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education

Department of
Education
FREE STATE PROVINCE

LIFE ORIENTATION

Grade 9 Teacher's Guide 2020

Term 1**Week 1****Activity 1**

What is meant by 'personal lifestyle choices'? Explain by means of 2 examples? (6)

Personal lifestyle choices are choices that a person makes in terms of their behaviour and attitudes towards certain situations.√√

For example, you can choose to participate in physical activity to maintain your health.√√

Give the second example √√ (6)

Week 2**Activity 2**

Give an example of:

Positive peer pressure (1)

Negative peer pressure (1)

Discuss how media may influence your life style choices (2)

Suggest ONE way in which your family could be a positive influence on your lifestyle choices (2)

A peer may urge one to give a bad habit or end a destructive relationship

Answers may vary. √ (1)

Peers may push one to do things one does w not want to do and one may end up doing them in order to "fit in" √ (1)

Answers may vary

Positive life style choices such as taking up a sport may be the result of watching it on TV; √ however the glamorizing of risky behaviour such as drinking alcohol may have a negative influence as it condones the abuse of alcohol. √ (2)

Families that communicate in assertive way or who do not smoke or drink may positively influence lifestyle choices √ (2)

Week 3

Activity 3



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Exams are approaching in a couple of weeks. You are not confident and feel there is not enough time left to study all the material.

Work through the decision making steps in order to find the best solution for the problem mentioned above. List at least FIVE factors and support reasons or examples? (10)

Follow decision-making steps in order to find the best possible solution to this problem. The learner's reasoning should be clear to see: one mark per point made. Learners need to mention decision making steps (any 5=5 marks) and again give examples relevant to this particular problem (5 marks)

The decision making steps are:

1. Define the problem✓
2. Collect information✓
3. Brainstorm different solutions✓
4. Consider the result of the decision✓
5. Measure the decision against one's values✓
6. Find one's fears✓
7. Choose the best solution✓
8. Try out the decision✓
9. If it does not work, try another one✓ (5 +5)

Week 4

Activity 4

Write a paragraph of five lines titled "Being sexually healthy" (10)

- To be sexually healthy means to maintain one's physical, social and emotional well –being. ✓
 - It means one should understand one's sexual orientation and take responsibility for one's sexual behaviour ✓
 - Taking drugs or drinking alcohol could influence one's decisions about sex. ✓
 - Having low self-esteem might mean that one looks for sex to make one feel better. ✓
 - The media makes sex appear to be glamorous and widely practiced. ✓
 - Teenage pregnancy and sexually transmitted infections including HIV/AIDS may results from irresponsible sexual behaviour. ✓
 - Abstaining from sex until you are certain it is the right, certainly until the age of 16, the legal age of consent, is the best way to remain sexually healthy. ✓
 - Being assertive and true to one's value s contributes to sexual healthy ✓
- (10)

Any five relevant answers

Week 5

Activity 5

Discuss THREE implications of when girls get pregnant and drop out of school. (6)

- ❖ The girl will end up with low self -esteem ✓
- ❖ Emotional scars of going through the pregnancy alone ✓
- ❖ There are chances of contracting Sexual transmitted diseases ✓
- ❖ One might be diagnosed with HIV/AIDS ✓
- ❖ The girl might experience social stigma ✓
- ❖ The girl might consider abortion as an alternative ✓
- ❖ Loose class mate and freedom ✓
- ❖ The girl might face financial problems ✓
- ❖ Looking after the born child ✓

Week 6**Activity 6**

Read the following case study and answer the questions that follow in full sentences.

SHOCKING HIGH PERCENTAGE SCHOOL LEAVERS

Ten percent of Grade 10 and 11 learners drop out of school before they matriculate. A report of the Department of Basic Education indicates that the average percentage of school leavers is four percent and that the most leaving school are in Grade 9 and higher grades.

It was found that the dropout rate before Grade 9 is 'extremely low', with about one percent of pupils leaving school in Grades 1 to 4.

From Grades 5 to 8 the dropout rate is minimal, ranging from 2 to 4 percent. The report found that from Grade 9 upward, the rate increases, reaching almost 12 percent in Grades 10 and 11.

