

LIFE ORIENTATION



Term 1: Week 1-5
GRADE 12



GAUTENG
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

Growing Gauteng Together

Key Concepts

Key word/ concept	Description
Change	To transform or become different
Quality of life	Your level of personal well-being and satisfaction with your life
Anxiety	Worry, unease
Stress	Having constant worry , strain, nervous tension
Stressor	Things that can cause stress
Eustress	Positive , good stress.
Distress	Negative, harmful stress

Key Concepts

Key concept	Description
Sign of stress	A measurable indication of stress, shivering, sweating can be a sign of stress
Symptom of stress	Feelings that indicate stress
Coping mechanism	Ways to handle or deal with stress
Management techniques	Ways to deal with or manage and prevent stress
Conflict	Disagreement, discord ,argument or fight
Interpersonal	Existing or occurring between persons
Intrapersonal	Existing or occurring within yourself.

What is change?

- Something new
- It is inevitable
- Transform
- It is constant
- Movement

How to cope with change

- Be positive
- Be flexible
- Communicate your feelings
- Seek help
- focus on what you can control



Benefits of change

- Growth
- Adapt
- New skills
- Development
- Perspective

What is stress?

- Reaction caused by ongoing , demands and pressure of life.

What is STRESS?

- ‡ **Stress** is a normal part of life, the body reacts has when changes occur.
- ‡ It helps you stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid a car accident.
- ‡ Stress can also help you rise to meet challenges. It's what keeps you on your toes during a presentation at school, sharpens your concentration when you to study for an exam when you'd rather be watching TV.

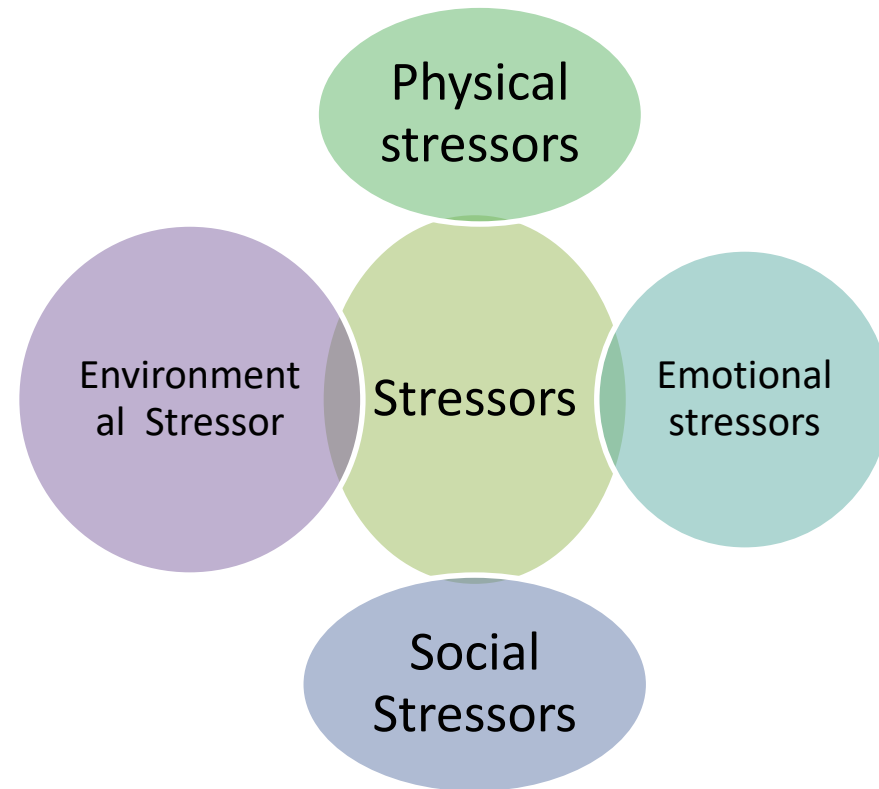






Stressors

Stressors are things that can cause constant worry and nervous tension, they can have an effect on your quality of life.

