

NC (V) LEVEL: 3

ASSESSMENT INSTRUMENT: WRITTEN TEST 1

ASSESSMENT NUMBER: 2

DATE: March 2017

Total marks:	50
Time allocation:	1 Hour
Examiner:	C Thelander (BC)
Moderator:	R Herbst (BC) J Laubscher (WCC)

Topic	Subject outcomes
2	SO 1
4	SO 2

INSTRUCTIONS

1. Answer all the questions.
2. This question paper consists of THREE sections:

SECTION A: Comprehension

SECTION B: Summary

SECTION C: Language and Grammar
3. Read the instructions for each question carefully.
4. Number the answers according to the numbering system used in this question paper.
5. Write neatly and legibly.

YOU CAN DEAL WITH CHANGE!

1. Changes are never far from our door, whether it's breaking up with an ex, relocating to a new city, having a best friend move away, the death of a relative, the loss of a job. Even good changes can be stressful, such as having a baby, adopting a puppy, or getting a new job. Change isn't easy but there are ways to cope with change that can make it feel less scary.
2. Acknowledge your feelings. If you feel resistant to change or uncomfortable with impending change, then it is important to acknowledge your feelings. Don't avoid your emotions, listen to them. Emotions are part of self-awareness. When you acknowledge an emotion, you accept it as if to say, "This isn't so bad" and allow yourself to understand it and manage it. Often, change brings up feelings of anxiety such as worry and fear. It's okay to feel worried and feel fear. Even if the big change in your life is a happy one like getting married or moving to a place you always wanted to live, accept that there will be some emotional losses and work through them. Try to identify the feelings you are having and why by writing or saying them out loud. For example, "I am feeling anxious and overwhelmed because I have to move to a new city next week."
3. Prepare yourself. No matter what sort of change you are facing, you can take steps to prepare yourself for the new situation. Think about what your new situation will be and then identify some ways that you can learn more about what you will be facing. For example, if you are starting a new job, find out as much as you can about what you will be doing. You can also make a plan to change your situation if it is not where you want to be in life. For example, you might not like your new job, so you could create a plan to find a new one that you will enjoy by searching the job listings, and applying for jobs that interest you.
4. If you are facing a life change that you cannot control, then it may be hard to accept the situation. However, you can work towards acceptance by reassuring yourself. When you are feeling upset or anxious about the change, you could repeat to yourself, "I may not like this change, but I will accept it and try to make the best of it."

5. Remind yourself that you control your attitude and actions. Change may turn your world upside down but you still have control over how you respond to the situation. You can choose to approach the situation with anger and take your feelings out on other people, or you can choose to see the situation as a new opportunity and approach it with excitement. Some people find list-making to be an effective way to reduce anxiety and feel happier. If you are feeling miserable about the situation, try writing down a list of positives. For example, if you have just gone through a breakup, then you might identify the positives as things like more free time, and more time to spend with your friends and family.

source; <http://www.wikihow.com/deal-with-change>

Glossary

Acknowledge:	recognise or admit the truth of
Grieve:	to feel deep intense sorrow or distress
Relocate:	move

SECTION A

QUESTION 1 COMPREHENSION

Read the text above and answer the questions that follow.

- 1.1 Various options are given as possible answers below. Choose the answer and write the letter (A-D) next to the question number (1.1) on your answer sheet.

The purpose of this article is to...

- A inform you about the difficulty of change
 - B persuade you to buy a product or service
 - C teach you coping skills for managing change
 - D encourage you to avoid change
- (1)

1.2 In paragraph 1 the writer comments that even good change can be stressful. Name FOUR good changes mentioned in the passage. (4)

1.3 Of the changes mentioned by the writer, which would you find the most stressful? Give a reason for your answer. (2)

1.4 Is the following sentence an example of FACT or OPINION? Give a reason for your answer.

Change isn't easy but there are ways to cope with change that can make it feel less scary (2)

1.5 Find ONE word in paragraph 2 which means 'about to happen'. (1)

1.6 Say whether the following statement is TRUE or FALSE. Quote a PHRASE from the passage to support your answer.

When coping with change it is best to ignore your emotions and focus on thinking rationally. (3)

1.7 According to the text, what TWO feelings of anxiety could change bring up? (2)

1.8 Find an antonym (word with the opposite meaning) for 'deny' in paragraph 4. (1)

1.9 In paragraph 5, the writer mentions two opposing choices one have on how to react to change. Identify the consequence for each of the two approaches mentioned. (2)

1.10 Find one word in paragraph 5 which means 'begin to deal with'. (1)

- 1.11 *Change may turn your world upside down*
- 1.11.1 Is the underlined phrase in the above sentence literal or figurative? (1)
- 1.11.2 Explain in your own words what is meant by the sentence. (2)
- 1.12 Who is the intended audience for this passage? (1)
- 1.13 The phrase “break up” is used figuratively. Use “break up” in a sentence where it has a literal meaning. (2)

TOTAL [25]

SECTION B

QUESTION 2

SUMMARY

Read the passage by Jennifer Smith below and list SIX facts about THE HEALTH BENEFITS OF LAUGHING AND SMILING. This summary should be between 70-80 words.

