



**LIMPOPO**  
PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF  
**EDUCATION**

**VHEMBE EAST DISTRICT**

**NATIONAL**  
**SENIOR CERTIFICATE**

**GRADE 12**

**GRADE 12**

**2022**

**LIFE ORIENTATION**

**TASK 1**

**MARKS: 90**  
**TIME: 2 hours**

**This Question paper consists of 7 pages including the cover page.**

## **INSTRUCTIONS AND INFORMATION**

- 1. This question paper consists of three questions, namely Questions 1.1, Question 1.2 and Question 1.3.**
- 2. ALL QUESTIONS are COMPULSORY.**
- 3. Read ALL the questions carefully.**
- 4. Number the answers correctly according to the numbering system used in this question paper.**
- 5. Write neatly and legibly.**

## QUESTION 1.1

Various options are provided as possible answers to the following questions. Choose the 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 Which of the following types of behaviour is conducive for managing conflict positively?
- A. Blaming the other person for the conflict
  - B. Being assertive and have self-control
  - C. Speaking louder to get your point heard
  - D. Being manipulative
- 1.1.2 A good way to manage your short term stress is ...
- A. To sleep as soon as you feel stressed.
  - B. To live a healthy lifestyle and exercise.
  - C. To take medication.
  - D. To avoid your stressors at all cost
- 1.1.3 The best strategy to manage conflict is to...
- A. Be aggressive to win the argument.
  - B. Never accept compromise.
  - C. Keep your feelings under control.
  - D. Point to the other person's mistakes.
- 1.1.4 The following is a good practice for communication in healthy relationships...
- A. Be aware of your thinking patterns.
  - B. Keep record of who wins and who loses arguments.
  - C. Speak louder to get your point across
  - D. Speak to as many people as possible about your problems.
- 1.1.5 The following qualities are necessary for a successful, long-lasting relationship:
- A. Respect and honesty.
  - B. Wealth & honesty.
  - C. Respect and status.
  - D. Status and honesty.

(5)

## QUESTION 1.2

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 1.2.5)

1.2.1. To keep going, mantaining and continuing in a relationship. (1)

1.2.2. A set of emotional qualities, behaviour and attitudes that makes one person different from another. (1)

1.2.3. The type of conflict you experience when a part of you want to study the whole weekend and the other part wants to visit a friend. (1)

1.2.4. The type of personality that is more of overbearing, takes over, wants to be the center of attention. (1)

1.2.5. The movement, passage or change from one stage to another. (1) {5}

## QUESTION 1.3

1.3. Read the extract below and answer the questions that follow. Your answers must be written in full sentences. Please take note of the mark allocation in brackets

One Saturday afternoon as Rendani and her mom sat and watched TV, her mom picked up the remote and she was busy flipping the channels, a topic from one popular talk show suddenly caught her attention. The topic was about the increasing variety of careers one could follow. This stroke a conversation between Rendani and her mother. "What would you like to be when you grow up?" Rendani's mother asked her in curiosity. " I would like to study music" Rendani replied with a huge smile on her face. All of a sudden her mother's face changed, " no child of mine will study such" she yelled. Those people live recklessly and die young without a cent in their name" she blurted. "But maa! Rendani responded with tears in her eyes as she felt her world fall apart. " Dont but maa me young lady" music is not a stable career and will leave you high and dry" Rendani's mom added. Rendani quickly stood up and ran to her bedroom, banged the door behind her and started crying. For the next two weeks Rendani refused to talk to her mother and did not eat well as she avoided her mother even during meal

time. Suddenly started complaining about headaches, nausea, stomach pain and seemed tired all the time. [Anonymous]

1.3.1. Identify the type of conflict reflected above. Rendani is suffering from physical and emotional stress. Give an example of emotional stressor. (1+1)

1.3.2. As Rendani's friend, you have noticed that the stress is affecting her school work. Suggest three ways in which Rendani can deal with her stress. (3x2)

1.3.3. Explain how Rendani and her mother can use the following skills to resolve their conflict:

- Listening
- Being assertive
- Negotiation and mediation (3x2)

1.3.4. Identify and critically explain ANY TWO positive aspects of change. (2x3) [20]

TOTAL : [30]

Read the extract below and answer the questions that follow.