The four different types of **Stressors** :

1. **Physical Stressor** : conditions of your body that affect your well-being.
2. **Emotional Stressor** : includes feelings, thoughts, your personality and reaction to life crises.
3. **Social Stressor**: refers to aspect of your relationship with others that affect your well-being.
4. **Environmental Stressor**: it can be things or situations around you and your physical area you live in..

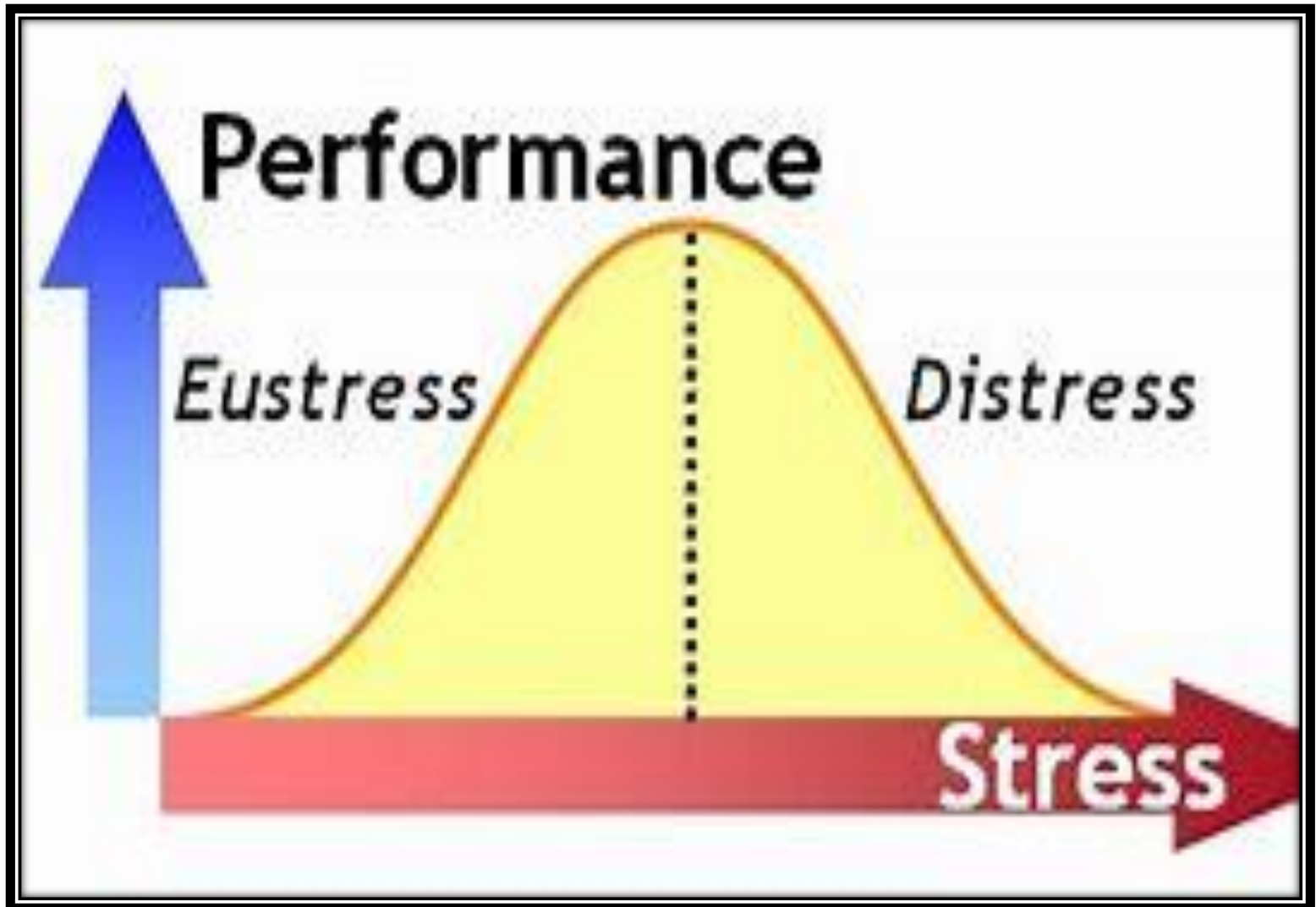


Stressor	Factor	Example	Effect on quality of life
Physical 	Abuse	Being beat by dad when is drunk.	Physical and emotional pain. You unable to focus on studies that can result in poor academic performance
Emotional 	Life crises	death in the family	Mourning/Grief , loneliness, depression.
	Personality	Type A personality	Worry a lot, anxiety, insomnia and unhealthy lifestyle choices
Social 	Friends	Pressure to “fit in” and be accepted by friends.	You may harm yourself or end up in jail trying to please friends
Environmental 	Noise	Living in area where there is a lot noise either traffic or factories can be very unpleasant.	You may feel very tense , get headaches , become irritable and unable to concentrate when studying.

Food for thought...

“It’s not the load that breaks
you down, it’s the way you
carry it.”
~ Lou Holtz

Two types of stress



Two types of Stress

- ‡ **Eustress** refers to positive stress, this type of stress motivates you and pushes you to achieve your goals and lead good quality of life.
- ‡ It can be a motivator, and it can even be essential to survival.
- ‡ The body's fight-or-flight mechanism tells a person when and how to respond to danger.



Two types of Stress

- ‡ **Distress** – a negative stress reaction. When you are unable to cope with stress, it can become unhealthy, unpleasant and dangerous.
- ‡ This can lower your performance at school, you experience sadness, fatigue, discouragement and even depression.



In short...

Eustress

*a form of stress having a
beneficial effect on health,
motivation, performance,
and well-being*



Distress

*the type of stress we are
referring to when we say
stress. It is the form of stress
with negative implications*

