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# basic education

Department:  
Basic Education  
**REPUBLIC OF SOUTH AFRICA**

**NATIONAL  
SENIOR CERTIFICATE**

**GRADE 12**

**LIFE ORIENTATION  
COMMON ASSESSMENT TASK**

**19 OCTOBER 2020**

**MARKS: 80**

**TIME: 2 hours**

**This question paper consists of 10 pages.**



**INSTRUCTIONS AND INFORMATION**

1. This question paper consists of three sections, namely SECTION A, SECTION B and SECTION C.
2. The questions in SECTION A and SECTION B are COMPULSORY.
3. Answer any TWO questions in SECTION C.
4. Read ALL the questions carefully.
5. Number the answers correctly according to the numbering system used in this question paper.
6. Write neatly and legibly.



**SECTION A (COMPULSORY)**

Answer ALL the questions in this section.

**QUESTION 1**

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question numbers (1.1.1 to 1.1.5) in the ANSWER BOOK, e.g. 1.1.6 D.

1.1.1 Conditions of service, as part of the core elements of a job contract, could include ...

- A guidelines for workers and employers on joining trade unions.
- B rules regarding the minimum leave days due to a worker per year.
- C regulations with regard to unfair discrimination in the workplace.
- D procedures on regulating affirmative action in the workplace.

1.1.2 Good examination writing skills could include the following:

- A Answering more than the required number of questions to obtain maximum marks.
- B Using more time on a difficult question to secure every possible mark.
- C Providing a summary of the rest of the answers when you run out of time.
- D Giving in-depth and extended answers to all the questions in the paper.

1.1.3 The emotional benefits of long-term engagement in physical activities could include ...

- A sustaining a sense of fulfilment.
- B an increased social dependence.
- C a healthier body composition.
- D improving one's bodily coordination.

1.1.4 Intrapersonal conflict may ...

- A result mainly from external influences.
- B arise from trying to overcome self-doubt.
- C tend to always create intense situations.
- D bring out only the weaknesses in people.

1.1.5 A democracy is characterised by ...

- A acceptance of the political views and beliefs of the ruling party.
- B employment opportunities for previously disadvantaged groups.
- C social equality and justice based on the social status of citizens.
- D transparent decision-making processes and access to information.

