Confidential

basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL SENIOR CERTIFICATE

GRADE 12

LIFE ORIENTATION

COMMON ASSESSMENT TASK

SUPPLEMENTARY OCTOBER 2025

LIFE ORIENTATION

10620E

X05

MARKS: 100

TIME: 2½ 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 A recommended way to manage hypertension effectively is to …

A adhere to prescribed treatment and eat foods low in sugar.
B take prescribed medication and consume energy drinks.
C use medication and increase the intake of high-protein foods.
D follow prescribed treatment and maintain a low-sodium diet.

1.1.2 The primary role of the media in supporting a democratic society is to …

A investigate and report on celebrities living within communities.
B present and defend stories that interest the general public.
C examine and present diverse viewpoints on key public issues.
D assist and promote all political parties during national elections.

1.1.3 One of the main responsibilities of the national government in South Africa is to …

A develop and implement the country's defence policies.
B manage and maintain local waste collection services.
C introduce and approve plans for residential houses.
D maintain and fund public hospitals in all provinces.

1.1.4 Fitness exercises that only focus on building core strength could include …

A lunges, push-ups and distance running.
B squats, skipping rope and abdominal crunches.
C sprinting, skipping rope and push-ups.
D sit-ups, push-ups and abdominal crunches.

1.1.5 The most sustainable intervention strategy to reduce lifestyle diseases in low-income households is to …

A establish community-based fitness programmes.
B provide health documentaries to local clinics.
C encourage residents to take their vitamins regularly.
D promote gym memberships through influencers. (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 1.2.3) in the ANSWER BOOK.

1.2.1 Specific terms and benefits outlined in a job contract that you must agree to before starting a job (1)

1.2.2 Starting a business with the primary goal of addressing community issues (1)

1.2.3 Leisure-time activities people choose to do for enjoyment or personal satisfaction (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 Describe ONE objective of the Labour Relations Act (LRA), 1995 (Act 66 of 1995). (1 x 2) (2)

1.3.2 Explain ONE social benefit of participating in indigenous games in your community. (1 x 2) (2)

1.3.3 Discuss ONE way in which managing conflict effectively could help to build positive relationships between people. (1 x 2) (2)

1.4 Study the source below and answer the questions that follow. Write your answers in full sentences.

STRESSED OUT!

Academic pressure is affecting learners' mental well-being and motivation.

[Adapted from www.mentalhealthcenterkids.com. Accessed on 15 July 2025.]

1.4.1 Describe ONE possible effect of academic pressure on a learner's self-esteem. (1 x 2) (2)

1.4.2 Discuss ONE constructive stress management technique that could improve a learner's mental well-being. (1 x 2) (2)

1.4.3 Suggest ONE strategy you could use to assist in coping effectively with pressure from others to perform well. Motivate your answer. (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.

HUMAN FACTORS THAT CAUSE ILL HEALTH
Road accidents

Road accidents involving teenagers is a growing concern that requires urgent attention from both schools and communities. To address this issue effectively, it is necessary to examine the types of behaviours that often contribute to such incidents. Understanding these behavioural patterns can help guide preventative strategies and promote safer habits among young road users.

The impact of road accidents extends beyond physical injuries. Teenagers involved in such incidents may experience varied emotions. It is important to consider how these events might affect their emotional well-being and how different stressors can further increase their vulnerability – whether they are drivers, passengers or pedestrians. Recognising these challenges allows for a more holistic approach to supporting those affected.

To reduce road accidents among teenagers, both preventative and responsive strategies must be implemented. Schools and communities should collaborate to reinforce effective road safety programmes. Furthermore, communities need to explore ways to hold individuals accountable for unsafe behaviour on the roads. Regular evaluation of these strategies is essential to ensure a safer environment for all road users, especially the youth.

[Adapted from www.arrivealive.co.za. Accessed on 6 May 2025.]

