematurely. [3] (✓✓✓✓)
2. **Stereotyping and Power Dynamics:** Popular media frequently reinforces rigid gender roles or objectifies individuals. This can lead to the belief that relationships are about control, status, or appearance rather than mutual vulnerability and respect, which can foster toxic relationship habits. [3] (✓✓✓✓)

1.9 Recommend practical strategies that could be considered to ensure successful achievement of relationship goals. In your answer, also indicate how that could enable you to nurture relationships with your school mates. (2x3) (6)

1. **Implement "Active Listening" Protocols:** Commit to a strategy of listening to understand rather than listening to respond. (✓) In a school setting, this means giving your mates your full attention during breaks or group work, which builds a culture of trust and makes them feel valued as individuals. (✓✓)
2. **Define and Communicate Personal Boundaries:** Clearly state your limits regarding your time and emotional energy (e.g., "I need to focus on my project tonight"). (✓) By being transparent with school mates, you prevent misunderstandings and "drama," ensuring that your friendships support your academic success rather than hindering it. (✓✓)

References

- [1] [Department of Basic Education: Life Orientation Examination Guidelines](#)
- [2] [2026 Annual Teaching Plan: Life Orientation Grade 11](#)
- [3] [SBA Moderation Guidelines and Tools Final 2026](#)

SUB-TOTAL: 45