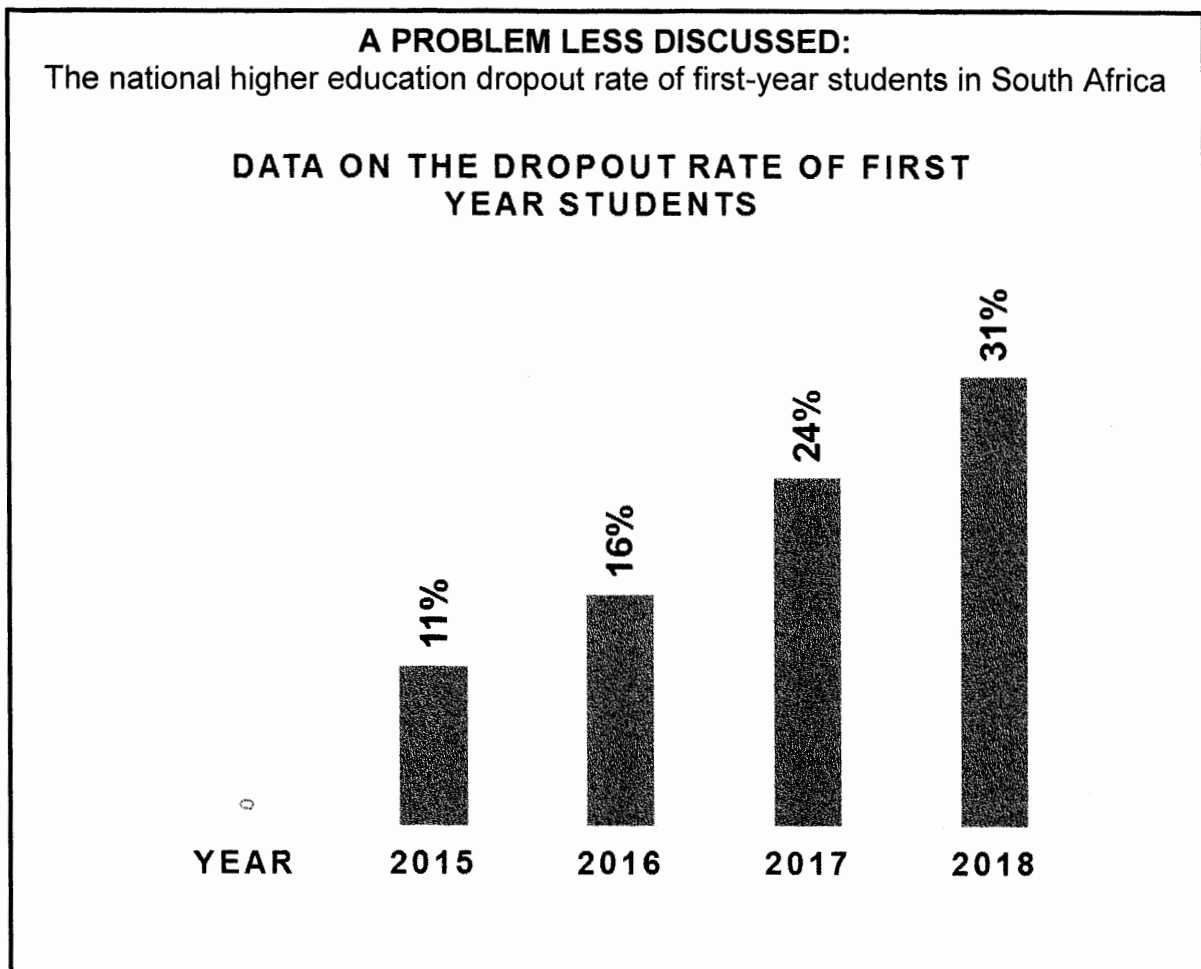
(5 x 1)

(5)



- 1.2 Give ONE word/term for EACH of the following descriptions. Write only the word/term next to the question numbers (1.2.1 to 1.2.4) in the ANSWER BOOK.
- 1.2.1 A study skill where one uses rhymes, phrases, acronyms or songs to help one to remember information (1)
- 1.2.2 Various ways in which people may view particular information based on their own outlook on or experiences in life (1)
- 1.2.3 A method included in the South African labour law to correct the injustices experienced by previously disadvantaged groups in the past (1)
- 1.2.4 A condition of being in a good state of health in one's relationships (1)
- 1.3 Answer the following questions by writing the answer next to the question numbers (1.3.1 to 1.3.3) in the ANSWER BOOK. Write your answers in full sentences.
- 1.3.1 State TWO ways in which young people could be empowered to address racial discrimination in their school environment. (2 x 1) (2)
- 1.3.2 Explain why it may be beneficial to include more low-impact exercises in your fitness routine. (1 x 2) (2)
- 1.3.3 Discuss how a worker's lack of responsibility could impact negatively on co-workers. (1 x 2) (2)

- 1.4 Study the graph below and answer the questions that follow.



[Adapted from [www.dailymaverick.co.za](http://www.dailymaverick.co.za). Accessed on 7 February 2020.]

- 1.4.1 Give THREE interpretations from the data in the graph about the dropout rate of first-year students. (3 x 1) (3)
- 1.4.2 Discuss ONE possible challenge that first-year students may experience which could lead to similar trends in statistics in future. (1 x 2) (2)

**TOTAL SECTION A: 20**



**SECTION B (COMPULSORY)**

Answer ALL the questions in this section. Write your answers in full sentences.