2.1 State TWO possible behaviours among teenagers that could cause road accidents. (2 x 1) (2)

2.2 Describe ONE environmental stressor that may increase the risk of accidents for pedestrians. (1 x 2) (2)

2.3 Suggest TWO practical road safety initiatives that could reduce accidents at school. (2 x 1) (2)

2.4 Discuss how being involved in a road accident could affect a teenager's emotional well-being. (2 x 2) (4)

2.5 Explain how being physically injured in a road accident may be considered a life crisis for a teenager. (2 x 2) (4)

2.6 Assess TWO responsible ways in which communities may hold people accountable for causing road accidents in their areas. (2 x 3) (6)

[20]

QUESTION 3

Read the extract below and answer the questions that follow.

FUNDING OPPORTUNITIES
Financial aid/Student loans

Tertiary education plays a vital role in shaping the future of young South Africans. However, many students face significant barriers to accessing higher education, particularly those from low-income households. While financial assistance, such as bursaries and loans, are available through national programmes, there are serious concerns regarding the administration of these funds.

Issues, such as delays in payment, poor fund management and allegations of embezzlement of financial aid funds at higher education institutions (HEI), have raised questions about the reputation of these institutions.

Some of the students who have received financial aid have also been accused of mismanaging the funds. On the other hand, there has also been a significant rise in the accumulation of student loan debt by other students. Therefore, it is important for students to be financially disciplined when taking out a loan.

Considering the funding opportunities available to students and how easily one could incur student debt, it would be wise to ensure that one chooses a career based on the demands of the labour market.

[Adapted from www.stadio.ac.za. Accessed on 15 July 2025.]

3.1 State TWO long-term benefits of obtaining a bursary for higher education studies. (2 x 1) (2)

3.2 Describe ONE way in which the poor management of national financial aid programmes may affect a student academically. (1 x 2) (2)

3.3 Explain how accumulating debt from a student loan can affect a young graduate's financial stability in the future. (1 x 2) (2)

3.4 Discuss TWO ways in which students can ensure that they use government financial aid responsibly. (2 x 2) (4)

3.5 Examine TWO benefits of choosing a career that is aligned with the demands of the labour market for a graduate who has loan responsibilities. (2 x 2) (4)

3.6 Assess the impact that allegations of embezzlement of financial aid funds may have on the reputation of a higher education institution. (2 x 3) (6)
[20]

TOTAL SECTION B: 40

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.

WORLD VIEWS ON PHYSICAL ACTIVITY
Gender participation across cultures

Society and the media play a key role in shaping participation in physical activity. Media coverage can also influence how different genders are perceived in sport. To address these issues, inclusive strategies are needed to promote equal opportunities for all.

[Adapted from www.sportanddev.org. Accessed on 6 May 2025.]

Write paragraphs on ***world views on physical activity across genders***.

Use the following as a guideline:

- Briefly state FOUR societal factors that may influence participation in physical activity. (4 x 1) (4)
- Analyse how media coverage of female athletes may influence gender stereotypes. (2 x 4) (8)
- Evaluate TWO strategies that may encourage inclusive participation in physical activity across genders in schools. (2 x 4) (8)

[20]

QUESTION 5

Study the extract below and answer the questions that follow.

HUMAN RIGHTS VIOLATIONS
Campaigns

A human rights campaign is a powerful tool that could be used to fight human rights violations. Recent studies have indicated that it often serves as a platform to empower survivors and unite people across all socio-economic groups to act against human rights violations.

[Adapted from www.sabcnews.com. Accessed on 3 April 2025.]

Write paragraphs on ***human rights violations***.

Use the following as a guideline:

- Briefly state FOUR ways in which social media can be used to fight against human rights violations in a manner that respects freedom of speech. (4 x 1) (4)
- Analyse how incidents of human rights violations could encourage individuals from different socio-economic backgrounds to work together for change. (2 x 4) (8)
- Evaluate TWO ways in which human rights campaigns could empower survivors of human rights violations in the long term. (2 x 4) (8)

[20]

QUESTION 6

Read the extract below and answer the questions that follow.