The report cited a number of researchers who had found that dropping out of schools is not a single event, but the result of a combination of inter-related factors.

[Adapted from: RAPCAN, 2008. A Teacher's Guide to Positive Discipline]

Give FOUR possible reasons why there is a high percentage of learners in South African schools that drop out before they matriculate. (4)

Financial pressure/pressure✓

Single parent/House headed families✓

Food shortages✓

Substance abuse✓

Not sufficient supervision at home✓

Negative peer pressure✓

Teenage pregnancies✓

No support from parents or families✓

HIV/AIDS✓

(Any 4 of the above answers or any acceptable answers in the context of the teenagers on why they leave school before Grade 12)

Week 7**Activity 7**

Unhealthy or risky sexual behaviour can lead to serious and unwanted results that may affect your life.

Name two of these (2)

Any 2 relevant answers ✓✓

Teenage pregnancy**Sexually Transmitted Infections (STI's)****HIV and AIDS****Low self-image****Emotional scars**

Explain how each of these could be avoided and describe the long term effects each has on the life of the person or sufferer (8)

Family – If siblings are involved in risky sexual behaviours, teenagers are more likely to become involved themselves. (Any relevant response) ✓✓

Friends and peers – Teenagers usually want to fit in with their friends, so some begin to take part in sexual activities to keep up and to be accepted. ✓✓

Community norms – In some communities it is acceptable if boys are involved in sexual activities and have children at a younger age, however other communities disapprove. ✓✓

(Any relevant responses)

Long term effects (Any relevant) ✓✓

- Having a baby interrupts your studies
- Uncertainty about future prospects
- Financial problems
- Guilt
- Anger
- Emotional problems

(10)

Week 8**Activity 8**

The content and style of writing, changes depending on the purpose of writing.

Write FIVE sentences about the benefits of keeping a journal (5)

Any FIVE of the following points (or similar) written in sentences:

- You make up the rules about content and style✓
- It is mainly for your own understanding✓
- It is mainly for your own benefit✓
- It can help you to organize your thoughts✓
- You can express yourself without worrying about someone judging you✓
- It is often easier to make sense of your feelings and ideas when you can see them written down on paper✓
- You don't have to worry about spelling, vocabulary, grammar and style.

Give the definition of a summary, and suggest FOUR ways in which you can improve your summary writing. (10)

- A shorter version of something, which still includes the important aspects of the original version. ✓

Four of the following suggestions (or similar) ✓

- Keep it simple✓
- Keep it effective✓
- Keep the content and meaning of the original text. ✓
- Get rid of any unnecessary detail or fancy language✓
- Don't try to impress the teacher with fancy words from the dictionary, if you don't know what those words mean✓

Week 9**Activity 9**

Give TWO examples of formal writing, and TWO examples of informal writing, and explain how the style and content may change depending on whether writing is formal or informal? (6)

- **Suggested examples for formal writing:**
 Writing a book report✓
 Writing a summary✓
 - **Suggested examples for informal writing:**
 Writing a shopping list✓
 Writing a journal or diary
 - **Style and content may change in the following ways:**
 Level of grammar✓
 Level of spelling✓
 Frequency of slang words✓
 Level of vocabulary✓ (6)
- (6)

Week 10**Activity 10****FORMAL ASSESSMENT: WRITTEN TASK (70 marks)****TERM 2****Week 1****Activity 1**

- 1.1 By beating, raping, stabbing, murdering and labeling them. (4)
- 1.2 Women/children/the elderly, because they are perceived to be weak and cannot protect themselves. (3)
- 1.3 They will know when their rights are being violated and as such will be able to report abuse. (2)
- 1.4 By not discriminating against them but instead give them support. (2)

- 1.5 Eating healthy, taking medication as prescribed, exercising regularly (3)
 1.6 Family members or relatives of people infected. (2)

Week 2

Activity 2

Briefly explain when and why the following national days are celebrated:

