

LIFE ORIENTATION – GRADE 12

CONTROLLED TEST – ANSWER MEMORANDUM

Answers are allocated according to the marks shown in the question paper. Equivalent, relevant answers should also receive credit.

SECTION A – QUESTION 1 [20]

1.1.1 [1] Which definition best describes a 'rite of passage'?

Answer: B. Rituals, ceremonies or events that symbolise important stages in a person's life.

1.1.2 [1] Which option is NOT considered a personality trait that contributes to personal success?

Answer: C. Laziness.

1.1.3 [1] Identify the option that is NOT an effective conflict-resolution skill.

Answer: C. To be assertive.

1.1.4 [1] What is the main objective of performing a cool-down routine immediately after physical exercise?

Answer: B. To promote the gradual return of the body to its resting state and reduce the risk of injury.

1.1.5 [1] What term describes photojournalists who aggressively pursue public figures to uncover private scandals?

Answer: A. Paparazzi.

1.2.1 [1] Give ONE word/term: A South African law that helps disadvantaged groups, such as people with disabilities and women, get better job opportunities.

Answer: Employment Equity.

1.2.2 [1] Give ONE word/term: A formal organisation of workers in a particular industry that bargains on behalf of its members in the workplace.

Answer: Trade union.

1.2.3 [1] Give ONE word/term: A form of favouritism whereby close friends or associates are given positions of power regardless of qualifications.

Answer: Cronyism.

1.3.1 [2] Define the term *cardiovascular endurance* as used in physical education.

Answer: 1 mark: It is the ability of the heart, lungs and blood vessels to supply oxygen to working muscles. **1 mark:** It allows a person to sustain physical activity for an extended period without excessive fatigue.

1.3.2 [2] Distinguish between interpersonal conflict and intrapersonal conflict.

Answer: 1 mark: Interpersonal conflict occurs between two or more people. **1 mark:** Intrapersonal conflict occurs within an individual, involving competing thoughts, feelings or decisions.

1.3.3 [2] Discuss the importance of reading the questions carefully during an examination.

Answer: 1 mark: It helps the learner understand exactly what the question requires and prevents misinterpretation. **1 mark:** It helps the learner give relevant, complete answers and avoid losing marks unnecessarily.

1.4.1 [2] Explain the effect that a lack of a basic service, such as electricity, may have on a learner's study plans.

Answer: 1 mark: Load-shedding or an unreliable electricity supply can interrupt planned study time and prevent the use of lights or electronic learning resources. **1 mark:** This may cause learners to fall behind, reduce concentration and make it harder to prepare adequately for tests or examinations.

1.4.2 [2] Discuss how study groups could help you to study more effectively.

Answer: 1 mark: Members can explain difficult concepts to one another and share useful notes or study resources. **1 mark:** A study group can provide motivation, accountability and opportunities to practise questions and correct mistakes.

1.4.3 [2] Suggest ONE strategy that could help you plan studying on your own more successfully. Motivate your answer.

Answer: 1 mark: Create a realistic study timetable that divides subjects into manageable sessions. **1 mark:** This helps you organise your time, set priorities, monitor progress and avoid last-minute studying.

SECTION B – QUESTION 2 [20]

2.1 [2] State TWO actions that you may unintentionally commit in the examination room that may be considered dishonest.

Answer: 1 mark each: Looking at another learner's answers without permission; allowing another learner to copy your answers. Other valid examples include using unauthorised notes or communicating with another learner during the examination.

2.2 [2] Why do you think some learners may feel pressured to perform well in the NSC examinations?

Answer: 1 mark: They may face pressure from parents, teachers, peers or themselves to obtain high marks. **1 mark:** They may fear failing, disappointing others or losing opportunities for further study or employment.

2.3 [2] Explain how dishonesty during the NSC examinations could impact on a learner's admission to higher education institutions.

Answer: 1 mark: Dishonesty may result in examination results being invalidated or withheld and may lead to disciplinary action. **1 mark:** This can damage the learner's academic record and may prevent or delay admission to higher education.

2.4 [4] Discuss TWO ways in which you could revise your own study strategies to ensure that you are well-prepared for the examinations.

Answer: 2 marks each: (1) Use a structured study timetable and start revision early, allocating extra time to weaker subjects. (2) Use active revision methods such as past papers, self-testing, summarising key ideas and correcting mistakes.

2.5 [4] Assess TWO ways in which honouring the NSC Examinations Pledge may help you to maintain academic integrity.

Answer: 2 marks each: (1) It reminds you to follow examination rules and reject cheating, helping you act honestly even when under pressure. (2) It creates personal accountability and reinforces respect for fair assessment, so your results reflect your own knowledge and effort.

2.6 [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.

Answer: 2 marks each: (1) **Reliability:** meeting deadlines and keeping commitments builds trust with employers and colleagues, improving future opportunities. (2) **Responsibility:** taking ownership of tasks and mistakes develops professionalism and makes promotion or greater responsibility more likely. (3) **Perseverance:** continuing to work through challenges develops problem-solving and resilience, helping you remain productive and progress in your career.

QUESTION 3 – LONG-TERM ENGAGEMENT IN PHYSICAL ACTIVITY [20]

3.1 [2] Define the term *lifestyle disease*.

Answer: 1 mark: A disease associated with a person's long-term way of living or behaviour. **1 mark:** It is often linked to risk factors such as physical inactivity, unhealthy eating, smoking or excessive alcohol use.

3.2 [2] Describe ONE way in which being part of a fitness group may motivate you to stay committed to participating in physical activities.

Answer: 1 mark: Group members provide encouragement and accountability. **1 mark:** Knowing that others expect you to attend can increase motivation and make exercise more enjoyable and consistent.

