

KWAZULU NATAL DEPARTMENT OF EDUCATION
UMKHUMBANE CLUSTER

GRADE : 12
LIFE ORIENTATION
CONTROLLED TEST
14 AUGUST 2026

MARKS : 100

DURATION : 2 ½ HOURS

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 and TWO questions in Section C.
4. Read ALL the questions carefully.
5. Number the questions correctly 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 and write only the letter (A-D) next to the question number (1.1.1 – 1.1.5) in the ANSWERBOOK ,for example 1.1.6.D

1.1.1 The following could promote long term engagement in physical activity:

- A. Watching sport on television.
- B. Reading sport on magazine.
- C. Playing computer games with a sport theme.
- D. Participation in the indigenous games. (1)

1.1.2 A summary of yourself that best describes your manners ,beliefs and values as well as your vision pf future plans is called a /an:

- A. Action plan statement.
- B. Vision statement .
- C. Religion statement.
- D. Mission statement. (1)

1.1.3 Positive well –being of internet users which involves understanding the risks of harmful online behaviors.

- A. Cyberbullying
- B. Cyber wellness
- C. Cyber-safety
- D. Cyber-savvy (1)

1.1.4 Which of the following is NOT a factor that will make your grade 12 successful?

- A. Effective study methods and styles.
- B. Consistent management of your time.
- C. Completion of some school –base- tasks.
- D. Good examination writing skills (1)

1.1.5 The aim of trade union is to

- A. protect workers from unfair treatment.
- B. assist in the organisation of strikes.
- C. negotiate for better worker accommodation .
- D. protect workers from unfair treatment in society.

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 The control of information and ideas in a society, usually by a government . (1)

1.2.2 The process of identifying and hiring the best qualified candidate for a job. (1)

1.2.3 A policy that tries to repair past discrimination through methods to ensure equal opportunity ,as an in education and employment. (1)

1.3 Answer the following questions by writing the answer next to the question numbers (1.3.1 to 1.3.4) in the ANSWERBOOK . Write your answers in full sentences.

1.3.1 Give TWO examples of human factors that causes ill health . (2x1) (2)

1.3.2 Explain why school based assessment (SBA) is important? (1x2) (2)

1.3.3 Why do you think stress may trigger mental disorders? (2x1) (2)

1.3.4 Discuss the importance of evaluating the pros and cons before making a decision. (1x2) (2)

1.4 Read the source below and answer the following questions .Write your answers in full sentences.

DANGERS OF SOCIAL MEDIA

“ DID YOU KNOW SOCIAL MEDIA CAN NEGATIVELY AFFECT YOUR MENTAL HEALTH.”

[Adapted from www.biacatrice.com. Accessed on 12 May 2026.]

1.4.1 Explain why social media can break a person. (1x2) (2)

1.4.2 Recommend ONE way in which learners could prevent violating other people's rights on their social media. (1x2)(2)

Total Section A: 20

SECTION B (COMPULSORY)

QUESTION 2

Look at the image below and answer questions that follow.



- 2.1 Define the term stressor. (1x2) (2)
- 2.2 State Two factors that may contribute to a young person developing negative during examination time. (1x2) (2)
- 2.3 Explain how a negative attitude towards life could effect your performance in school based assessments.
- 2.4 Discuss why avoiding seeking professional help is not healthy for any teenager May lead to chronic stress. (2x2) (4)
- 2.5 assess TWO ways in which community participation in school life can reduce the number of learners who drop out of school due to stress. (2x2) (4)
- 2.6 Develop TWO startegies to improve your way of coping with stress during an examination ,in each answer ,also indicate how improving these coping skills could help you pass your examinations. (2x3) (6)

[20 Marks]

QUESTION 3

Read the extract below and answer the questions that follow

STUDY SKILLS

DISHONESTY IN EXAMINATIONS ON THE INCREASE

The penalties for being dishonest during matriculation examinations could include results being invalid and a postponement of the examinations that are to follow. If learners are discovered to have access to or circulated leaked question papers, they could also face criminal charges.

It is therefore, very important that learners understand the examination ethics, just like work ethics, means to follow the rules, guidelines and moral principles. These give direction on how assessment are conducted or the manner in which it impacts on your professional life in future. As a learner failure, to adhere to these moral principles could impact admission to higher education institutions.