2.1 Human Rights Day: 21 March – To remember how protestors were gunned down by police in Sharpeville in 1960. (3)

2.2 Freedom Day: 27 April – The first free and fair elections took place in South Africa in 1994. (3)

2.3 Heritage Day: 24 September – South Africans celebrate their cultural diversity. (3)

2.4 Reconciliation Day: 16 December – Umkhonto we Sizwe, the ANC's armed wing was established/The Voortrekkers defeated the Zulus at the battle of Blood River. (3)

2.5 Women's Day: 9 August – We remember the women who marched to the Union Buildings in 1956 to protest the pass laws. (3)

Week 3

Activity 3

Write a paragraph of FIVE lines on the following topic: **The importance of having a code of conduct in sport. (10)**

Learners' answers will differ, but should contain some basic ideas. Use the following assessment criteria to assess learners' answer:

Criteria, descriptors and mark allocation				
0-1	2-3	4-5	Possible mark	Mark Obtained
Leaner shows very little understanding of and insight into the importance of having a code of conduct in sport.	Learner shows some understanding of and insight into the importance of having a code of conduct in sport.	Learner shows excellent understanding of and insight into the importance of having a code of conduct in sport.		

0-1	2-3	4-5	Possible mark	Mark Obtained
Learner presented their essay with no or very little logical progression of sound arguments.	Learner clumsily presented their essay with some progression of sound arguments.	Learner skillfully presented their essay with a logical progression of sound argument.		

Week 4

Activity 4

Study the pictures below and answer the question that follows.



Source: <http://www.mandela.gov.za/gallery/index.html>

Discuss why you consider Nelson Mandela a positive role model. Write a paragraph of FIVE lines.

We need to have positive role models in society because they play an important role in inspiring young people. Positive role models encourage positive behaviour and help to build positive values. They can provide a source of inspiration and motivation for reaching one's goals

Traits of positive role models

- **Having a clear set of values**√
They act in a way that is true to their beliefs. √
- **Selfless**√
Selfless role models help others because they care and not because they expect a reward. √
- **Accepting of others**√

A good role model will see people's needs and act on them, regardless of who they are, how poor they are and how sick they are. ✓

- **Having passion**✓

Role models will try and do everything humanly possible to help others or achieve their goal. They are passionate about what they do. ✓

Able to overcome obstacles✓

When people overcome obstacles, they develop initiative. They provide evidence that success is possible even when it seems impossible. ✓
(10)

One mark for listing the characteristic and one mark for explanation.

Any five relevant answers

Week 5

Activity 5

Discuss how you can apply the following values in your daily life:

5.1 Being hard-working: **Doing the work you are allocated diligently and not losing focus. (2)**

5.2 Dedication: **To be devoted to the task and do it whole heartedly. (2)**

5.3 Honesty: **To be truthful and fair in whatever you are doing. (2)**

5.4 Well respected: **To be a person who is loved and admired by others. (2)**

5.5 Standing firm against corruption: **Whatever you do follow the correct rules and regulations/ by the law. (2)**

5.6 Educated: **Work hard and have a good education. (2)**

5.7 Making a contribution towards nation building: **Work hard to unite people. (2)**

Week 6

Activity 6

Write the following abbreviations in full:

6.1 GET - **General Education and Training**

6.2 FET - **Further Education and Training**

6.3 HET - **Higher Education Training**

6.4 NSC - **National Senior Certificate**

6.5 NCV -National Certificate Vocational

6.6 Advise someone who struggles academically on what alternatives they could consider should they not wish to continue with NSC in Grade 10.

They could study at an FET college from 10 onwards/ Take a vocational route, study NCV which will provide them with skill to improve the South African economy or take part in it.