3.3 [2] Explain ONE environmental factor that may discourage you from engaging in physical activities.

Answer: 1 mark: Unsafe neighbourhoods or a lack of suitable parks and sports facilities may discourage exercise. **1 mark:** People may avoid outdoor activity because they fear crime, traffic or do not have a safe place to exercise.

3.4 [4] Discuss how long-term participation in physical activity could increase your energy levels.

Answer: 2 marks each: Regular exercise improves cardiovascular fitness and the efficiency with which the body uses oxygen, so everyday activities require less effort. It can also improve sleep, mood and overall physical fitness, reducing tiredness and helping a person feel more energetic.

3.5 [4] How could being physically active prevent you from turning to harmful substances when you experience difficulties in life?

Answer: 2 marks each: Physical activity provides a healthy coping mechanism for stress, frustration and emotional difficulties. It can also improve mood, provide a supportive social environment and give a person positive goals, reducing the temptation to use harmful substances as a coping strategy.

3.6 [6] Assess the importance of proper planning when committing to an action plan to improve your health. In EACH answer, also indicate how it may increase the likelihood of succeeding in your plan.

Answer: 2 marks each: (1) **Set realistic goals:** clear, achievable goals make progress measurable and prevent discouragement. (2) **Create a schedule:** planning when and how often you will exercise makes healthy behaviour part of your routine and improves consistency. (3) **Monitor progress and adjust:** tracking results identifies problems early and allows the plan to be changed when necessary, increasing the chance of reaching the goal.

SECTION C – QUESTION 4: THE MEDIA [20]

4.1 [4] Briefly state FOUR ways to maintain cyber safety while developing online skills to counteract unemployment.

Answer: 1 mark each: Use strong, unique passwords and enable two-factor authentication; keep personal information private; avoid suspicious links, scams and unknown downloads; keep devices, apps and security software updated and use secure networks.

4.2 [8] Analyse how being cyber-savvy could help young people to counteract unemployment.

Answer: 2 marks each: (1) Digital skills improve employability because many jobs require competent use of computers, online platforms and communication tools. (2) Young people can search and apply for vacancies online and create professional CVs and profiles. (3) They can learn new skills through online courses and tutorials, improving their qualifications and adaptability. (4) Digital knowledge can support entrepreneurship, freelancing and online businesses, creating alternative income opportunities.

4.3 [8] Evaluate the significance of print media in an advancing digital world.

Answer: 2 marks each: (1) Print media remains accessible to people with limited internet access and can provide reliable information in communities. (2) Newspapers, books and magazines can offer detailed reporting, analysis and educational content that readers can study without digital distractions. (3) Print media provides a physical record of information and remains useful in schools, libraries and professional settings. (4) However, digital media is faster, cheaper to update and more interactive, so print media must adapt by offering specialised, credible and high-quality content.

SECTION C – QUESTION 5: RECRUITMENT PROCESSES [20]

5.1 [4] Briefly state FOUR factors to consider when adding someone as a reference to your CV.

Answer: 1 mark each: Choose someone who knows your work or abilities; obtain the person's permission first; use a reliable and professional reference; provide correct contact details and ensure the person can communicate positively about your skills and character.

5.2 [8] Analyse the importance of researching a company's mission statement when applying for available jobs.

Answer: 2 marks each: (1) It helps you understand the company's purpose, values and priorities. (2) It allows you to assess whether your own values, interests and career goals fit the organisation. (3) It helps you tailor your CV, cover letter and interview answers to show relevant skills and genuine interest. (4) It prepares you for interviews because you can give informed examples of how you could contribute to the organisation.

5.3 [8] Evaluate why an employer may choose to hire a candidate with previous work experience.

Answer: 2 marks each: (1) Previous experience may show that the candidate already has practical skills and understands workplace expectations. (2) An experienced worker may require less training and can become productive sooner. (3) Work experience can demonstrate reliability, teamwork, communication, problem-solving and time-management skills. (4) Previous experience may reduce the employer's risk when selecting a candidate,

although employers should still consider qualifications, potential and suitability for the specific job.

SECTION C – QUESTION 6: LABOUR LAWS [20]

6.1 [4] Briefly state FOUR ways in which employers could ensure that labour laws are successfully implemented within their organisations.

Answer: 1 mark each: Develop clear workplace policies that comply with labour legislation; train managers and employees about their rights and responsibilities; apply rules fairly and consistently without discrimination; establish safe reporting, grievance and disciplinary procedures and monitor compliance.

6.2 [8] Analyse how inappropriate behaviour of some trade union members could have a negative impact on the work environment.

Answer: 2 marks each: (1) Aggressive or disrespectful behaviour can create conflict between employees, union representatives and management. (2) Intimidation, threats or disruption can make workers feel unsafe and reduce morale. (3) Unnecessary disputes or disruption can lower productivity and damage relationships in the workplace. (4) Such behaviour can damage the reputation of the union and weaken constructive negotiations, making it harder to resolve genuine worker concerns.

6.3 [8] Evaluate the impact on a young worker who reports labour-law violations in the workplace.

Answer: 2 marks each: (1) Reporting violations can protect the worker and other employees by helping to stop unlawful or unsafe practices. (2) It can promote fairness and improve working conditions if the complaint is handled properly. (3) The worker may experience stress, fear of retaliation or strained relationships, especially where reporting procedures are weak. (4) If the employer responds appropriately, the worker may gain confidence and learn to exercise workplace rights; if the complaint is ignored, the worker may become demotivated or feel insecure.

NOTE ON SECTION C: The paper instructs learners to answer ANY TWO questions in Section C. This memo provides answers for Questions 4, 5 and 6 so that you can choose the two you prefer.

END OF MEMORANDUM