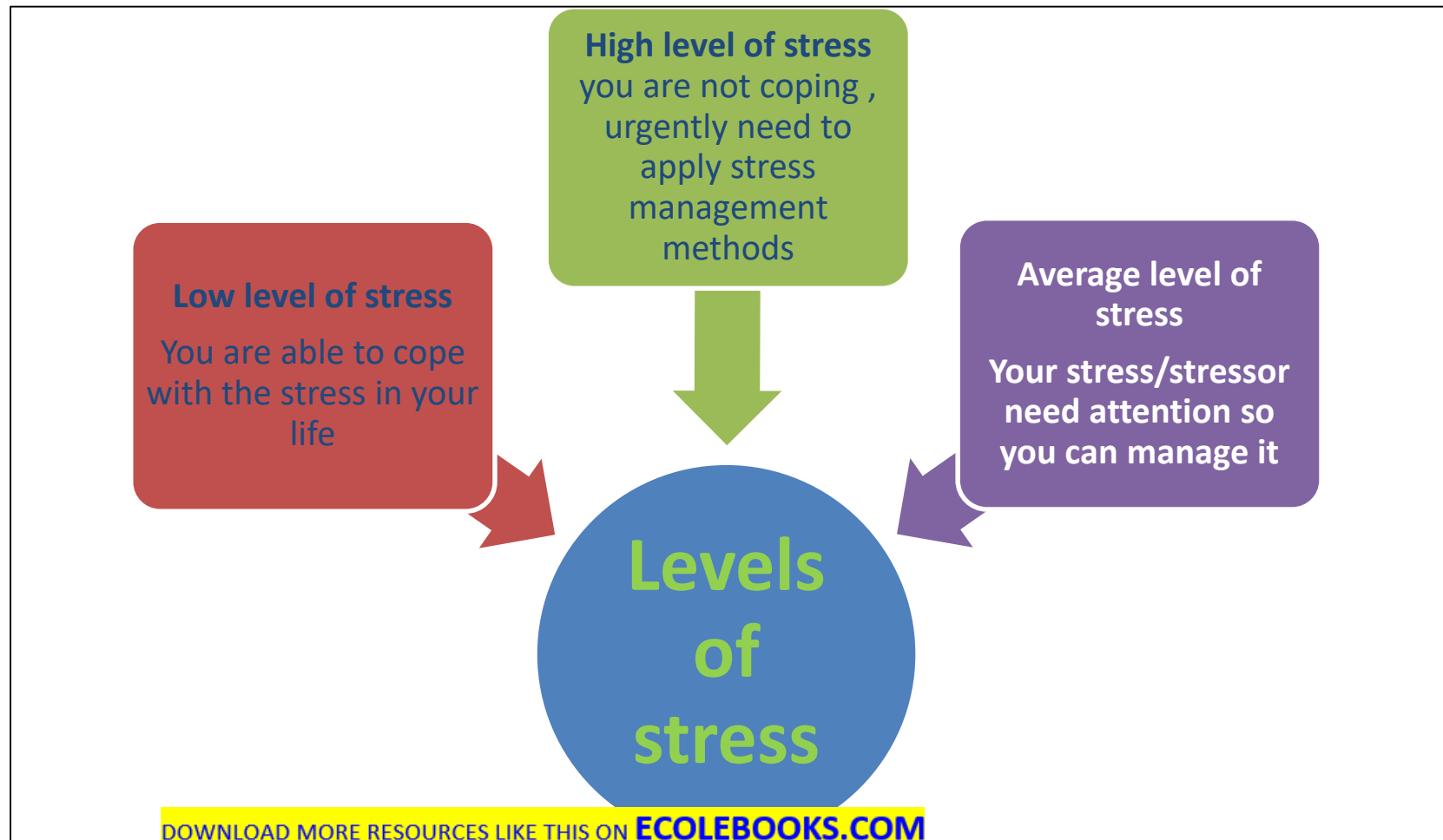


Symptoms of stress

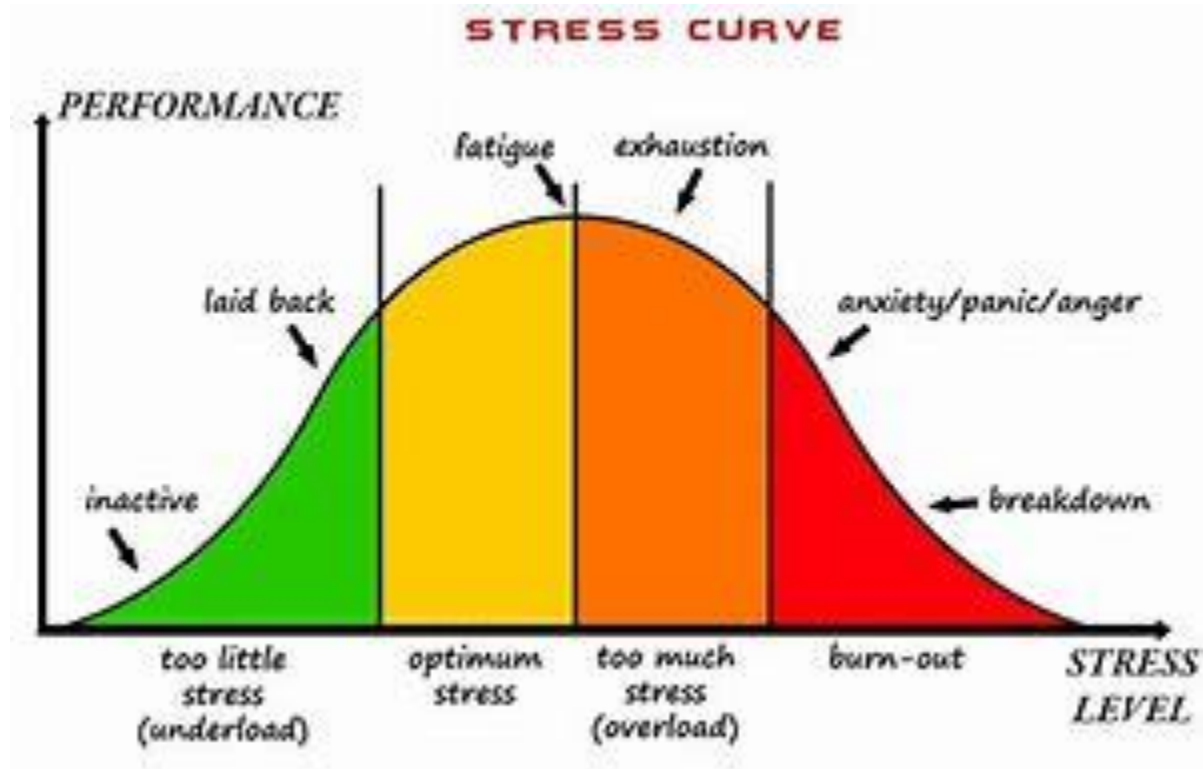
- ‡ Our world is undergoing rapidly changing changes that have the effect of increasing stress in our lives.
- ‡ Our body reacts differently, the **signs of stress** can be seen or measured.
- ‡ **Symptoms of stress** are the problems that you notice or feel.