Week 7

Activity 7

There are two main options for study after completing grade 9:

7.1 Name the options and explain the differences between them? (4)

NSC ✓	NCV ✓
The National Senior Certificate (NSC), awarded after completing Grade 12 at school. ✓	The National Senior Certificate-Vocational (NCV) offered at FET colleges. ✓
You would study for NSC during grades 10,11 and 12✓	The NCV allows you study for the equivalent of the NSC but the subjects are more to do with practical careers. ✓ You will be awarded a certificate at level 1,2 or 3;equivalents of grade 10,11 and 12✓ (4)

7.2 Discuss TWO advantages of each option? (2)

ADVANTAGES	
NSC	NCV
Is suited for those who wish to follow a more academic career and who might like to study at a university. ✓	Offers a wide range of practical, job related activities. It will suit someone who is practical and good with their hands✓ (2)

7.3 Is an employer obliged to offer pension scheme as part of the employment package? (2)

The employer is not obliged to provide a pension but has contract whether or not a pension is offered and whether or not the employee is expected to make a contribution. ✓✓ (2)

7.4 Discuss TWO possible consequences for an employee who breaches some of the conditions of an employment contract? (2)

The employee would be expected to explain his/her conduct to the Human Resources Department. ✓

Written warnings followed by legal action may be applied. ✓ (2)

Options available after completing grade 9: NSC and NCV qualification

This year you are in the last year of the General Education and Training (GET) phase of schooling, which starts in Grade R and finishes in grade 9. In South Africa, the law requires all learners to complete schooling from Grade R to grade 9. Legally you can leave school at the end of grade 9, but learners are encouraged to continue their education for a minimum of three more years and continue to the Further Education and Training (FET) phase, which is either Grades 10-12 at school or to study at an FET College

Oxford Successful; 2013

7.5 Give the detailed difference between National Senior Certificate (NSC) and National Certificate Vocational (NCV) qualifications

National Senior Certificate qualification (NSC-grade 10-12)	National Certificate Vocational (NCV –FET Colleges)
Is a piece of paper stating which subjects you have written and whether you have	Is offered at the FET colleges. This provides young people with knowledge and skills for

passed and met all of the study requirements	employment and further opportunities for learning.
You obtain your NSC once you pass grade 12	A national Certificate (Vocational) is awarded to students who successfully complete the programmes. The certificate is awarded at three NQF levels 2(Grade 10),3 (Grade 11)4 (Grade 12)
This certificate will allow you access to higher education such as entry to Universities and Technikons and /or obtaining jobs in the workplace	In some instances prior (applied) learning may allow more mature learners into FET Colleges, sometimes with an entrance examination requirement.
- If you choose to study for NSC you will have to study seven subjects from grade 10-12. - The subjects are ➤ Compulsory subjects: Two official South African languages, for example English and Xhosa. One of the languages has to be taken at the Home language level and the other either at Home language or First additional language level ➤ Mathematics or Mathematical Literacy ➤ Life Orientation ➤ Three optional subjects depending on what your school offers	➤ This qualification has been available at the FET Colleges since 2009.The NCV is along course for a full time student and is also offered part time. The new vocational qualification consists of seven subjects that include: ➤ 3 compulsory fundamental subjects :Language (must be one of South Africa's ➤ official languages and be offered as a language of teaching and learning),Mathematics or Mathematical literacy and Life Orientation with strong IT component ➤ Three compulsory core vocational subjects ➤ A fourth subject may be taken from another programme .Each of the subjects has a theory and practical component.

(4)

7.6 Briefly discuss one benefit of:

7.6.1 NCV: Be exposed to the work environment which will look good on your CV in terms of the work experience/ Suits the personality of somebody who does not enjoy the mainstream environment/Caters for learners who are not academically orientated. (6)

7.6.2 NSC: Can continue to study with your peers/Stimulates learners who prefer more theoretical subjects/Provides opportunities to progress to tertiary education. (6)

(Three facts each)

ETHICS IN THE WORKPLACE

'I recently read an article about the new technologies in the workplace. It is possible, the article reported, to make it seem as if you are actually at the office doing work when you are really somewhere else. As an example, the writer briefly talked about the guy that used his cell phone to change the screen on his office computer to make it look like he was working, yet all the time he was sitting in a nearby restaurant.

At the company I work for, the CEO recently warned people about coming in late and leaving early. He asked the question: Am I getting my money's worth. 'And that's the point. We all want to make sure that we get value in return for money that we pay out.

