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**SA EXAM
PAPERS**

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Proudly South African

LIFE ORIENTATION

HARRY GWALA DISTRICT

SCHOOL BASED ASSESSMENT : SOURCE BASED TASK GRADE 12:2026

MARKS: 90

DURATION: 3 Weeks

- This task consists of Activity1, 2 and 3.
- Please complete all activities.
- Answer questions in full sentences except for questions that require one-word answers.
- Number the answers correctly.



**ACTIVITY 1****STRESS AND CONFLICT****Life without Stress: A Necessary Challenge****The Importance of Life Skills in Adapting to Change**

Top(RCL)representative ,Thandi found herself in the school counselors office on the last day of the first term after experiencing heavy anxiety attacks. The attack was triggered by an unexpected 10% drop in her English mark, something that had never happened before.

Herteacherdescribedhertobeanoutgoingandcharismaticyoungwoman,whowassurroundedby friends. Despite her busy social life, she consistently maintained straight A's throughout high school. "No one realised the immense pressure she was under. Thandi appeared to be copying well but the stress had been building up eventually leading to chronic stress" Ms Johnson admitted.

Thandi'sexperienceisnotuniquemanymatricstudentsfaceintensestress,burnoutandanxiety due to increasing academic demands and the pressure of their final year. Schools, parents and learners must recognise the dangers of excessive stress and take steps to minimize its negative effects on students' health. However, a reasonable amount of pressure can serve as motivation, helping them develop resilience.

Truepersonalgrowthcomesfromovercominglife'sinevitablechallenges.Somepeopledevelop effective coping strategies while others struggle to manage stress. Ultimately one's ability to navigate stressful situations determines how they emerge from them. Developing strong stress management skills is essential for adapting to an ever-changing world and its challenges.

Adaptedfrom:<http://hydesmith.com/de-stress/files/StressMgt>. Accessed:13.01.26

- 1.1 Define two types of stress. (2x1)(2)
- 1.2 Identify the TWO types of stressors and give examples. (2+2) (4)
- 1.3 Discuss 5 coping mechanism which grade 12 learners can use to manage their stress for their final year. (5x2)(10)





- 1.4 Define the term conflict resolution skills. (1x2)(2)
- 1.5 Explain two types of conflict. (2x2)(4)
- 1.6 Suggest TWO conflict resolution skills that could assist in dealing with conflict in a working environment. (2x2)(4)
- 1.7 Critically discuss how your anger during communication may affect your relationship with others. (2x2)(4)

ACTIVITY 2

CAREER AND CAREER CHOICES

Unemployment is Government policy.

Labour and minimum –wage laws create a barrier to entry into the jobs market. The minimum wage creates a productivity hurdle that is too high for the majority of South Africans. The unemployed youth fail this coercive “productivity test” than has been legislated by the government

If workers are able to produce something that is more valuable than the minimum wage, the profit incentive will motivate someone to allocate a job to them, if not, the free market will sentence them to a lifetime of unemployment and poverty. The minimum wage is a penalty for employing people. It punishes job creation and incentivizes unemployment. The government uses labour legislation to shrink the pool of productive workers and to increase the pool of grant recipients.

Http [www./ current unemployment news](http://www./current-unemployment-news)

- 2.1 Define the term unemployment (2)
- 2.2 Mention TWO ways in which skills training programmes, as proposed in the Skills Development Act, 1998 (Act 97 of 1998), could assist in reducing youth Unemployment. (2x2)(4)
- 2.3 Investigate THREE negative social impact that youth unemployment may have on a community. (3x2)(6)
- 2.4 State TWO challenges that a worker may experience in the informal job Sector. (2x1)(2)





- 2.5 Discuss the impact of corruption and fraud on companies. (2x2)(4)
- 2.6 Explain why entrepreneurs should be risk-takers. (1x2)(2)
- 2.7 Discuss **TWO** possible reasons why the government should consider it important to support young upcoming entrepreneurs. (2x2)(4)
- 2.8 Recommend **TWO** practical strategies that you could use to determine whether entrepreneurship would be the best career option for you. In each response, also indicate how these strategies may assist you in ensuring that entrepreneurship is your best option. (2x3) (6)

ACTIVITY 3

STUDY SKILLS

SURVIVING EXAMINATIONS

Sitting for an examination has proven to be the most difficult aspect of general student assessment. Most students fail an assessment, not because they do not know the content, but because they cannot effectively respond to the questions within the stipulated time.

Knowing your content does not always mean that you are able to effectively answer examination questions since there are factors, such as managing anxiety, which play a role in determining your success in an examination.

Interestingly, examination writing skills, such as time management, are typical life skills because they could be used to deal with daily life demands.

[Adapted from www.study-help/understanding-question. Accessed on 15 February 2021.]

- 3.1 Give a definition of the term study skills. (1 x 2) (2)
- 3.2 Define the following action word as used in an examination question paper illustrate (1 x 2) (2)
- 3.3 Explain ONE benefit of planning your responses when sitting for an examination. (1 x 2) (2)





3.4 Discuss TWO ways in which you could deal effectively with anxiety during an examination session. (2 x 2) (4)

3.5 How would you adapt your reading skills to respond effectively to examination questions? In EACH answer, also indicate how that could improve your ability to gain maximum marks for a question. (2 x 3) (6)

3.6 Explain TWO social benefits of participation in indigenous games for communities. (2 x 1) (2)

3.7 State and examine TWO factors that may prevent some youth from participating in physical activities. (2 x 2) (4)

3.8 Discuss how participating in physical activities and following a balanced diet can enhance self-esteem. (1 x 2) (2)

3.9 Suggest THREE ways in which your school could work with community organisations to promote participation in physical activities among all learners. (3 x 2) (6)

[30]

GRAND TOTAL : 90





NAME AND SURNAME OF LEARNER.....

SCHOOL.....**DISTRICT: HARRY GWALA**

SOURCE-BASEDTASK

ACTIVITY	CONTENT	MARKSOBTAINED
Activity1:	DEVELOPMENT OF THE SELF IN SOCIETY	/30
Activity2:	CAREERS AND CAREER CHOICES	/30
Activity3:	STUDY SKILLS AND PHYSICAL EDUCATION	/30
TOTAL:90		/90

OVERALL FEEDBACK TO LEARNER:

Educator's signature: _____ Date: _____

MODERATION:	Mark allocated	SIGNATURE	DATE
HOD(School)			
District Moderator			
PROVINCIAL MODERATOR			