PERSONAL VISION
Understanding the impact of own actions in life

Personal vision, self-awareness and societal expectations may shape decisions and behaviour in personal, academic and workplace contexts.

[Adapted from www.livecareer.com/resources. Accessed on 31 July 2025.]

Write paragraphs on ***personal vision in life***.

Use the following as a guideline:

- Briefly state FOUR ways in which having a clear personal vision can positively impact one's life. (4 x 1) (4)
- Analyse the significance of one's self-awareness in achieving academic success. (2 x 4) (8)
- Evaluate TWO ways in which societal expectations could influence an individual's behaviour in the workplace. (2 x 4) (8)

[20]

TOTAL SECTION C: 40
GRAND TOTAL: 100

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VRAAG 6

Lees die uittreksel hieronder en beantwoord die vrae wat volg.

PERSOONLIKE VISIE
Om die impak van eie aksies in die lewe te verstaan

Persoonlike visie, selfbewustheid en verwagtinge van die samelewing kan keuses en gedrag in persoonlike, akademiese en werkplekkontekste vorm.

[Aangepas uit www.livecareer.com/resources. Toegang op 31 Julie 2025 verkry.]

Skryf paragrawe oor ***persoonlike visie in die lewe***.

Gebruik die volgende as 'n riglyn:

- Noem kortliks VIER maniere waarop 'n duidelike persoonlike visie 'n persoon se lewe positief kan beïnvloed. (4 x 1) (4)
- Analiseer die belangrikheid van 'n persoon se selfbewustheid om akademiese sukses te behaal. (2 x 4) (8)
- Evalueer TWEE maniere waarop verwagtinge van die samelewing 'n individu se gedrag in die werkplek kan beïnvloed. (2 x 4) (8)

[20]

TOTAAL AFDELING C: 40
GROOTTOTAAL: 100

VRAAG 5

Lees die uittreksel hieronder en beantwoord die vrae wat volg.

MENSEREGTESKENDINGS
Veldtogte

'n Menseregteveldtog is 'n kragtige instrument wat in die stryd teen menseregteskendings gebruik kan word. Onlangse studies het aangedui dat dit dikwels dien as 'n platform om oorlewendes te bemagtig en mense oor alle sosio-ekonomiese groepe heen te verenig om teen menseregteskendings op te tree.

[Aangepas uit www.sabcnews.com. Toegang op 3 April 2025 verkry.]

Skryf paragrawe oor ***menseregteskendings***.

Gebruik die volgende as 'n riglyn:

- Noem kortliks VIER maniere waarop sosiale media in die stryd teen menseregteskendings gebruik kan word, op 'n wyse wat vryheid van spraak respekteer. (4 x 1) (4)
- Analiseer hoe insidente van menseregteskendings individue van verskillende sosio-ekonomiese agtergronde kan aanmoedig om saam te werk vir verandering. (2 x 4) (8)
- Evalueer TWEE maniere waarop menseregteveldtogte oorlewendes van menseregteskendings op die lange duur kan bemagtig. (2 x 4) (8)

[20]

AFDELING C

Beantwoord enige TWEE vrae in hierdie afdeling.

Jou antwoorde moet uit **paragrawe** bestaan. Punte sal SLEGS toegeken word vir antwoorde wat in volsinne geskryf is.

VRAAG 4

Lees die uittreksel hieronder en beantwoord die vrae wat volg.

> **WÊRELDBESKOUINGS OOR FISIESE AKTIWITEIT**
> ***Geslagsdeelname oor kulture heen***
>
> Die samelewing en die media speel 'n sleutelrol in die vorming van deelname aan fisiese aktiwiteit. Mediadekking kan ook beïnvloed hoe verskillende geslagte in sport waargeneem word. Om hierdie kwessies te hanteer, is inklusiewe strategieë nodig om gelyke geleenthede vir almal te bevorder.
>
> [Aangepas uit www.sportanddev.org. Toegang op 6 Mei 2025 verkry.]