Beyond the earthly concerns of wages and responsibilities to our companies, we are not allowing ourselves to fully experience the dignity that comes through work. Being out of office when we should be working actually robs you of your integrity and self-respect.

[www.amazon.com.Montgomery,J.2011](http://www.amazon.com/Montgomery,J.2011)

List one ethical issue discussed in the extract and explain why you see this as an ethical issue? (3)

One ethical issue is dishonest practice in the workplace-an employee being dishonest about his or her whereabouts when he should be at work. ✓ It is immoral to lie and try to mislead one's employer or colleagues by pretending to be working when one is doing something else. ✓ This is similar to theft and can lead to dismissal. ✓ (3)

Other than earning a salary, state three ways in which work adds to your growth and development? (3)

Learners' answers will differ, but the following could be considered:

It develops self-esteem and self-respect✓

It builds confidence✓

It provides continuous learning (3) ✓

What do you think your responsibilities are as an employee in a workplace? (2)

Learners' answers will differ, but the following could be considered:

To be hardworking and dedicated✓

To be loyal to the company✓

To be honest✓

To be proud of the quality you deliver✓

To be punctual ✓ (2)

What action do you think can be taken against employees who do not comply with company policies? (2)

Employees can face disciplinary hearing✓ or be fired✓ (2)

(10)

Week 9

Activity 9

GET A RYHTHM GOING

Sprinting is running at the top speed. To sprint, you first have to learn how to move your legs faster by making your stride length longer-this is called leg speed. Alexander; 2013

If you are going for a run outdoors, there are many safety tips that you should keep in mind. List 5 of these safety tips (5)

- **If you want to run after school, never run alone. Three is a good number to run with. ✓**
- **Run in an area that you know as well as one that is safe. ✓**
- **Always let your parents or caregiver know that you are running.**
- **Let your parents or caregiver know how long you are going to be running for. ✓**

- Let your parents or caregiver know which route you are planning to take. ✓
- Do not touch any dogs, no matter how small or cute they are. ✓
- Make sure that you have enough daylight to run in, and that you will be home before dark. ✓
- Be careful when crossing roads. ✓ (5)

Mention two benefits of doing circuit training? (2)

Any of the following (or similar)

- You will build muscular strength. ✓
- You will increase your cardiovascular respiratory endurance. ✓
- You will maintain a healthy weight. ✓
- Increase flexibility. ✓
- Increase agility. ✓
- Increase stamina. ✓ (2)

Give two ways in which cardiovascular activities improve your wellness levels? (4)

Any two of the following (or similar)

- It improves the health of your heart and other organs. ✓
- It helps your body produce hormones that make you feel good. ✓ (4)

List four benefits of keeping healthy (4)

Any four of the following (or similar)

- You will look good if your body is in good shape. ✓
- You will be able to maintain the correct weigh more easily. ✓
- You will be able to fight diseases and illness. ✓
- You will sleep better. ✓
- You will feel less stressed. ✓ (4)

(15)

Activity 10

FORMAL ASSESSMENT- MID YEAR EXAMINATION (70 Marks)**Term 3****Week 1****Activity 1**

1.1 List THREE minimum pass requirements for obtaining National Senior Certificate at the end of Grade 12 (3)

40% in first Home Language

40% in two other subjects

30% in three other subjects (3)

1.2 What are the FOUR compulsory subjects in Grade 12 to qualify for NSC certificate?

Two South African languages

Mathematics or Mathematical Literacy

Life Orientation (3)

Week 2**Activity 2**

Making decisions about which subject to study in grade 10-12 can be a very difficult task. It is important to take many things into consideration, including the following: Where you are planning to study; what each subject is about; your interest and abilities; your strengths and weaknesses.

