



# basic education

Department:  
Basic Education  
**REPUBLIC OF SOUTH AFRICA**

## **NATIONAL SENIOR CERTIFICATE**

**GRADE 12**

**LIFE ORIENTATION  
COMMON ASSESSMENT TASK  
SEPTEMBER 2023**

**MARKS: 100**

**TIME: 2½ hours**

**This question paper consists of 9 pages.**

**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 any TWO questions in SECTION C.
4. Read ALL the questions carefully.
5. Number the answers correctly according 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 correct answer and write only the letter (A–D) next to the question numbers (1.1.1 to 1.1.5) in the ANSWER BOOK, e.g. 1.1.6 D.

1.1.1 A study strategy that could help you to study effectively could include ...

- A studying within a short period of time.
- B having the relevant study resources.
- C studying over a longer period of time.
- D using extensive preparation time.

1.1.2 The Labour Relations Act (LRA), 1995 (Act 66 of 1995) allows for the dismissal of workers based on ...

- A the policy to redress inequalities.
- B the rule of affirmative action.
- C proof of unequal gender roles.
- D a worker's general performance.

1.1.3 An example of embezzlement could be ...

- A using the company's resources for personal gain.
- B awarding a contract without following procedures.
- C accepting a payoff to give someone access to theft.
- D demanding a reward from a contracted supplier.

1.1.4 To discuss an issue in an examination question paper means to ...

- A estimate the importance of something.
- B show how different parts connect.
- C demonstrate your reasoning skills.
- D give the precise meaning of concepts.

1.1.5 The government has a duty to lawfully restrict freedom of expression to some extent ...

- A to protect citizens from lawsuits.
- B for reasons of public principles.
- C to promote a religious practice.
- D to manage public broadcasting.

(5 x 1) (5)

- 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 Shared beliefs, customs, activities, traditions, values, religions and ideas that are common to a particular group or society (1)
- 1.2.2 A strong sense of suitability to follow a particular career, job, profession or occupation (1)
- 1.2.3 The act of using technology to intentionally harass or intimidate someone by sending messages of a threatening nature (1)
- 1.3 Answer the following questions by writing the answer next to the question numbers (1.3.1 to 1.3.3) in the ANSWER BOOK. Write your answers in full sentences.
- 1.3.1 State TWO benefits of managing stress appropriately, which could improve your quality of life. (2 x 1) (2)
- 1.3.2 Explain the term *nation building*. (1 x 2) (2)
- 1.3.3 Discuss ONE benefit of scanning as a reading skill. (1 x 2) (2)
- 1.4 Read the source below and answer the questions that follow. Write your answers in full sentences.

### ADAPTING TO GROWTH AND CHANGE IN A GLOBALISED WORLD

Young people today live in a dynamic and globalised<sup>1</sup> world where change is inevitable. Therefore, they need to prepare themselves for an inclusive global<sup>2</sup> and sustainable<sup>3</sup> world of work.

#### Glossary:

<sup>1</sup>globalised: ideas, knowledge, information, goods and services spread around the world

<sup>2</sup>global: worldwide/international

<sup>3</sup>sustainable: to continue over a period of time

[Adapted from [www.qs-gen.com](http://www.qs-gen.com). Accessed on 03/01/2023.]

- 1.4.1 Explain what it means to *adapt to changes in social circumstances*. (1 x 2) (2)
- 1.4.2 Discuss ONE advantage of living in a globalised world for your career development. (1 x 2) (2)
- 1.4.3 Suggest ONE way in which you could prepare yourself to successfully adapt to global changes in the world of work. Motivate your answer. (1 x 2) (2)

**TOTAL SECTION A: 20**

**SECTION B (COMPULSORY)**

Answer ALL the questions in this section. Write your answers in full sentences.

**QUESTION 2**

Read the extract below and answer the questions that follow.

**LONG-TERM ENGAGEMENT IN PHYSICAL ACTIVITY  
PREVENTING LIFESTYLE DISEASES**

Being physically inactive has proven to be one of the major health challenges globally, leading to lifestyle diseases. Despite the facts about the benefits of being physically active, an inactive lifestyle and its negative consequences remain a concern worldwide.

Research has shown that being physically active could increase your energy levels. It could also aid in preventing lifestyle diseases and prevent people from turning to harmful substances when confronted with difficulties in life.

Recent research in South Africa has also found that a variety of factors could influence people's participation in physical activities. These include intrapersonal, interpersonal, environmental and social factors.

Committing to an action plan could assist in ensuring that you improve your health; however, having a proper plan of action is important.

[Adapted from [www.openpublichealthjournal.com](http://www.openpublichealthjournal.com). Accessed on 02/01/2023.]

- |     |   |         |     |
|-----|---|---------|-----|
| 2.1 | Define the term <i>lifestyle diseases</i> .   | (1 x 2) | (2) |
| 2.2 | Describe ONE way in which being part of a fitness group may motivate you to stay committed to participating in physical activities.   | (1 x 2) | (2) |
| 2.3 | Explain ONE environmental factor that may discourage you from engaging in physical activities.  | (1 x 2) | (2) |
| 2.4 | Discuss how long-term participation in physical activity could increase your energy levels.   | (2 x 2) | (4) |
| 2.5 | How could being physically active prevent you from turning to harmful substances when you experience difficulties in life?  | (2 x 2) | (4) |
| 2.6 | 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. | (2 x 3) | (6) |

**[20]**

**QUESTION 3**

Read the extract below and answer the questions that follow.