Skryf paragrawe oor ***wêreldbeskouings oor fisiese aktiwiteit oor geslagte heen***.

Gebruik die volgende as 'n riglyn:

- Noem kortliks VIER samelewingsfaktore wat deelname aan fisiese aktiwiteit kan beïnvloed. (4 x 1) (4)
- Analiseer hoe mediadekking van vroulike atlete geslagstereotipering kan beïnvloed. (2 x 4) (8)
- Evalueer TWEE strategieë wat inklusiewe deelname aan fisiese aktiwiteit oor geslagte heen in skole kan aanmoedig. (2 x 4) (8)

[20]

VRAAG 3

Lees die uittreksel hieronder en beantwoord die vrae wat volg.

BEFONDSINGSGELEENTHEDE
Finansiële hulp/Studielenings

Tersiêre onderrig speel 'n noodsaaklike rol in die vorming van jong Suid-Afrikaners se toekoms. Baie studente staar egter betekenisvolle struikelblokke in die gesig om toegang tot hoër onderwys te verkry, veral diegene uit lae-inkomste-huishoudings. Alhoewel finansiële bystand, soos beurse en lenings, deur nasionale programme beskikbaar is, is daar ernstige kommer rakende die administrasie van hierdie fondse.

Kwessies, soos vertragings by uitbetaling, swak fondsbestuur en aantygings van geldverduistering van finansiële hulpfondse by hoëronderwysinstellings, laat vrae ontstaan oor die reputasie van hierdie instellings.

Sommige van die studente wat finansiële hulp gekry het, is ook beskuldig van die wanbestuur van fondse. Aan die ander kant is daar ook 'n betekenisvolle styging in die ophoping van studieleningskuld deur ander studente. Dit is dus belangrik dat studente finansieel gedissiplineerd moet wees wanneer hulle 'n lening uitneem.

Wanneer die befondsingsgeleenthede wat aan studente beskikbaar is, oorweeg word en hoe maklik dit vir iemand is om studieskuld aan te gaan, sal dit wys wees om te verseker dat 'n persoon 'n loopbaan kies wat op aanvraag in die arbeidsmark gebaseer is.

[Aangepas uit www.stadio.ac.za. Toegang op 15 Julie 2025 verkry.]

3.1 Noem TWEE langtermynvoordele daarvan om 'n beurs vir hoëronderwysstudies te kry. (2 x 1) (2)

3.2 Beskryf EEN manier waarop die swak bestuur van nasionale finansiële hulpprogramme 'n student akademies kan beïnvloed. (1 x 2) (2)

3.3 Verduidelik hoe die ophoping van skuld van 'n studielening die finansiële stabiliteit van 'n jong gegradueerde in die toekoms kan beïnvloed. (1 x 2) (2)

3.4 Bespreek TWEE maniere waarop studente kan verseker dat hulle finansiële hulp vanaf die regering verantwoordelik gebruik. (2 x 2) (4)

3.5 Ondersoek TWEE voordele daarvan om 'n loopbaan te kies wat in lyn is met die aanvraag in die arbeidsmark vir 'n gegradueerde wat verantwoordelikhede met betrekking tot 'n lening het. (2 x 2) (4)

3.6 Assesseer die impak wat aantygings van geldverduistering van finansiële hulpfondse op die reputasie van 'n hoëronderwysinstelling kan hê. (2 x 3) (6)
[20]

TOTAAL AFDELING B: 40

AFDELING B (VERPLIGTEND)

Beantwoord AL die vrae in hierdie afdeling. Skryf jou antwoorde in volsinne.

VRAAG 2

Lees die uittreksel hieronder en beantwoord die vrae wat volg.

MENSLIKE FAKTORE WAT SLEGTE GESONDHEID VEROORSAAK
Padongelukke

Padongelukke waarby tieners betrokke is, is 'n groeiende bekommernis wat dringende aandag van beide skole en gemeenskappe vereis. Om hierdie probleem effektief te hanteer, is dit belangrik om die tipes gedrag wat dikwels tot sulke voorvalle bydra, te ondersoek. Om hierdie gedragspatrone te verstaan, kan help om voorkomende strategieë te bestuur en veiliger gewoontes onder jong padgebruikers aan te moedig.