In a paragraph of FIVE lines, critically discuss the above statement, explain why it is important to consider each of the things mentioned above, e.g. your abilities, your interests etc. (10)

Learners must focus on the following points (similar), written as a paragraph:

- Where you are going to study will impact on what you are going to study, as you will consider **the particular subjects that are offered by that institution**✓, and **whether you will be able to afford there**✓, and if you will need to move to that institution you may need to consider whether you can afford it.
- **Your abilities are those things that you find easy to do**✓, and that you are able to do well. It is always important to consider your abilities when choosing subjects, as you will do the subjects for at least three years, ✓
- It is very important to take consideration exactly **what each subject is about**✓. You may think you know the **types of things you will learn for a particular subject**✓, but you may be very much mistaken. This will need to study that subject for at least three years.
- **Your interests are very important to consider, because your subject choices in grade 10 will have a direct impact on what you can potentially do for the rest of your life**✓. So **do not choose subjects you aren't all interested in**, because you will get bored with them, and find it hard to achieve very good results.✓
- It is very important to consider your **strengths and weaknesses, because these are good indicator of whether you will be able to do particular subjects and jobs in the future**✓. **If you are weak at a particular ,it would not be wise to choose it for Grades 10-12**,as the subject content and workload will only increase and get more difficult through the grades.✓

(10)

Week 3

Activity 3.1

Mention FIVE steps that you must follow to help you choose suitable subjects in Grade 10 for the career of your choice.

Step 1: Find out what Grade 12 subjects you can do at your school.

Step 2: Think carefully about your interests and abilities.

Step 3: Consider what careers you are interested in.

Step 4: Discuss with your parents or guardian what subjects you are interested in.

Step 5: Speak with your grade 9 teachers and tell them which subjects you like.

(10)

3.2



google.news pictures

Discuss FIVE safety issues relating to movement activities? (10)

- It is important where possible to wear shoes ✓ that are suited to whatever activity you are doing and that fit you well. ✓
- Drink water before, during and after exercising. ✓ Small sips are best so that you do not cramp while you are exercising ✓
- Correct breathing is very important when exercising, ✓ breathe in through your nose and out through your mouth. ✓
- Make sure there is enough space ✓ between you and your classmates when exercising ✓
- Keep a good posture to support your lower back ✓: stomach pulled in and your buttocks tilted under, shoulders back and down, neck relaxed ✓ (10)

Week 4

Activity 4

Being a volunteer can have a big impact in the lives of others, as well as the life of a volunteer. You do not have to have any specific qualifications when you volunteer, and you may learn a lot.

Describe FIVE ways in which volunteering can benefit the life of a volunteer? (5)

The following 5 points (similar) should be focused on, in paragraphs forms:

- You can learn valuable knowledge. ✓
- You can learn and practice certain skills.
- It can make you feel good. ✓
- It can build confidence. ✓
- It can teach you be responsible. ✓
- It can help you recognize that you are worthwhile and important. ✓
- It can help you discover your hidden talents and abilities. ✓ (5)

Week 5

Activity 5

Define the following terms:

5.1 Sustainable development: **Something that will not damage the environment or use up the earth's resources.** (2)

5.2 Trust: **The organization that invest money and uses profits to help charity.** (2)

5.3 Non-profitable organization: **Company or association started to assist the needy or the disadvantaged.** (2)

5.4 Counselling: **Professional assistance and guidance to resolve personal or psychological problems** (2)

Week 6

Activity 6

Suggest FIVE ways in which you could volunteer your time to help someone infected with HIV or AIDS? (5)

Five of the following or (similar)

- Do a load of washing or laundry for them. ✓
- Make them a meal once a week (or as often as you are able to). ✓
- Do grocery shopping for someone if it is hard for them to get to the shops. ✓
- Offer to help children with homework, if their parents are too sick to help them. ✓
- Spend time with them, as a friend, to show them that you care. ✓ (5)

Week 7

Activity 7

Write a paragraph of five lines discussing the impact of violence on a young person's life. Your discussion must include:

- Possible reasons for violence (2)
- The impact that it will have on him/her: (a) emotionally (2) and (b) physically (2)
- Alternatives to violence (2)

(10)

- **Alcohol and drugs, poverty, abuse, influence of media, lack of values, peer pressure, etc. ANY 2**✓✓
- **Emotional impact may include: low self-esteem; depression; anxiety; feeling of isolation; poor relationship with friends, family, teachers and parents; mistrust and fear.** ✓✓✓
Physical impact may include: physical injury; become aggressive and violent themselves; self-mutilation; eating problems; wetting and soiling. ✓✓✓
- **Alternatives to violence: Learn problem solving skills and conflict management skills.**✓✓