## ACTIVITY 2

### Managing stress as a matriculant during COVID-19

Matric should be a fun, challenging, exciting year. It's one that learners have been looking forward to for 11 years. For the class of 2020, however, the year has been anything but that.

1. Of course the final year of school, under normal circumstances, is intense and demanding as Grade 12 learners cope with the stress of

exams and the pressure of doing well, which serves as an entry point into university or a first job. But then the coronavirus arrived.

2. This pandemic and the nationwide lockdown have placed unique pressures and strain on matriculants that no one can fully understand. They've had to learn remotely, which is hard and takes huge amounts of discipline, and it's made more challenging without any face-to-face interaction and support from teachers. There are also potential disruptions from siblings who aren't at school and from parents or guardians who might be working from home. Added to this, not all learners have access to resources that enable them to learn online.

3. In addition, schools were opening and closing abruptly and there are still uncertainties about how the academic year will be influenced. Matrics are worried about the impact this will have on their final exam results and the effect this will have on their university or job applications, and indeed their futures. Knowing how to study successfully is a skill that can easily be learned from as young as 9 years old right through to adulthood, and this same skill can be applied successfully for the rest of one's lifetime! By learning and applying effective study skills, styles, and strategies, you will attain:

- Academic achievement!
- Confidence with higher motivation levels!
- The ability to successfully learn anything you want to study successfully throughout your lifetime!
- A significant reduction in stress levels!

There are many advantages to studying effectively. However, if your study skills and strategies are ineffective it will hinder your academic progress.

To ensure academic success and to reach one's full potential, it is crucial to reflect on one's study skills and strategies.

4. Many learners will be disappointed for missing out on experiences like a matric dance or captaining a sports team, and they will likely be lonely and missing interactions with friends. On top of all these unprecedented challenges, there may be family stress, caused by job losses or financial difficulties, and a persistent, overarching worry about falling ill with COVID-19 and having a loved one test positive for the virus.
5. So with all this upheaval and uncertainty, it's understandable that the year has been an emotional one for learners. To help learners manage with their stress and anxiety, here are a few practical tips from SADAG, Africa's largest mental health support and advocacy group.
6. It's important for learners and their parents, guardians or teachers, to know that there are many wellness and mental health resources available to them, to help learners cope with the emotional and psychological effects of COVID-19. The University's counselling unit, Emthonjeni Student Wellness, has a wide range of brochures that can be easily downloaded with information on understanding depression, how to be more resilient, learning to relax, wellness and suicide prevention.

In addition, learners can get the help and support they need by contacting the relevant numbers below.

**The South African Depression and Anxiety Group (SADAG): Trained counsellors (Mon-Sun, 8am-8pm): 011 234 4837**

Questions should be answered in full sentences and presented in a paragraph form.

**2.1. Outline FIVE ways in which building and sustaining positive relationship in the time of Covid-19 could help your friends to cope better with stress and change. (5x2)**

**2.2 Identify Four stressors from the extract and classify each into the categories of physical, emotions, social and environmental stressors.**

**(4x2)**

**2.3. Suggest ANY FIVE good conflict resolution skills that may help to resolve the potential conflict mentioned in paragraph 3. (5x2)**

**2.4. Describe FOUR coping mechanisms which the author alludes to for Grade 12 learners to deal with stress in the world that is still affected by Covid-19.**

**(4x2)**

**2.5. Explain TWO POSITIVE AND TWO NEGATIVE aspects of change that one may acquire during their first term of their tertiary academic year. (4x2)**

**2.6. Propose FOUR measures you can implement this challenging academic year to keep your mental health in check. (4x2)**

**2.7. Refer to paragraph 3 and explain the type of conflict that relates to the potential conflict situation that may occur at home during lockdown. (1x2)**

**2.8. Exercise is widely recommended as a stress coping mechanism, but it may sometimes lead to injuries. Mention THREE possible safety hazards and /or dangers that may occur during exercise and recommend ONE prevention strategy for each hazard/danger. (3x2)**

**TOTAL: [60]**

**GRAND TOTAL: [90]**