INSTRUCTIONS

1. List SIX facts in full sentences.
2. Number your sentences.
3. Use your OWN words as far as possible. You will be penalised for copying verbatim.
4. Indicate the number of words you have used at the end of the summary.

Benefits of laughing and smiling that you may not know Jennifer Smith

Research has shown that smiling and laughing hold a number of health benefits. These simple facial expressions and common human behaviours cause a number of physiological changes in your body, mostly without you being consciously aware of it happening.

When you smile, the movements of the muscles in your face are interpreted by your brain, which in turn releases chemicals called endorphins. Endorphins are responsible for making us feel happy, and they also help lower stress levels.

Faking a smile or laugh works as well as the real thing – the brain can't tell the difference between real or fake, as it interprets the positioning of the facial muscles in the same way. So the more we stimulate our brains to release endorphins, naturally or acting, the more often we feel happier and relaxed.

Endorphins also act as the body's natural pain killers. For sufferers of chronic pain, laughing and smiling can be very effective in pain management, as can laughing off the pain when you bump an elbow or fall over.

When the body produces more endorphins, it reduces its production of the chemical called cortisol. Cortisol (also known as the "stress hormone") is more active when we feel stressed or anxious, and by lowering this chemical we can reduce negative feelings.

In other words, laughing exercises the body and increases oxygen intake; all the benefits of regular exercise.

A good laugh can be an effective way to release emotions, especially those that you might bottle up inside. Everything looks that little bit better after a good laugh and life can be seen from a more positive perspective. Smiling and laughing have positive social implications as well.

[SOURCE: Shortened and adapted from an article from www.lifehack.org/articles]

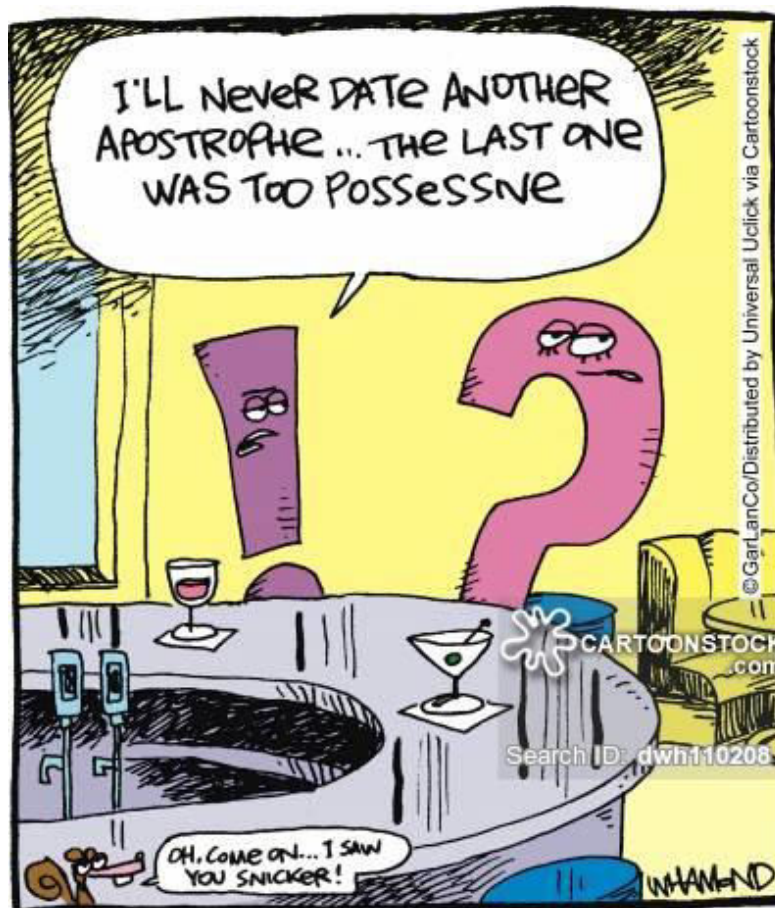
TOTAL [10]

SECTION C

QUESTION 3

LANGUAGE AND GRAMMAR

READ THE CARTOON OVERLEAF AND ANSWER THE QUESTIONS THAT FOLLOW.



- 3.1 Name the two punctuation marks seated at the bar. (2)
- 3.2 An apostrophe can be used to indicate possession.
- 3.2.1 Name another use of an apostrophe. (1)
- 3.2.2 Provide an example of the use indicated in 3.2.1 in the above cartoon. (1)
- 3.3 Rewrite the sender's first sentence (*I'll never date another apostrophe.*) in Reported Speech. Start with: *He said...* (3)

- 3.4 Rewrite the following sentence in the Passive Voice:
You can take steps to prepare yourself for a new situation. (3)
- 3.5 Rewrite the following sentences in the negative:
- 3.5.1 I always wake up smiling. (1)
- 3.5.2 Laughing can lower your stress levels (1)
- 3.6 Choose the correct option of the words between brackets in each of the following sentences:
- 3.6.1 (Its/It's) time to smile and be healthy. (1)
- 3.6.2 People can't avoid change but they can control (there/their) attitude to it. (1)
- 3.6.3 I can (here/hear) the happiness in your voice. (1)