Week 8

Activity 8

Write a paragraph in which you discuss at least FIVE different ways of avoiding violent behaviour. (10)

Paragraphs will vary, but must mention and explain at least five points. They can include some of the following ways in which violence affects individuals:

- **Do not watch too much violence on television, it will encourage one to be violent**✓

- Be part of sport or social group. ✓,that it will keep one busy and talk about important matters✓
- Be tolerant. ✓,and listen to others opinions✓
- Avoid degrading, humiliating or bullying behaviour✓✓
- Stay away from alcohol and drugs, they can stimulate violent behaviour✓
- Decrease the amount of time spent playing violent video games✓✓
- Do not play with guns, one will want to experiment✓(10)

Activity 9

Week 9



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Mention any TWO organizations where you can get help and support should you experience violence at home
(2)

- South African Police Service ✓
- Child line(Counselling and Support for Children)✓
- Lifeline(National Crisis Helpline)✓
- Stop Gender Based Violence Helpline✓
- People opposed to Women Abuse✓
- Depression and Anxiety Group✓
- Legal Aid Board✓
- Lawyers for Human Rights✓
- Centre for study of Violence and Reconciliation✓

Any two relevant answers

Explain any FOUR main steps in problem solving skills and managing conflict as an alternative to violence? (8)

- **Define the problem**✓
You cannot solve a problem until you clearly understand and identify the problem✓
- **Break the problem down into smaller steps**✓
It is easier to tackle small parts rather than one big problem✓
- **Ask someone to help you-a problem shared is a problem halved**✓
Ask your teacher, parent, brother, sister or friend for help or advice✓
- **Develop alternative solutions-you can do this through brainstorming.**✓
No idea is a bad one. Each idea could be a possible solution✓
- **Evaluate solutions**-you can achieve each solution? What will the consequences of the solution be? ✓
- **Choose a solution and carry it out**-✓pick the best solution and solve the problem using the solution you picked✓
- **Evaluate the outcome**-✓If the outcome was successful, you know that this is a good solution if the problem arises again. If it was unsuccessful, you know that it would be best not to try that solution in the future.✓ (8)

One mark for listing the skill and one mark for explanation

Activity 10

FORMAL ASSESSMENT –PROJECT (70 marks)

TERM 4**Week 1****Activity 1**

Read the following statement and answer the question that follows. Write your answers in paragraph form.

For most people, money plays an important role when choosing study and career options. Many families find it difficult to send their children to study further after school. Good news is that there are solutions to finance your studies if your parents cannot afford it.

[Adapted from: <http://w.w.w.wits.ac.za/prospective/financialaid/undergraduate/11610/scholarshipsawards.html>]

Name and explain FIVE possible ways to pay for your studies. (10)

STUDENT LOANS

All major banks offer student loans to students who meet their criteria. The loan should be paid back. Parents or friends that work can sign as sponsor. It means they will be responsible to pay back the loan if you cannot do that. Loans are normally paid back after completing your studies

MERIT BURSARIES

Awarded on the grounds of merit to students who achieved high academic results or with outstanding sport talent. Merit award are renewed yearly on the basis that the student maintains a high academic standard. The bursary is not repayable unless you fail or end your studies before you qualify

STUDY BURSARIES

Intended for students who have financial needs. Student academic and sport achievement are also taken into consideration. Bursaries from donors are not paid back. Some bursaries are donated by companies expecting that you will pay them back after completing your studies. Some bursaries must be paid back after the study period when you start work and some can be worked back after yours studies.