In order to manage your stress, you first need to find out how stressed you.



Stress curve



Stress management

- ‡ How you react to, deal with and manage your stress is your choice . You can either choose to let the stress win and harm your life or you can deal with your stress and take control of your life.
- ‡ With a positive attitude you can turn the stressful pressure and energies into motivation to help you rise up and be ready fight off the stress.



- It's key to recognize stressful situations as they occur because it allows you to focus on managing how you react.
- **Coping mechanisms** are ways to handle or deal with stress.
- These includes a change in how you act, think or behave to help you deal with the stress.



Management techniques

are ways to control and prevent stress.

- ‡ Applying stress management techniques can help you to lead a happier, healthier life.
- ‡ The ultimate goal is a balanced life, with time for school, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.



Unit 2: Conflict Resolution skills

- A **conflict** is a struggle or an opposition; it is a normal part of life. It happens when there are disagreements or opposing views, or struggle of power.
- The basis of conflict may vary but, it is always a part of society.
- Basis of conflict may be age, personality, racial, class, culture or religion.
- To ensure that your relationships with opponents continue and grow. If you make peace with your opponents, you increase your own allies in the community.



Four types of conflict



Inter-personal conflict



Inter-personal conflict

- An interpersonal conflict is a disagreement in some manner which can be emotional, physical, personal, or professional between two or more people.
- Such disagreements are commonplace in families, workplaces, and society in general and are not necessarily physical or violent.



Intra-personal conflict

- Intrapersonal conflict occurs within an individual.
- The experience takes place in the person's mind.
- It is a type of conflict that is psychological involving the individual's thoughts, values, principles and emotions.



Conflict resolution skills

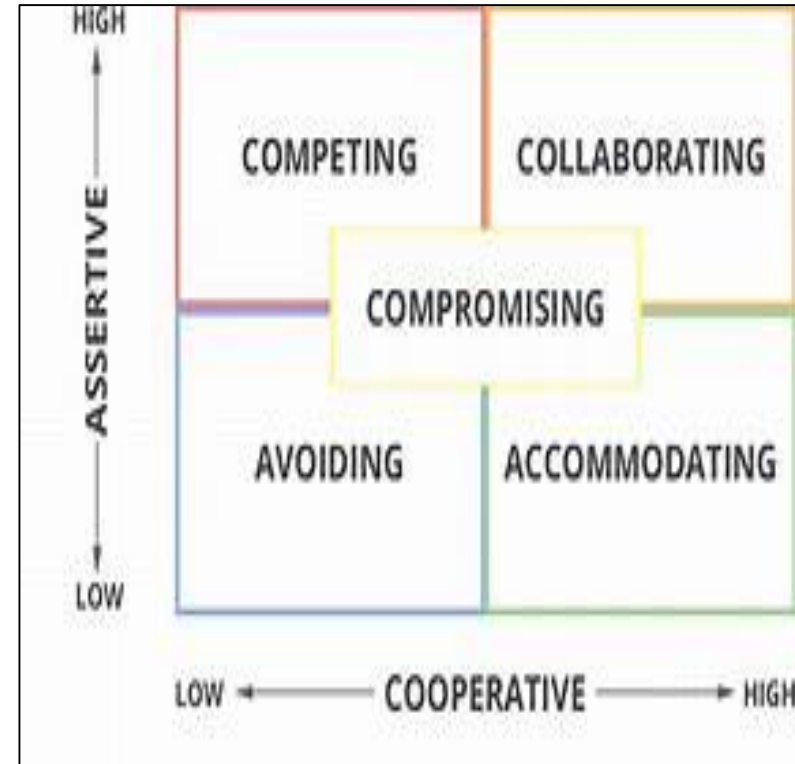
- Creativity
- Perception skills
- Negotiation skills
- Stress recognition skill
- Process management skills
- Communication skills
- Counselling skills
- Analysing skills