TOTAL [15]

PAPER TOTAL [50]

ENGLISH FAL LEVEL 3 TM1

MARKING GUIDELINES

SECTION A

QUESTION 1

COMPREHENSION

- 1.1 C/ teach you coping skills for managing change ✓ (1)
- 1.2 - Having a baby ✓
- Adopting a puppy ✓
- Getting a new job ✓
- Getting married ✓
- Moving to a place you want to live (Any FOUR) (4)
- 1.3 ✓ for choice of stressful change
✓ for reason for choice (2)
- 1.4 Opinion ✓
Some changes can be easy OR other relevant answer ✓ (2)
- 1.5 Impending (1)
- 1.6 FALSE ✓
“Acknowledge your feelings” ✓(quotation marks)✓(correct quote) (3)
OR “Don’t avoid your emotions”
OR “It’s okay to feel worried and feel fear”
OR “Try to identify the feelings you are having and why”
- 1.7 Worry ✓ and fear ✓ (2)
- 1.8 Accept (1)

- 1.9 The consequences to the two approaches are: (underlined phrases):
 approach the situation with anger and take your feelings out on other people; ✓
 choose to see the situation as a new opportunity and approach it with excitement ✓ (2)
- 1.10 Approach (1)
- 1.11 1.11.1 Figurative (1)
- 1.11.2 Change can have an impact on every part of your world (2)
- (Markers use own discretion to award 1 or 2 marks)
- 1.12 Students/the readers/people going through change (1)
- 1.13 Break up into groups / Break up the chocolate into pieces (any sentence not referring to a relationship 'breakup' (2)
- (1 mark for appropriate meaning; one mark for sentence construction)
- TOTAL [25]**

SECTION B

QUESTION 2

SUMMARY

Format (2)	Content (6)	Language (2)
√ no of words given	Any 6 as per content below	√√ 0-3 errors
√ numbered point form	Direct quote = language error	√ 4-6 errors 0 7+ errors

Verbatim fact	Simplified
Simple facial expressions and common human behaviors cause a number of physiological changes in your body	Smiling and laughing cause changes in your body.
When you smile, the movements of the muscles in your face are interpreted by your brain, which in turn releases chemicals called endorphins	Your body produces endorphins in response to your smile.
Endorphins are responsible for making us feel happy, and they also help lower stress levels.	Endorphins lower stress and make us feel happy.
Faking a smile or laugh works as well as the real thing	A real or fake smile or laugh works se same as a real one.
Endorphins also act as the body's natural pain killers	Endorphins help reduce pain.
Laughing and smiling can be very effective in pain management	Laughing and smiling help manage pain.
When the body produces more endorphins, it reduces its production of the chemical called cortisol	Endorphin production reduces cortisol levels.
Cortisol (also known as the "stress hormone") is more active when we feel	Cortisol is the 'stress hormone' which adds to the negative feelings we

stressed or anxious and contributes to the unpleasant feelings we experience	experience.
Laughing exercises the body and increases oxygen intake	Laughing is an effective exercise.
A good laugh can be an effective way to release emotions	A good laugh helps release difficult emotions.
Everything looks that little bit better after a good laugh and life can be seen from a more positive perspective.	One feels more positive after a good laugh.
Smiling and laughing have positive social implications as well	Laughing affects social interaction.

SECTION C

QUESTION 3

- 3.1 Exclamation mark ✓
 Question mark ✓ (2)
- 3.2 3.2.1 Contraction ✓ (1)
 3.2.2 I'll ✓ (1)
- 3.3 He said that ✓ he ✓ would ✓ never date another apostrophe. (3)
- 3.4 Steps ✓ can be taken ✓ to prepare yourself for a new situation ✓ (3)
- 3.5 Rewrite the following sentences in the negative:
- 3.5.1 I do not ✓ always wake up smiling. (1)
 3.5.2 Laughing can not ✓ lower your stress levels (1)
- 3.6 3.6.1 It's (1)
 3.6.2 their (1)
 3.6.3 hear (1)
- [15]**

GRAND TOTAL: 50

QUESTION 3: GRAMMAR

QUESTION 3: GRAMMAR														
								30%	40%	30%				
										15				
T4: Language in Practice	4.2		3.1	2						2				
			3.2.1	1						1				
			3.2.2		1					1				
			3.3		3					3				
			3.4		3					3				
			3.5.1		1					1				
			3.5.2		1					1				
			3.6.1	1						1				
			3.6.2	1						1				
			3.6.3	1						1				
TOTAL										15min				15

Short Response = (multiple-choice, one-word, definitions, bulleted list, etc)

Medium Response = (short explanations / descriptions requiring a couple of sentences)

Extended / Essay Response = (long explanations / descriptions requiring several or more sentences

	Signature	Date
EXAMINER:	C Thelander	January 2017
MODERATOR:	R Herbst	24/01/17
	J Laubscher	2/03/17

COMMENT BY
MODERATOR: