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Life Orientation

Grade 12 Term 1 Source Based Task 2023

Adapting to Change

Development of the Self in Society, Study Skills & Careers and Career Choices

NAME	Type your name and surname here
GRADE	12 Add your register class here
SCHOOL	
CENTRE NUMBER	
DISTRICT	
TEACHER	Type your LO teacher's surname here

Declaration by the Learner:

I declare that all the work done in this collection of evidence is my own work.

Signed:

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Date: 15 March 2023

Activity	Description	Max Mark	Mark Obtained	Moderated Mark
Activity 1	Coping with the stress that accompanies change.	32		
Activity 2	Revise study skills to succeed	38		
Activity 3	Life after school	20		
TOTAL		90	0	0

Activity 1: Coping with the stress that accompanies change.

		Mark	Pupil Mark
1.1	Define the term " <i>post-school destination</i> "	1	
	State THREE reasons why thoughts about post-school destination could be stressful for Grade 12s.	3	
	•		
	•		
	•		
1.2	Define the term " <i>communication</i> "	1	
	State THREE reasons why effective application of communication skills are important to deal with the negative effects of the constant pressure that comes with being in Grade 12.	3	
	•		
	•		
	•		
1.3	Mention TWO psychological signs that Grade 12 learners could look out for which may indicate that they are stressed.	2	
	•		
	•		
1.4	State FOUR unhealthy coping mechanisms that Grade 12s could avoid when trying to deal with the changes in their lives.	4	
	•		
	•		
	•		
	•		
1.5	Discuss THREE legal responsibilities that Grade 12 learners could have to honour in order to effectively navigate through life after they have turned 18 for a meaningful contribution to society.	6	
	•		
	•		
	•		

1.6	Explain THREE ways in which Grade 12 learners could view the changes after school in a more positive manner.	3x2=6	
	•		
	•		
	•		
1.7	Suggest TWO ways in which Grade 12 learners could deal with the consequences of the negative feelings that may come as a result of the transition from school to post-school destination. In each of your answers, also indicate how each suggestion could assist them to be well adapted.	2x3 = 6	
	• Suggestion 1:		
	• How it could assist them to be well adapted:		
	• Suggestion 2:		
	• How it could assist them to be well adapted:		
TOTAL QUESTION 1		32	

Activity 2: Revise study skills to succeed

		Mark	Pupil Mark
2.1	Define the term “ <i>stressor</i> ”	1	
	Mention THREE reasons why Grade 12 learners could view their National Senior Certificate (NSC) exams as a stressor.	3	
	•		
	•		
	•		
2.2	Mention FOUR study methods that matrics/Grade 12s could use to study their work more effectively.	4	
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	•		
	•		
	•		
2.3	Describe FOUR physical symptoms of stress which could make it difficult for Grade 12 learners to effectively study for their National Senior Certificate examination	4x2 = 8	
	•		
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	•		
	•		
2.4	Discuss FOUR exam writing techniques which could enhance the Grade 12's performance in an examination.	4x2=8	
	•		
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2.5	Recommend what Grade 12s could do to minimise the impact of the anxiety they may feel on the day of the examination. In your answer, also indicate how that could enhance their performance in the examination.	2x3=6	
	•		
	•		
2.6	Discuss in detail how effective communication skills could help Grade 12 learners who have failed their final examination deal with the negative effects of failure.	2x4 = 8	
	•		
	•		
		TOTAL QUESTION 2	38

Activity 3: Life after school

		Mark	Pupil Mark
3.1	Define the term " <i>job</i> "	1	
	State THREE ways in which Grade 12 learners could consider finding job opportunities after school.	3	
	•		
	•		
	•		
3.2	Explain FOUR reasons why it seems difficult for Grade 12 learners to find a job after they have matriculated.	4x2=8	
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3.3	Evaluate the impact of choosing entrepreneurship as a method of making a living after completion of Grade 12.	2x4= 8	
	•		
	•		
TOTAL QUESTION 3		20	

Bibliography

Oxford Successful. (2018). *Life Orientation Learners Book Grade 12* (Vol. 15). Cape Town, Western Cape, South Africa: Oxford University Press, Southern Africa.

Add at least 2 additional sources and update the Bibliography