Conflict resolution styles



Conflict resolution styles



Conflict avoidance

- **Conflict avoidance** is a method of reacting to **conflict**, which attempts to avoid directly confronting the issue at hand
- Often conflict evokes strong physical and emotional responses in people, which is often why it is avoided.
- People avoid conflict because of a lack confidence, or perhaps we have already made up our mind about how the situation is and how the other person feels.



Competing

- **Competing** is a **style** in which one's own needs are advocated over the needs of others. It relies on an aggressive style of communication, low regard for future relationships, and the exercise of coercive power.
- A competing style takes a firm stance and refuses to see the perspectives of the other parties. You would keep pushing your viewpoint at others or keep rejecting their ideas until you get your way



Compromising

- A **compromising** style attempts to find a solution that will at least partially please all parties.
- You would work to find a middle ground between all the needs, which would typically leave people unsatisfied or satisfied to a certain extent.



Withdrawing

- **Withdrawing** from conflict is when you retreating from an actual or potential conflict situation; postponing the issue to be better prepared or to be resolved by others.
- If you are a prone to outbursts of anger, withdrawing can be an excellent technique.
- By withdrawing, you have the opportunity to come up with better ideas to address the conflict



Accommodating

- The **accommodating** is a way of sacrifice, selflessness and low assertiveness.
- You are willing to give up just about everything in order to preserve the relationship with the other party.
- It is certainly reasonable to use this strategy when the issue at hand is something of little importance to you.



Collaborating/compromising

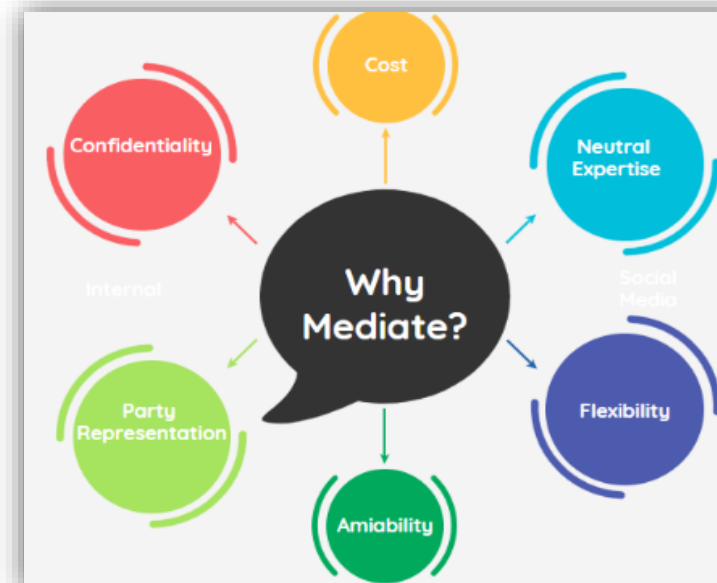
- **Collaborative skills** are behaviors that help people work together efficiently.
- **Compromise** is vital in any relationship, whether it's with coworkers, friends, family members or your partner.
- It's important to know when to stand your ground, but also to know which battles are worth fighting.



Conflict Mediation is a process in which a neutral mediator assists the parties through constructive discussion and negotiation of their issues in order to reach a mutually acceptable resolution.

Benefits of Conflict mediation:

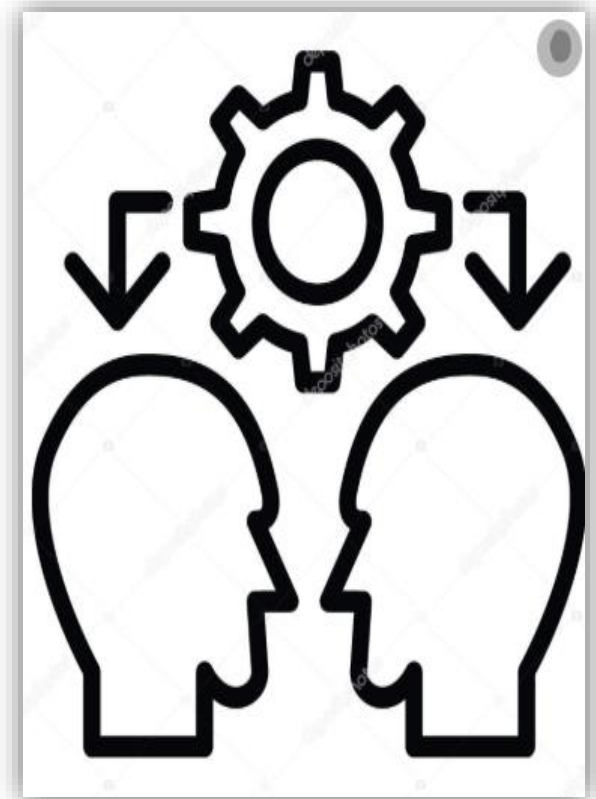
- ✎ It's completely voluntary, making it an appealing alternative to formal disciplinary proceedings for some conflicts.
- ✎ Its cost effective and very efficient
- ✎ It is less formal and very flexible
- ✎ Encourage accountability



Conflict negotiation is when two or more persons with different priorities attempt to reach solutions that will be acceptable to everyone. Negotiation is often necessary to create an amicable solution for all parties involved in the conflict.

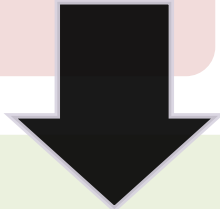
Benefits of Conflict Negotiation:

- It leads to goal achievement
- Encourages respect and understanding
- Develops new skills and knowledge




Conflict Resolution Skills

1. Understand the conflict It is important for you to define clearly your own position and interests in the conflict, and to understand those of your opponent.



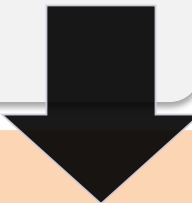
2. Communicate with the opposition be willing to listen with understanding and try not blame the other person.



3. Brainstorm possible solutions Work on coming up with as many ideas as possible. Don't judge or criticize the ideas yet -- that might prevent people from thinking creatively. Try to maximize (not minimize) your options.