Die impak van padongelukke strek verder as fisiese beserings. Tieners wat by sulke gebeurtenisse betrokke is, kan verskillende emosies ervaar. Dit is belangrik om die invloed van sulke voorvalle op hulle emosionele welsyn in ag te neem, en hoe verskillende stressors hulle kwesbaarheid verder kan verhoog – of hulle bestuurders, passasiers of voetgangers is. Die herkenning van hierdie uitdagings maak 'n meer holistiese benadering moontlik om diegene wat geraak word, te ondersteun.

Om padongelukke onder tieners te verminder, moet beide voorkomende en deelnemende strategieë geïmplementeer word. Skole en gemeenskappe moet saamwerk om effektiewe padveiligheidsprogramme te versterk. Gemeenskappe moet verder maniere ondersoek om individue vir onveilige gedrag op die paaie aanspreeklik te hou. Gereelde evaluering van hierdie strategieë is noodsaaklik om 'n veiliger omgewing vir alle padgebruikers, veral die jeug, te skep.

[Aangepas uit www.arrivealive.co.za. Toegang op 6 Mei 2025 verkry.]

2.1 Noem TWEE moontlike tipes gedrag by tieners wat padongelukke kan veroorsaak. (2 x 1) (2)

2.2 Beskryf EEN omgewingstressor wat die risiko van ongelukke vir voetgangers kan verhoog. (1 x 2) (2)

2.3 Stel TWEE praktiese padveiligheidsinisiatiewe voor wat ongelukke by skole kan verminder. (2 x 1) (2)

2.4 Bespreek hoe betrokkenheid by 'n padongeluk 'n tiener se emosionele welstand kan beïnvloed. (2 x 2) (4)

2.5 Verduidelik waarom fisiese besering in 'n padongeluk as 'n lewenskrisis vir 'n tiener beskou kan word. (2 x 2) (4)

2.6 Assesseer TWEE verantwoordelike maniere waarop gemeenskappe mense aanspreeklik kan hou as hulle die oorsaak van ongelukke in hulle gebiede is. (2 x 3) (6)

[20]

1.4 Bestudeer die bron hieronder en beantwoord die vrae wat volg. Skryf jou antwoorde in volsinne.

UITGESTRES!
Akademiese druk beïnvloed leerders se geesteswelsyn en motivering.

[Aangepas uit www.mentalhealthcenterkids.com. Toegang op 15 Julie 2025 verkry.]

1.4.1 Beskryf EEN moontlike uitwerking van akademiese druk op 'n leerder se selfrespek. (1 x 2) (2)

1.4.2 Bespreek EEN opbouende stresbestuurstegniek wat 'n leerder se geesteswelsyn kan verbeter. (1 x 2) (2)

1.4.3 Stel EEN strategie voor wat jy kan gebruik om te help om die druk van ander om goed te presteer, effektief te hanteer. Motiveer jou antwoord. (1 x 2) (2)

TOTAAL AFDELING A: 20

1.1.5 Die mees volhoubare ingrypingstrategie om leefstylsiektes in lae-inkomste-huishoudings te verminder, is om ...

A gemeenskapgebaseerde fiksheidprogramme tot stand te bring.
B dokumentêre programme oor gesondheid aan plaaslike klinieke te verskaf.
C inwoners aan te moedig om gereeld hulle vitamiene te neem.
D gimnasiumlidmaatskappe deur smaakmakers ('influencers') te bevorder. (5 x 1) (5)

1.2 Gee EEN woord/term vir elk van die volgende beskrywings. Skryf slegs die woord/term langs die vraagnommers (1.2.1 tot 1.2.3) in die ANTWOORDEBOEK neer.