Example: Teaching bursary-You must work for the Education Department for four years (The number of study years)

THE NATIONAL STUDENT FINANCIAL AID SCHEME (NSFAS)

A financial aid system for study loans or bursaries allowing academically observing and financially needy students to realise their potential and hope to fulfill their dreams for the future. It is meant for the students who not have the financial ability to pay for their own studies. They have no funds and do not qualify for study loans or for bursaries at a bank

FET COLLEGE BURSARIES

The Department of higher Education and Training FET college Bursary Scheme makes funds available to assist students who are enrolled/intend to enroll at the FET colleges for NCV programs but who are unable to fund their studies. Bursaries are awarded to students that have the potential for academic success. Successful applicants' funds will be paid directly to the college on their behalf

STUDYING PART-TIME

You can choose to pay for your own studies while working. Many people for example choose distant training through UNISA or other institutions (through correspondence). You can also gain valuable work experience.

Week 2

Activity 2

2.1 We will use skills we have learnt to enter a **tertiary** educational institution, or to enter the **job market**. Continuously and actively managing your own learning and **personal development** is a critical part of growing up and it is your own **responsibility** to ensure that you **grow** throughout life. Learning new **skills** lays a firm **foundation** for you to remain **competitive** in the **labour market**

Week 3

Activity 3

Choose any FIVE of the main world religions that you have studied about and give an example of how each of them contributes to the promotion of peace. (10)

Any FIVE of:

- **Islam**✓

Says that if you kill someone you have kill the whole of the mankind and if you save life you have saved the whole of mankind.✓

- **Judaism**✓

Says that all that is written in their scriptures is for the sake of peace; when they greet people they ask: “how your state of peace?” ✓

- **Christianity**✓

Has many references in the Bible to living in peace with one another; it refers to 'the peace which passes all understanding.' ✓

- **Hinduism**✓

Believes in peaceful acceptance of all other religions as all paths lead to the same goal. ✓

- **African traditional religion**✓

Believes in a society that lives together in peace; no one is born in isolation✓

- **The Baha'i Faith**✓

Believes that this is the age in which world peace will be established. ✓

(10)

Week 4**Activity 4**

4.1 He was the captain of the cricket national team, the Proteas. (2)

4.2 Paying a bribe to determine the outcome of the match before it is played. It is unfair play because he did not obey the rules and he cheated. (4)

4.3 It was caused by the love of money. (2)

4.3 Ethics – A code of conduct that describes the right and wrong behavior. (2)

Fair play – Players and supporters always obeying the rules of the game and will never cheat. (2)

Week 5**Activity 5**

Throughout your life, you will find yourself in challenging situations, whether it at school or work, or somewhere far from home. You can't always avoid these experiences, and it is important to know some guidelines for dealing with them.

Via Afrika: 2013

Give five examples of how physical trauma can affect your thoughts and emotions (5)

Any FIVE relevant responses

It can leave you feeling frustrated. ✓

Restlessness, ✓

Crying for no reason, ✓
 No interest in activities, ✓
 Being hostile to people, ✓
 Being negative about life, ✓
 Loose your confidence, ✓
 Anxious, ✓
 Afraid, Helpless, Angry etc. ✓

Explain the link between grief and loss. Write two sentences. (4)

Two✓✓ relevant explanations

People experience grief when they loose someone through death (2)

Trauma is caused by an upsetting event that threatens a person. (2)

Week 6

Activity 6

Give THREE examples of factors that can cause depression. (3)

Three relevant causes

Grief✓
 Stress✓
 Witnessing violence✓
 Being a victim of violence✓
 A chemical imbalance in your brain✓

Define non- physical trauma and give an example. (3)

A definition✓ ✓ AND example of non-physical trauma must be given. ✓

It means that emotions or thoughts are hurt

Any relevant example:

Depression✓
 Grief✓
 Loss✓

Week 7

Activity 7

Suggest THREE useful options that could help you cope in a challenging situation
(3)

Three✓✓✓ of the following (or any relevant)

Talk to a professional or someone you can trust

Call a counselling help line

Get away from things that may harm you

Identify your options for dealing with the situation

Set small goals for fixing your problems. Don't try to fix everything at once

List THREE types of professionals that you can consult to get help for depression (3)

Three✓✓✓ of the following or any relevant

Counsellor

Social worker

Psychologist

Psychiatrist

Doctor

Activity 8-10

FORMAL ASSESSMENT- END OF YEAR EXAMINATION (70 marks)