Over a thousand grade 12 learners were banned from sitting for the examinations after being found guilty of cheating during the 2022 National Senior Certificate (NSC) Examinations. These learners will only be permitted to sit for the NSC examinations after the disciplinary hearings.

Grade 12 learners are obligated to sign the NSC pledge before the commencement of the final examinations as a formal commitment to upholding the values and rules of this pledge, which may motivate learners to commit academic integrity.

[Adapted from www.iol.co.za accessed on 16 July 2026.]

- 3.1 State TWO actions that you may unintentionally commit in the examination room that may be considered to be dishonest. (2x1) (2)
- 3.2 Why do you think some learners may feel pressurised to perform well in the NSC examinations? (1x2) (2)
- 3.3 Explain how dishonesty during the NSC examinations could impact on a Learner's admission to higher education institutions. (1x2) (2)
- 3.4 Discuss TWO ways in which you could revise your own study strategies to ensure that you are well- prepared for the examinations.
- 3.5 Assess TWO ways in which honouring the NSC examination pledge may help to maintain academic integrity. (2x2) (4)
- 3.6 Analyse how having strong work ethics could enhance your professional skills in future. In EACH answer, also indicate how this could contribute to long-term career success. (2x3) (6)

TOTAL SECTION B: 40

SECTION C

QUESTION 4

Answer any TWO questions from this section

Read the extract that below and answer the questions that follow

RECRUITMENT PROCESS

General trends and practices

Current recruitment processes are driven by technology and data analytics ,with a strong focus on a candidates work experience. Therefore ,choosing the right references to list in your Curriculum vitae (CV) and researching company's mission statement may be to your benefit when you are considered for a job.

[Adapted from wwwhr-simplified.co.za assessed on 2 March 2026]

Write paragraphs on the recruitment process

Use the following as guidelines

- Briefly state FOUR factors to consider when adding someone as a reference in your curriculum vitae(CV). (4x1) (4)
- Analyse the importance of researching a company's mission statement when applying for available jobs. (2x4) (8)
- Evaluate why an employer may choose to hire a candidate with previous work experience. (2x4) (8)

[20 Marks]

QUESTION 5

Read the extract below and answer questions that follow

TICKING TIME BOMB :SA UNEMPLOYMENT CRISIS

....South Africa has a variety of legislative instruments such as the Employment equity Act, Labour relations Act, National Minimum Wage Act, Basic Conditions of Employment Act and their interventions increase the risk of hiring new employees especially if these employees are inexperienced and unqualified.

We see this in the data, in the 3rd quarter of 2022, 9.6% of South Africa's unemployed graduates or holders of other matric qualifications. This means that more than 90% of the unemployed have a matric or less. The unemployment crisis disproportionately affects the unskilled.

The need to quickly reform the labour market....and the fact that our economic issues are so much worse makes this more urgent.

[Adapted from <https://www.biznews.com>: Accessed on 29 May 2026]

Write paragraphs on **the effects of the digital era to employment and the role of entrepreneurship in combating unemployment.**

Use the following as guidelines

- Provide FOUR ways in which being out of work could give you a negative sense of purpose in life. (4x1) (4)
- Analyse how the rapid growth of this new digital era may affect the likelihood of young people finding employment. (2x4) (8)
- Evaluate TWO ways in which entrepreneurship can play a critical role to counter unemployment in South Africa. (2x4) (8)

[20 Marks]

QUESTION 6

Study the text below and write an essay on Cyberbullying and its effect on learners.

ADDRESSING THE SCOURGE OF CYBERBULLING

A lack of relatable guidance when it comes to children and social media is costing children dearly in terms of mental health and is increasing their cyber risk. The digital landscape is driven by money and influence and people will do a lot for a follow or a comment . Many social media users are not mature enough to discern influence,fake news or clickbait.

GLOSSARY:

Scourge a cause of wide or great affliction.

Clickbait an internal story ,title,image,etc that is intended to attract attention and encourage people to click on a link.

[https// www.news24.com](https://www.news24.com).Accessed 12/04/26

Use the following questions as a guideline and write in paragraphs

- Briefly state FOUR types of cyberbullying. (4x1) (4)
- Analyse TWO negative effects of cyberbullying on the mental health of the learner. (2x4) (8)
- Critically discuss TWO ways in which parents can be proactive in ensuring that their child is not a victim of cyberbullying. (2x4) (8)

TOTAL SECTION C: 40
GRADND TOTAL :100