**QUESTION 2**

Read the extract below and answer the questions that follow.

**CLEAN-UP INTERVENTION PROGRAMME LAUNCHED**

*WeSolve4xCleaning My Planet*

From being a street vendor selling vegetables to graduating with an Actuarial Sciences degree, an entrepreneur and activist launched a community clean-up intervention programme to promote environmental awareness and recycling in local communities.

The campaign is based on a simple idea: Community members must donate one hour of their time to cleaning duties every Saturday or Sunday. The campaign aims to teach environmental awareness in local and global communities, as well as to promote the benefits of a clean and healthy environment for future generations.

The activist said: 'Littering is a generational issue which some of us have acquired from our parents, grandparents or older siblings. We see it in both public and private places, and both young and old are guilty. We need to not only inform the young and old in our communities that this is no longer acceptable, but we also need to emphasize that we have a shared responsibility to ensure a clean and healthy environment for all.'

[Adapted from <http://media.ngage.co.za>. Accessed on 20 December 2019.]

- 2.1 Define the term *intervention programme* and state TWO ways in which you as an activist could get community members to participate in such programmes. (1 + 2) (3)
- 2.2 Explain ONE way in which accepting a shared responsibility for a clean environment could promote safe and healthy living in communities. (1 x 2) (2)
- 2.3 Discuss ONE social benefit for communities that participate in intervention campaigns. (1 x 2) (2)
- 2.4 Assess TWO possible reasons why some people do not want to engage in intervention campaigns in their communities. (2 x 2) (4)
- 2.5 Suggest TWO innovative strategies to introduce to the younger generation in your household to help them to sustain a clean and healthy environment. Motivate EACH strategy. (2 x 2) (4)
- [15]**



**QUESTION 3**

Read the extract below and answer the questions that follow.

**CYBER WELLNESS**

*Take a moment and think before you share via electronic media*

We live in a world where technology is part of our daily lives. Being part of this cyber world<sup>1</sup> has become increasingly important in today's society. The reality is that electronic media makes the world go round. Like technology in general, electronic media, for example social media such as WhatsApp, Facebook, Twitter, YouTube and Instagram, has both advantages and disadvantages.

Young people find it difficult to maintain a balance between reality and the cyber world. People who are using social media platforms have to be careful and think twice before posting any information on social media. Authorities are becoming more and more aware of the increasing trend of people posting offensive information on various social media platforms, and therefore legal measures are being put in place to deal with such incidents.

**Glossary:**

Cyber world<sup>1</sup>: an online environment where many people are involved in social media

[Adapted from [www.newportacademy.com](http://www.newportacademy.com). Accessed on 4 February 2020.]

- 3.1 Give THREE reasons why you think the use of electronic media has become increasingly important in a democratic society. (3 x 1) (3)
- 3.2 Explain ONE way in which your school could promote responsible use of social media platforms among learners. (1 x 2) (2)
- 3.3 Discuss ONE factor that may determine the topics covered on different media platforms. (1 x 2) (2)
- 3.4 How could an addiction to social media negatively influence the social skills of the youth? Motivate EACH answer. (2 x 2) (4)
- 3.5 Assess how posting or forwarding offensive material on electronic media may affect you. (2 x 2) (4)

**[15]****TOTAL SECTION B: 30**



**SECTION C**

Answer any TWO questions in this section.

Your responses must consist of paragraphs. Marks will ONLY be allocated for responses written in full sentences.

**QUESTION 4**

Read the extract below and answer the questions that follow.

**THE SHOCKING POWER OF SOCIAL PRESSURE AS A STRESSOR**

A new study shows that interacting with others can sometimes lead to more stress than we can ever imagine, since you and your relationships are bound together. Each relationship shapes another relationship in different ways due to the social pressures we place on each other.

This implies that when relationships are mutually enhancing, everyone is happy. When people psychologically harm one another though, that is what leads to stress in relationships.

