



education

**MPUMALANGA PROVINCE
REPUBLIC OF SOUTH AFRICA**

**NATIONAL
SENIOR CERTIFICATE**

GRADE 12

**LIFE ORIENTATION
Source-based task
2023**

MARKS: 90

This Source-based task consists of 13 pages including the cover page and the analysis grid

Duration: 3 weeks

Development of the Self in Society, Study Skills & Careers and Career Choices**Learner Information:**

SUBJECT:	LIFE ORIENTATION
GRADE:	12
MARKS:	90
TOPICS:	Development of the Self in Society (DSS) Study Skills (SS) Careers and Career Choices (CCC)
SUBTOPICS/Content areas:	<ul style="list-style-type: none"> • Apply a range of life skills required to adapt to change • Stress management • Communication skills • Conflict resolution skills • Revise own study skills, strategies and styles • Explore innovative solutions to counteract unemployment • Strategies to prevent fraud and corruption
PURPOSE:	The purpose of this Task is to instill the necessary life skills to enable the youth to deal with issues of stress, conflict management (resolution), communication, study skills for success and entrepreneurship as one of the measures to counteract unemployment.
DURATION:	3 Weeks
Date of issue	2 February 2023
Date of final completion	23 February 2023
FORM OF ASSESSMENT:	SOURCE BASED TASK (SBT)

MAIN INSTRUCTIONS

- Learners will spend time outside of class-contact time to collect needed resources for the completion of the Source-based task. The collection of information will be guided by the questions.
- Learners should digest the information and then respond to application questions based on informed decision-making and problem-solving.
- The text does not have answers. Its aim is to introduce the topic/content treated in the questions.
- The teacher will actively guide learners on the type and nature of the required material to complete the task. Thus, learners will collect the needed resources to class and the teacher will help them understand the content thereof, in keeping with the questions in each section of the Source-based task, under the framework of the 2023 ATP.
- Resources may vary depending on the nature and aim of the Source-based task.
- Learners will need adequate guidance at the outset of the Source Based Task and their progress should be monitored throughout by the teacher.
- Educators will not give answers to the learners; however, discussions of the related topics/content could be done. The teacher will not directly or indirectly answer the questions on behalf of the learners.
- Each completed section must be submitted before the next section (s) is (are) commenced with.
- The teacher will indicate if a learner is ready to continue with the next section.
- Even if learners may work in groups, individual learner's attempt will be credited. Therefore, the end product will not be a groups' product. The task requires the learner to display his/her individual attempt to solve the problems, in keeping with the questions and content treated in the task.
- Each activity treats content in an integrated manner. Therefore, learners could only complete the activities in this task after the content related to it has been taught. Therefore, the task is not a teaching aid.

SPECIFIC INSTRUCTIONS

1. In this task you will be required to complete THREE activities of 30 marks each. You will need to submit each activity typed out and attached to the cover page.
2. You may use all available and authentic sources including your textbooks, various internet sources, knowledge gained from class activities etc. to complete the task.
3. The task should be well-structured by taking into account the following aspects:
 - A completed cover page with learner and task details (provided by the teacher).
 - Correctly numbered answers to correspond with questions.

- Each section should be answered on a new page.
 - Write legibly and neatly.
 - Use proper grammar and present meaningful sentences as answers to questions.
 - Proof-read your work before submission.
 - Consider the mark allocation in each question. It informs you of the extent of the required answer (s).
 - Sequence and number all your pages.
 - The task must be bound / stapled.
4. Your teacher will explain the assessment process in detail.
 5. All the relevant content and assessment criteria applicable to the Source Based Task must be unpacked and discussed with the learners prior to its commencement.

DECLARATION OF OWNERSHIP OF LEARNER COLLECTION OF EVIDENCE

NAME	
SCHOOL	
CENTRE NUMBER	
DISTRICT	

Declaration by the Teacher:

I declare that all the work done in this learner collection of evidence is the sole work of this learner.

Signed: _____

Date: _____

Declaration by the Learner:

I declare that all the work done in this collection of evidence is my own work.

Signed: _____

Date: _____

Summary of Assessment Rubric:

Description	Possible Mark	Mark Obtained	Moderated Mark
Activity 1	30		
Activity 2	30		
Activity 3	30		
Total	90		

Cognitive levels used in the task

Cognitive levels	Expected	Actual
1	30% (27)	27 (30%)
2	40% (36)	36 (40%)
3	30% (27)	27 (30%)

Activity 1

Read the extract below and answer the questions that follow.

Conflict resolution and communication skills: the art of stress-free living!!!!