1.2.1 Spesifieke bepalings en voordele wat in 'n werkskontrak beskryf word waartoe jy moet instem voordat jy 'n werk begin (1)

1.2.2 Om 'n besigheid te begin met die primêre doel om gemeenskapskwessies te hanteer (1)

1.2.3 Vryetydsaktiwiteite wat mense kies om vir genot of persoonlike bevrediging te doen (1)

1.3 Beantwoord die volgende vrae deur die antwoord langs die vraagnommers (1.3.1 tot 1.3.3) in die ANTWOORDEBOEK te skryf. Skryf jou antwoorde in volsinne.

1.3.1 Beskryf EEN doelwit van die Wet op Arbeidsverhoudinge (WAV/ 'LRA'), 1995 (Wet 66 van 1995). (1 x 2) (2)

1.3.2 Verduidelik EEN sosiale voordeel van deelname aan inheemse speletjies in jou gemeenskap. (1 x 2) (2)

1.3.3 Bespreek EEN manier waarop die effektiewe bestuur van konflik kan help om positiewe verhoudings tussen mense te bou. (1 x 2) (2)

AFDELING A (VERPLIGTEND)

Beantwoord AL die vrae in hierdie afdeling.

VRAAG 1

1.1 Verskeie opsies word as moontlike antwoorde op die volgende vrae gegee. Kies die antwoord en skryf slegs die letter (A–D) langs die vraagnommers (1.1.1 tot 1.1.5) in die ANTWOORDEBOEK neer, bv. 1.1.6 D.

1.1.1 'n Manier wat aanbeveel word om hipertensie effektief te hanteer, is om …

- A voorgeskrewe behandeling na te kom en voedsel laag in suiker te eet.
- B voorgeskrewe medikasie te neem en energiedrankies te drink.
- C medikasie te gebruik en die inname van hoëproteïen-voedsel te verhoog.
- D voorgeskrewe behandeling te volg en 'n lae-sout-dieet vol te hou.

1.1.2 Die primêre rol van die media om 'n demokratiese samelewing te ondersteun, is om ...

- A beroemde persone binne gemeenskappe te ondersoek en oor hulle verslag te lewer.
- B stories wat die algemene publiek interesseer, aan te bied en te verdedig.
- C verskillende standpunte oor belangrike openbare sake te ondersoek en voor te lê.
- D alle politieke partye tydens nasionale verkiesings te help en te bevorder.

1.1.3 Een van die hoofverantwoordelikhede van die nasionale regering in Suid-Afrika is om …

- A die land se verdedigingsbeleide te ontwikkel en te implementeer.
- B plaaslike afvalversamelingsdienste te bestuur en in stand te hou.
- C planne vir residensiële huise voor te lê en goed te keur.
- D openbare hospitale in alle provinsies in stand te hou en te befonds.

1.1.4 Fiksheidsoefeninge wat slegs op die bou van kernkrag ('core strength') fokus, kan … insluit.

- A stootspronge, opstote en afstandhardloop
- B hurksitte, touspring en buikspieroefeninge
- C naellope, touspring en opstote
- D opsitte, opstote en buikspieroefeninge

INSTRUKSIES EN INLIGTING

1. Hierdie vraestel bestaan uit DRIE afdelings, naamlik AFDELING A, AFDELING B en AFDELING C.

2. Die vrae in AFDELING A en AFDELING B is VERPLIGTEND.

3. Beantwoord enige TWEE vrae in AFDELING C.

4. Lees AL die vrae aandagtig deur.

5. Nommer die antwoorde korrek volgens die nommeringstelsel wat in hierdie vraestel gebruik is.

6. Skryf netjies en leesbaar.

basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NASIONALE SENIOR SERTIFIKAAT

GRAAD 12

LEWENSORIËNTERING

ALGEMENE ASSESSERINGSTAAK

AANVULLEND OKTOBER 2025

PUNTE: 100

TYD: 2½ uur

Hierdie vraestel bestaan uit 10 bladsye.

Kopiereg voorbehou