



LIMPOPO

PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF EDUCATION

CAPRICORN SOUTH DISTRICT

GRADE 12

LIFE ORIENTATION

TASK 1: SOURCE BASED ACTIVITY 1

TERM 1

2021

MEMORANDUM

QUESTION 1 (STRESS AND STRESSORS)

1.1 Define the term social stressor and explain how societal expectation with regard to matric results could affect learners emotionally. (1+2=3)

Definition of social stressor:

- Stress resulting from your relationship with others/social environment. ✓
- Behaviours and situations, social in nature, that are related to psychological/mental/emotional strain. ✓
- A situation which threatens one's relationship/esteem/sense of belonging with a group or larger society. ✓ (1)

Societal expectations may affect learners emotionally as they:

- Feel ashamed/embarrassed/afraid/guilty/regretful/ angry ✓ for not being able to perform as expected by others. ✓
- Suffer from depression ✓ as they may find it difficult to face others whom they feel they have disappointed. ✓
- Have suicidal thoughts ✓ as a way of escaping judgment from other. ✓ (2)

1.2 Explain TWO coping skills that can help learners deal with the stress they might experience after receiving disappointing matric results. (2x2=4)

Possible answers could be:

- Accepting what you cannot change ✓ may help you stay positive despite the disappointment. ✓
- Looking for the positive / drawing some lessons to learn from the disappointment ✓ may help you not to repeat the same mistake. ✓
- Seeking help from a support system such as friends and family ✓ may relieve feelings of loneliness/stress/anxiety. ✓
- Apply good decision making skills /problem solving skills ✓ may help you to plan for the future. ✓
- Doing introspection to see where you have gone wrong ✓ so that you may do things differently the next time. ✓
- Speaking to others who overcome their disappointment and finding out what strategies they used ✓ may allow you to use the same coping mechanisms to deal with your own situation. ✓

- Consider other options which could be more suited to your results ✓ and this may motivate you to re-strategize and plan in another direction. ✓ (2x2=4)

1.3 Discuss TWO possible challenges learners may face should they no longer qualify for further intended course of study. (2x2=4)

Possible answers could be:

- Not be able to find placement for other courses due to unavailability of space in their planned courses ✓ and this may force them to choose a course that may not suit their interests/abilities. ✓
- Have to re-write some subjects so as to improve their Admission Point Score (APS) and this may cause a time delay in applying ✓ hence forcing them to reapply for the next academic year. ✓
- Be forced to do a different course with lower credits because of lack of more suitable options ✓ hence they may receive a lower qualification than what they originally planned. ✓
- Have to opt for a bridging course ✓ which will extend the duration of their studies to ensure placement in their desired course for which they did not qualify. ✓
- Face financial challenges ✓ due to the lack of funding as a result of non-acceptance/extension of the duration of the intended study course. ✓
- Find themselves unemployed ✓ due to a lack of qualifications. ✓
- Register with unaccredited institutions ✓ and do a course that is not recognised and waste of time. ✓
- Experience emotional and psychological challenges ✓ as they may be demotivated/disappointed and may sit at home /not consider other options. ✓ (2x2=4)

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QUESTION 2 (COMMUNICATION AND CONFLICT)

2.1 Critically discuss how the following factors influence effective communication:

a. Personality (1x2=2)

- Often if someone is more outgoing (extroverted) ✓ they are better able to communicate. ✓
- Sometimes if people are less outgoing (introverted) ✓ they less able to effectively communicate. ✓

- People who are confident ✓ are more likely to speak out about what they see and feel effectively. ✓
- Some personalities are intimidating ✓ and people are less likely to communicate with them thus hindering effective communication. ✓
- Extroverts sometimes can speak well ✓ but not always listen well and this hinders effective communication. ✓

b. Respect the feeling of others

(1x2=2)

- People who can communicate respectfully understand that different cultures and religions ✓ communicate differently. ✓
- When you show compassion/empathy ✓ you are showing respect for others feelings ✓
- People who are respectful do not dismiss ✓ other people's feelings as unimportant they listen and are open. ✓
- People who communicate with respect do not interrupt ✓ while other people are speaking as it hinders effective communication. ✓

c. Attitudes and values

(1x2=2)

- People who are having open attitudes and listen ✓ are more likely to get cooperation than people who are critical. ✓
- People who have a negative attitude ✓ will convey this by their tone and body language and this will hinder effective communicate. ✓
- People who are positive ✓ will make other people feel accepted and will increase effective communication. ✓
- People who value other people ✓ will communicate respectfully regardless of differences. ✓
- People who are ok with people thinking differently to them ✓ don't feel they need to convince everyone to their way of thinking. ✓
- People who have a superior attitude ✓ are less likely to communicate effectively with others. ✓

2.2 Discuss THREE ways in which building and sustaining good relationships may impact positively on your emotional well-being. (3x2=6)

- Initiate, build and sustain positive relationship by communicating with others initiate or start relationship ✓ this will help you have friends and also the confidence. ✓
- Express your feelings, beliefs and attitudes but avoid forcing on others ✓ in doing so you will be will avoid misunderstanding with the people around you as they are able to understand you better ✓
- Keep up relationships, show empathy listen, repeat and reword what you have heard, never gossip ✓ in doing so you will be showing respect to your friends and they will respect you. ✓

