



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

MARKS: 45

Date: 19 March 2021

Time: 1 hour 30 minutes

INSTRUCTIONS

1. Answer all the questions
2. Write neatly and legibly
3. Number the answers correctly according to the numbering system use on this question paper.

QUESTION 1 (STRESS AND STRESSORS)

Read the extract below and answer the questions that follow.

Matric results, as a common social stressor, tend to raise a lot of emotions among learners and their parents, as some learner's commitment to further studies have not yet been finalised due to various challengers they may face.

[Adapted from www.city-press.news24.com]

- 1.1 Define the term social stressor and explain how societal expectation with regard to matric results could affect learners emotionally. (1+2=3)
 - 1.2 Explain **TWO** coping skills that can help learners deal with the stress they might experience after receiving disappointing matric results. (2x2=4)
 - 1.3 Discuss **TWO** possible challenges learners may face should they no longer qualify for further intended course of study. (2x2=4)
- [11]

QUESTION 2 (COMMUNICATION AND CONFLICT)

- 2.1 Critically discuss how the following factors influence effective communication:
 - a. Personality (1x2=2)
 - b. Respect the feeling of others (1x2=2)
 - c. Attitudes and values (1x2=2)
- 2.2 Discuss **THREE** ways in which building and sustaining good relationships may impact positively on your emotional well-being. (3x2=6)
- 2.3 Read the following and answer the questions that follow:

Conflict Response Styles

1. Conflict Avoidance

A person denies that there is a conflict and/or attempts to please other at his/her expense,

2. Conflict Confrontation

A person attempts to settle a disagreement in a hostile, defiant and aggressive way.

3. Conflict Resolution

A person uses conflict resolution skills to resolve a disagreement in a healthful, safe, legal. Respectful and nonviolent way.

- 2.3.1 Describe the difference between intrapersonal and interpersonal conflict and give an example for each type of conflict. (2x2=4)
 - 2.3.2 Advise a friend who responds to conflict by AVOIDANCE on why it is not healthy in sustaining positive relationships to avoid conflict and indicate why it is better to express your point of view in a relationship. (1x2=2)
 - 2.3.3 Advise a friend who responds to conflict by confrontation on why it is not healthy in sustaining positive relationship. (1x2=2)
 - 2.3.4 Recommend TWO conflict resolution strategies you could implement to resist negative social pressure from your friends in a responsible way. (2x2=4)
- [24]**

QUESTION 3 (POST SCHOOL AND PHYSICAL EDUCATION TRAINING)

- 3.1 Write about the skills required to adapt to change during the transition between school and the post school destination under the following information:
 - 3.1.1 State **TWO** challenges you will have to face when you working away from home. (2x1=2)
 - 3.1.2 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)
 - b. Relationship with family and friends (1x2=2)
 - 3.1.3 Discuss how participating in physical activities during the transition period can benefit you. Use the following headings:
 - a. Physical (1x2=2)
 - b. Emotional (1x2=2)
- [10]**

TOTAL: 45 MARKS