Most youths suffer from various psychological and emotional challenges due to their inability to resolve their personal and interpersonal challenges. The inability to maintain your cool or apply good decision-making skills and mingle better with your friends is what may later affect you at school and at the places of work. The early stages of a person's development are responsible for what that individual will become later in life. That involves the person's maturity levels in terms of social interaction, physical development, emotional aspects of life, coping skills, communication, etc. In summary, the type of attitude one may have developed towards life and people in general is mostly dependent on what the person is exposed to on daily basis. Therefore, the quality of a person's life is informed by the manner that individual has been raised. They usually say, the extent to which a tree may grow is dependent on the type of nutrients it was fed with.

On the other hand, communication in social relationships may enable an individual an opportunity to mend broken relationships, as a consequence of unresolved conflict. Having conflict does not mean all is lost. A person may change the situation through the correct usage of communication skills. For example, conflict may arise as a result of misunderstanding, attitudes and values, personality etc. To illustrate, people have different personalities which may either enhance or frustrate effective communication. Often, there could be friction between spoken words and the body language of the communicator leading to unnecessary conflicts. The receiver of the message does not only receive spoken words, but those words are accompanied by unspoken words, i.e., body language.

So, for relationships to be built and sustained, one has to have a way of applying effective communication skills. Inconsistent verbal communication ¹cues often affect the flow of communication between friends. The unintended results could be development of stress which may require stress management skills with which one may

be able to lessen the negative impact of stress due to conflict and inability to communicate clearly or openly.

Other factors are beyond a person's control and have a huge potential to negatively affect ²pursuance of life goals; for example, change in circumstances which includes personal, social, work etc. may affect a person's attempt to achieve various life goals. Unfortunately, there is no shortcut; one must experience the stress of ³transiting from school to post school destinations which may require adaptation skills and preparations to succeed. This change brings both positive and negative experiences to a person.

Glossary

¹cues – are indications or signs of something to come.

²Pursuance – an act/an undertaking of following something through.

³transiting – a movement/shift from one position to the other

Adapted from <https://www.pon.harvard.edu/daily/conflict>. Accessed: 22/01/2023

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|-----|---|-----------|
| 1.1 | Define the term <i>conflict</i> and state FOUR reasons why the inability to communicate effectively may cause conflict between you and your friends. | (2+4) (6) |
| 1.2 | Mention THREE benefits of being able to effectively communicate with your teachers. | (3x1) (3) |
| 1.3 | Discuss how appropriate expression of views or feelings may enhance effective communication between you and your parents. | (4x2) (8) |
| 1.4 | Explain how making early arrangements for higher education could minimise the stress of having to rush after receipt of results. | (2x2) (4) |
| 1.5 | Recommend THREE practical ways in which you, as a school going youth, could establish good communication with teachers. In each answer, also indicate how that could help you tackle the most difficult aspects of your subjects. | (3x3) (9) |

Sub-total 30

Activity 2

Read the extract below and answer the questions that follow.

The art of time management as an examination writing skill and the negative effects of inability to plan!!!

Stress is a common occurrence in today's life; there will always be many things to do and not enough time. Time is a scarce ¹commodity which requires understanding and the ability to plan and prioritise your daily activities. For learners, developing appropriate examination writing skills is important. Studying without a plan may affect your ability to give the necessary attention to the various subjects. Consequently, you may do the subjects you feel comfortable with, at the expense of the other subjects. As you proceed from one grade to the other, it becomes important that you revise your own study skills, strategies, styles, time management and examination writing skills. Even if you may be given sufficient time to do certain things, the likelihood is that you may not be able to complete all tasks on time. For you to complete all your activities on time, you will be required to adopt strategies towards effective usage of time. The inability to do that could result in negative feelings which may affect your ability to live a quality life. The failure in executing your tasks may ²linger on and that could cause stress, depression, fear etc.

Notably, a certain amount of stress is ³inevitable and is a useful part of life. In an academic setting, a healthy amount of stress motivates students to work harder, be focused and return to studies rather than doing something else. It may also help them during an examination session. Most students fail their examinations not because they do not know the content, but because they could not apply appropriate examination writing skills.

Essentially, if students are too stressed, they cannot study effectively. High levels of stress or chronic stress can interfere with a student's ability to learn, memorize, and earn good grades. It could also lead to poor physical, emotional and mental wellbeing. Effective time management can drastically reduce stress, especially academic stress. Time management is inversely proportional to stress. Successful time management will help you to become effective in completing tasks. Therefore, it

is important for you to take care of yourself ahead of your exams and make time for self-care.