2.2.1 Describe the difference between intrapersonal and interpersonal conflict and give an example for each type of conflict. (2x2=4)

- Interpersonal conflict is conflict between two or more individuals ✓ e.g. different opinion between two or more people. ✓
- Intrapersonal conflict is conflict within an individual ✓ e.g. should I study or go party with my friends. ✓

2.2.2 Advise a friend who responds to conflict by AVOIDANCE on why it is not healthy is sustaining positive relationships to avoid conflict and indicate why it is better to express your point of view in a relationship. (1x2=2)

- It attempts to avoid directly confronting the issue at hand ✓ changing the subject or putting off a discussion until later will mean the problem have not been sorted out. ✓
- It could result in people withdrawing from a relationship because they don't feel heard ✓ this can harm your confidence in the long run because you might feel that you cannot sustain a healthy relationship. ✓
- An issue or problem cannot be resolved ✓ conflict avoidance can actually create further conflict because it creates another point of contention. ✓

2.2.3 Advise a friend who responds to conflict by confrontation on why it is not healthy in sustaining positive relationship. (1x2=2)

- This behaviour increases conflict ✓ rather than reducing or resolving it. ✓
- Often it involves a “all or nothing” mentality ✓ and does not take the time or effort to analyse a situation. ✓
- Being confrontational often ends up with unmanaged emotions ✓ and extreme behaviours. ✓
- Often this behaviour ends up blaming others ✓ and isn’t focused on resolution of the issue. ✓
- Confrontational people often are unable to reflect on their own behaviour ✓ and focus only on other people’s behaviour. ✓
- People who confront could be doing it to avoid responsibility ✓ and this isn’t healthy in a relationship.

2.2.4 Recommend TWO conflict resolution strategies you could implement to resist negative social pressure from your friends in a responsible way. (2x2=4)

- You have to know what issue you are planning to address and have already thought what you would like to say ✓ but what you would like the solution to be in the outcome of the conversation. ✓
- Approach people with understanding and good intentions ✓ if you start with anger you will end in anger. ✓
- Consider other people’s state of mind ✓ is he/she tired, under stress and bear this mind when communicating. ✓
- Consider if you have control over your emotions about the issue ✓ and if you have the proper perspective / facts to discuss the issue. ✓
- Hold off the discussion if the time is not right ✓ especially if it is a potentially difficult conversation. ✓
- Keep your head open to other thoughts ✓ and remember it doesn’t have to be solved in one discussion. ✓

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QUESTION 3 (POST SCHOOL AND PHYSICAL EDUCATION TRAINING)

1.1 Write about the skills required to adapt to change during the transition between school and the post school destination under the following information:

1.1.1 **State TWO challenges you will have to face when you working away from home.** (2x1=2)

Possible responses could be:

- There may be no/lack of transport to and from the place of work. ✓
- One may have inadequate finances to meet the cost of living. ✓
- There may be no/lack of suitable accommodation. ✓
- Separation from friends and family may be stressful and traumatic. ✓
- There may be concerns for one's personal safety and security. ✓
- One may experience difficulties with household chores (cooking , cleaning and laundry) ✓
- One may be unable to manage one's budget (paying rent, lights and water and groceries) ✓
- One may succumb to negative peer pressure (risky behaviour) ✓

1.1.2 **Assess how a personal lifestyle plan could assist you to experience quality of life during periods of change, by discussing the following:**

a. Diet and nutrition (1x2=2)

- Eating regular, healthy and balanced meals (avoid junk food) ✓ will provide your body with the necessary nutrients to stay healthy. ✓
- Drinking enough water to avoid dehydration ✓ will keep you energised so that you will be able to complete your tasks/activities. ✓
- Avoiding substance that are harmful to you like alcohol and drugs, ✓ as this will keep the body free from possible diseases. ✓

b. Relationship with family and friends (1x2=2)

- Maintaining good relationship with your family ✓ as they will provide a reliable support network during periods of change. ✓

- Keeping in touch with your friends by phoning / social media and also try to set up time to see them face to face ✓ as they will be able to listen and support you during time of change. ✓
- Opening up to new friends /joining social clubs/developing new friendships ✓ as this will broaden your social support network and you will feel less isolated. ✓
- Spending quality time with family and friends ✓ will help minimise the challenges and problems you may encounter. ✓

1.1.3 Discuss how participating in physical activities during the transition period can benefit you. Use the following headings:

a. Physical (1x2=2)

- Participating in physical activity will help you to maintain your physical fitness and boost your immune system ✓ thus keeping you healthy ✓
- If you participate in physical activities you will have good sleep ✓ and this assist your body to recuperate in order to have fresh outlook on life. ✓

b. Emotional (1x2=2)

- Engaging in physical activity like dancing to music ✓ can help to refresh your mind and body and bring balance to your life. ✓
- It helps you enjoy life ✓ and relieves the stress that you may experience. ✓

[10]

TOTAL: 45 MARKS