**SOUTH AFRICAN YOUTH: LACK OF REQUIRED SKILLS  
RECRUITMENT TRENDS**

Most South African post-school youth are still struggling to find suitable jobs, mainly due to a lack of required skills and their inability to keep up with the latest recruitment trends in the job market.

Recruitment trends change over time. The expectations of companies, human resource recruiters and candidates continually change, meaning that one needs to adapt to these changes accordingly.

The most common concern employers have about young job seekers is that they may not realise that they are mainly responsible for risking their chances of getting employed. Employers are also of the opinion that most of the young people that are getting employed need to be more willing to upskill themselves in the job.

Another alarming matter is that young job seekers may not be keeping up with recruitment trends being used by recruiters.

Young job seekers should also realise the importance of having a personal brand, meaning a personal and unique way in which they could market themselves in today's world of work.

[Adapted from <https://job-hunt.org>. Accessed on 07/01/2023.]

- |     |   |         |                    |
|-----|---|---------|--------------------|
| 3.1 | Define the term <i>recruitment trends</i> .   | (1 x 2) | (2)                |
| 3.2 | Describe ONE way in which young job seekers may risk their chances of being considered for an interview.  | (1 x 2) | (2)                |
| 3.3 | Why is it important for young workers to continually upskill themselves in a job?   | (1 x 2) | (2)                |
| 3.4 | Discuss TWO ways in which you, as a young job seeker, could ensure that you keep up with the latest recruitment trends.                                     | (2 x 2) | (4)                |
| 3.5 | How could having a personal brand enhance your chances of finding a job?  | (2 x 2) | (4)                |
| 3.6 | Assess TWO advantages of the latest trends in technology used for recruitment processes. In EACH answer, also indicate the benefit for you as a job seeker. | (2 x 3) | (6)<br><b>[20]</b> |

**TOTAL SECTION B: 40**

**SECTION C**

Answer any TWO questions in this section.

Your responses must consist of **paragraphs**. Marks will ONLY be allocated for responses written in full sentences.

**QUESTION 4**

Read the extract below and answer the questions that follow.

**HUMAN FACTORS CAUSING ILL HEALTH  
STEREOTYPING AS A SOCIAL FACTOR**

Stereotyping<sup>1</sup> as a social factor may lead to social classification of others, which is one of the reasons for the 'them' and 'us' attitude that some people may have. Treating people in this way may eventually have a negative impact on the mental health of such victims.

**Glossary:**

<sup>1</sup>Stereotyping: often involves judging people based on various factors, without considering their individual qualities and characteristics

[Adapted from [www.simplypsychology.org](http://www.simplypsychology.org). Accessed on 04/01/2023.]

Write paragraphs on **human factors causing ill health: social factors**.

Use the following as a guideline:

- Briefly state FOUR possible social factors that may lead to stereotyping. (4 x 1) (4)
- Analyse TWO negative effects of a social factor, such as stereotyping, on the mental health of victims of stereotyping. (2 x 4) (8)
- Critically discuss how a person could determine whether he/she may be unintentionally stereotyping others. (2 x 4) (8)

**[20]**

**QUESTION 5**

Read the extract below and answer the questions that follow.

**ENTREPRENEURSHIP**  
***AN INNOVATIVE STRATEGY TO COUNTERACT UNEMPLOYMENT***

Innovation and passion are the heart of entrepreneurship. It is important for entrepreneurs or upcoming entrepreneurs to understand why being innovative and passionate is important and how it may benefit a business. Potential entrepreneurs also need to acquire the mindset of an entrepreneur.

[Adapted from [www.igi-global.com](http://www.igi-global.com). Accessed on 22/03/2023.]

Write paragraphs on ***entrepreneurship***.

Use the following as a guideline:

- Briefly state FOUR reasons why entrepreneurs should be innovative. (4 x 1) (4)
  - Analyse TWO ways in which you could acquire the mindset of an entrepreneur. (2 x 4) (8)
  - Critically discuss how a young entrepreneur's passion could influence other young people in his/her community to become entrepreneurs. (2 x 4) (8)
- [20]**



**QUESTION 6**

Read the extract below and answer the questions that follow.

**RESPONSIBILITY OF COMMUNITIES IN ENSURING  
SAFE AND HEALTHY LIVING  
SOUTH AFRICA'S WATER SYSTEMS IN CRISIS**

Water systems across the country seem not to be effectively maintained, leading to the poor quality of water in most communities. The behaviour of communities has also been found to be one of the contributing factors that lead to water pollution.

Intervention programmes intended to promote safe and healthy living also seem not to be sustainable. Most communities now seek to petition<sup>1</sup> local government for their urgent action in terms of the water crisis.

**Glossary:**

<sup>1</sup>petition: a formal written request, signed by many people, urging authorities in respect of a particular cause

[Adapted from <http://jamiat.org.za>. Accessed on 09/01/2023.]

Write paragraphs on ***the responsibility of communities in ensuring safe and healthy living environments.***

Use the following as a guideline:

- Briefly state FOUR advantages of online petitioning to local governments for urgent action in terms of the water crisis in communities. (4 x 1) (4)
  - Analyse TWO ways in which communities could work together with local government to help protect water resources. (2 x 4) (8)
  - Critically discuss TWO ways in which to ensure the sustainability of intervention programmes that intend to promote safe and healthy living. (2 x 4) (8)
- [20]**

**TOTAL SECTION C: 40**  
**GRAND TOTAL: 100**