Glossary

¹commodity – a useful or valuable thing

²linger on – remain with you

³inevitable – certain to happen/unavoidable

Adapted from <https://www.indiatoday.in/>. Accessed on the 21st January 2023

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|-----|--|-----------|
| 2.1 | Define the term <i>study plan</i> and state FOUR ways in which stress may negatively affect your ability to answer questions in an examination session. | (2+4) (6) |
| 2.2 | Mention THREE benefits of properly planning your responses when answering examination questions. | (3x1) (3) |
| 2.3 | Discuss the importance of understanding the marks allocated to examination questions. | (4x2) (4) |
| 2.4 | Explain TWO ways in which you may effectively use the allocated time to satisfactorily answer examination questions. | (2x2) (4) |
| 2.5 | Recommend what grade 12s could do to minimise the impact of the anxiety they may feel on the day of the examination. In your answers, also indicate how that could enhance their performance in the examination. | (3x3) (9) |

Sub-total 30

Activity 3

Read the extract below and answer the questions that follow.

Entrepreneurship as an innovative strategy to counteract unemployment

South Africa, along with the rest of the world, is facing a youth employment crisis of ¹unprecedented proportions. The country's National Youth Policy (NYP) of 2009-2014 made mention of the mid-year population estimates for 2008 where the young people (aged 14 - 35) are said to comprise 37.4%. It confirms that the vast majority of the South African population constitutes the youth, while the population statistics indicate that the youth also constitute a significant proportion of the adult population.

According to the International Labour Organisation (ILO), it is claimed that young people today are more than three times as likely to be unemployed and being without work compared to adults. That means the majority of the youth generation will have a limited chance of being employed and that may lead to poverty and various social challenges.

A matriculation certificate also, does not guarantee employment of those wishing to enter the labour market after school. Many graduates are ²languishing the streets of South Africa with little hope for employment. It could be related to the rapid changes in the job market and the coming into being of new careers. The era of the 4th Industrial Revolution (4IR) has ³ushered in new opportunities which require new set of skills. Unfortunately, the changes in the means of production have overtaken skills development or procurement of competing skills to ensure employment of, especially, the youth.

To overcome the rapid rise of the statistics of the unemployed, self-employment and entrepreneurship in South Africa seem to be the only available means of earning an income, provided one becomes serious about these pathways.

Glossary

¹unprecedented – something never done before known before.

²languishing – failing to make progress or be successful

³ushered – bring something to bear

Adapted from <https://www.skillsportal.co.za>. Accessed on the 18th January 2023

- 3.1 Define the term *unemployment* and state FOUR reasons for unemployment amongst the South African youth. (2+4) (6)
- 3.2 Mention FOUR negative impacts of unemployment to the quality of life of an individual. (4x1) (4)
- 3.3 Discuss FOUR reasons why not following changes in the job market may result in unemployment (4x2) (8)
- 3.4 Explain why entrepreneurship may be a solution to the high levels of unemployment in South Africa. (2x2) (4)
- 3.5 Recommend THREE ways in which the youth could use entrepreneurship to benefit their community. In your answer, also indicate how that could bring about positive change in the life of the community. (3x3) (9)

Sub-total 30
Grand-total 90

GRADE 12 SOURCE BASED ANALYSIS GRID

TASK: SOURCE BASED 2023

SECTIONS	Questions	TOPICS/SUB-TOPICS/Content	Cognitive levels	Difficulty levels	MARKS	TOTAL
Activity 1	1.1	DSS: Conflict resolution skills	1	1 and 2	6	6
	1.2	DSS: Communication skills	1	2	3	3
	1.3	DSS: Communication of views and feelings	2	3	8	8
	1.4	DSS: Post school destinations	2	4	4	4
	1.5	DSS: Communication	3	6	9	9
Activity 2	2.1	SS: Study plan DSS: Stress	1	1 and 2	6	6
	2.2	SS: Examination writing skills	1	2	3	3
	2.3	SS: Examination writing skills	2	3	8	8
	2.4	SS: Examination writing skills	2	5	4	4
	2.5	SS: Examination writing skills	3	6	9	9
Activity 3	3.1	CCC: Unemployment	1	1 and 2	6	6
	3.2	CCC: Unemployment	1	2	3	3
	3.3	CCC: Unemployment	2	3	8	8
	3.4	CCC: Innovative ways to counteract unemployment: Entrepreneurship	2	4	4	4
	3.5	CCC: Innovative ways to counteract unemployment: Entrepreneurship	3	6	9	9
					90	90

Summary of the cognitive levels

Levels	1	2	3
Expected	30% = (27 Marks)	40% (36 Marks)	30% (27 marks)
Actual	30% = (27 Marks)	40% (36 Marks)	30% (27 marks)