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SEAT ACADEMY

Learning for Success

LIFE ORIENTATION

TASK 1

(70 marks)

Time: 45 minutes

**TOPICS : Development of the self in society
Sexuality**

This assessment consists out of 3 pages:

INSTRUCTIONS:

1. THIS ASSESSMENT CONSISTS OF TWO (2) QUESTIONS.
2. READ ALL QUESTIONS AND STUDY THE FIGURES CAREFULLY BEFORE ANSWERING.
3. NOTE THE MARKS PER QUESTION AND PROVIDE ANSWERS AS INDICATED IN THE MARK ALLOCATION.
4. ALL QUESTIONS MUST BE ANSWERED.
5. START EACH QUESTION ON A NEW PAGE.
6. NUMBER YOUR ANSWERS IN LINE WITH THE ASSESSMENT'S NUMBERING SYSTEM.
7. WRITE NEATLY AND LEGIBLY.
8. THIS ASSESSMENT CONSISTS OF THREE (3) PAGES.
9. ENJOY THE ASSEMENT.

THIS IS MY OWN ORIGINAL WORK AND I HAVE NOT PLAGIARISED ANY PART OF THIS ASSESSMENT.

8. Please note that if you do not include the honesty declaration that your script will be returned to you unmarked and will only be marked once the declaration is added.

Section A

Question 1

1. What is self-concept? (2)
2. What four (4) factors influence the formation of your self-concept? (8)
3. Name seven (7) external factors that influence and contribute to your self-concept formation. (7)
4. What is self-motivation? (2)
5. What is self-esteem? (1)

Question 2

1. In what way do the seven (7) factors mentioned in question 1, number 3 influence your self-concept and self-motivation? Fill in the table below and provide a reason why you say it is a positive or negative influence for you. (14)

Factors that influence your self-concept and self-motivation	Positive influences	Negative influences

2. Define self-talk. (2)

3. What is personal potential? (2)
4. Name the two (2) types of potential and define them. (4)

SECTION B

QUESTION 3

1. Define sexuality. (2)
2. Define sexual identity. (2)
3. Define sex. (2)
4. Define sexual orientation. (2)
5. Name three (3) factors that can have an influence on your sexuality. (6)
6. Answer **TRUE** or **FALSE**
 - 6.1. Different people may have different sexual identities. (2)
 - 6.2. Sexuality and sex mean the same thing. (1)
 - 6.3. Sexuality is a natural and healthy part of living. (1)
7. Your culture, your family, your friends and your community have all played a role in establishing your norms and values since your birth. In a short essay of 100-150 words, explain how these norms and values have affected your views regarding your sexuality (10)

TOTAL (70)