[Adapted from [www.psychologytoday.com](http://www.psychologytoday.com). Accessed on 4 February 2020.]

Write paragraphs on ***stress and stressors***.

Use the following as a guideline:

- Indicate THREE ways how social pressure could be regarded as a stressor for young people in their family relationships. (3 x 1) (3)
  - Discuss THREE ways in which building and sustaining good relationships may impact positively on your emotional wellbeing. (3 x 2) (6)
  - Recommend TWO conflict resolution strategies you could implement to resist negative social pressure from your friends in a responsible way. In each answer, also indicate how EACH strategy could help you to protect your rights as an individual. (2 x 3) (6)
- [15]**



**QUESTION 5**

Read the extract below and answer the questions that follow.

**GRADE 12 SCHOOL LEAVERS, ARE YOU EQUIPPED FOR THE WORLD OF WORK?**

Social media is full of pictures of proud matriculants with a Grade 12 certificate and or graduates with a degree in hand, ready to embark on the next stage in their lives. These young people are searching for their first jobs or to build the career of their dreams.

Unfortunately, too many of them will soon face the realities of the job market. If they do not equip themselves with the skills required for the 4th Industrial Revolution<sup>1</sup> they may not be the perfect fit for the 21st century job market.

Coping with the transition between school and post-school destination, and having to find a job as a Grade 12 school leaver or a graduate, may require of you to find practical strategies to ensure that you will achieve your career goals.

**Glossary:**

4th Industrial Revolution<sup>1</sup>: Refers to the merging of the digital, biological and physical world as well as the use of modern technologies such as artificial intelligence and robotics.

[Adapted from [www.weforum.org/jobs-and-the-fourth-industrial-revolution](http://www.weforum.org/jobs-and-the-fourth-industrial-revolution).  
Accessed on 17 December 2019]

Write paragraphs on **strategies to achieve goals in post-school destination**.

Use the following as a guideline:

- Identify THREE skills that some Grade 12 school leavers may lack when entering the job market. (3 x 1) (3)
- Discuss THREE ways how research on work/study opportunities could assist you to make informed decisions about post-school destinations. (3 x 2) (6)
- Recommend TWO practical ways in which you, as a Grade 12 school leaver, could use a career portfolio to convince an employer that you could be the suitable candidate for the job. In EACH answer, also indicate why you would be an asset to the company/organisation. (2 x 3) (6)

**[15]**

**QUESTION 6**

Study the extract below and answer the questions that follow.

**OBESITY AMONGST ADOLESCENTS**

*Contributing factors to ill-health*

The unhealthy eating habits as well as the increasing sedentary lifestyle<sup>1</sup> of the South African youth have become a serious concern since it may lead to ill-health.

Statistics from Diabetes South Africa is a warning sign that if the current rate of obesity amongst young people continues to increase, there will be about 3,91 million obese school children in this country by 2025.

South African higher education institutions are working with young people to co-create new ideas in an effort to help tackle South Africa's increasing adolescent obesity rate.

**Glossary:**

Sedentary lifestyle<sup>1</sup>: A lifestyle that involves sitting or lazing/lying down for a long period of time.

[Adapted from [www.news.uct.ac.za](http://www.news.uct.ac.za). Accessed on 4 February 2020.]

Write paragraphs on **human factors that cause ill health**.

Use the following as a guideline:

- State **THREE** ways in which a sedentary lifestyle could lead to ill-health. (3 x 1) (3)
- Discuss **THREE** factors influencing the current eating habits of young people which could contribute to obesity. (3 x 2) (6)
- Propose **TWO** ways in which higher education institutions could assist first-year students to commit to long-term engagement in physical activities. In **EACH** answer, also indicate how each proposal could help to promote healthier lifestyles among students. (2 x 3) (6)

**[15]**

**TOTAL SECTION C: 30**  
**GRAND TOTAL: 80**