Conflict Resolution skills

4. Choose best solution review brainstorm ideas, looks their effects and choose the one with less negatives effects.

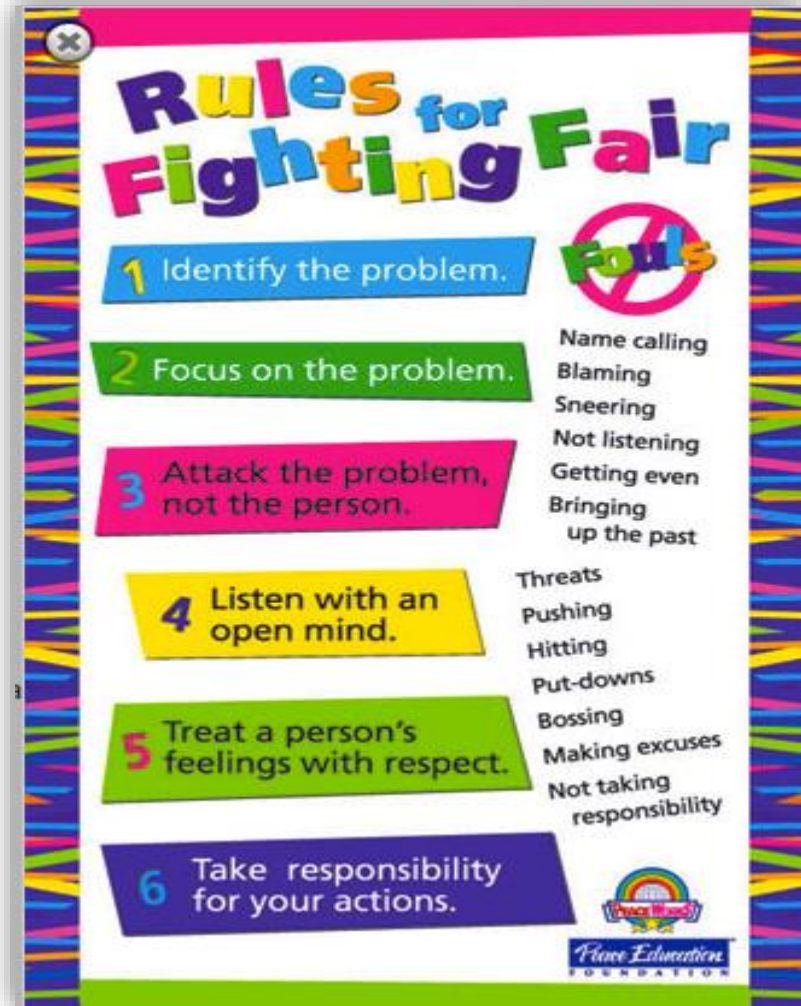


5. Use a third party – “mediator”: this is a person who is not from your group or your opponent's group, but whom you both trust to be fair’.



6. Explore other alternatives

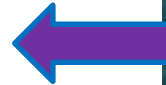
Steps in conflict resolution



WEEK 3

Positive relationships & Communication

What are the factors that influence effective communication?



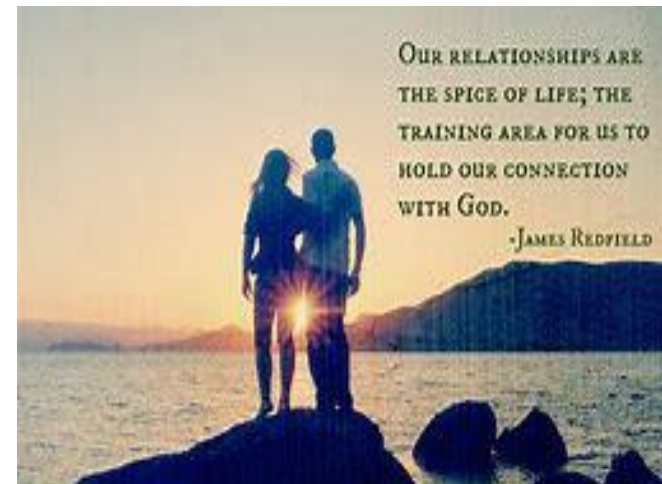
How can you initiate, build and sustain positive Relationships?



Why is good communication important ?

Relationships

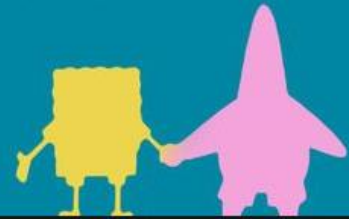
- Relationships are our shared interactions with others and also help to socialize us . Our interactions with others bring meaning, happiness and growth to us.
- Relationships are important for many different reasons such as increasing our emotional well being, creating stability and learning how to be a good friend .
- Relationships often times are the glue that holds us together during times of stressful situations and when we face life difficulties.



How to initiate positive relationships?

- ∅ Active listening
- ∅ Have a sense of humour
- ∅ Accept and celebrate differences
- ∅ Create a safe environment where you can trust and share openly without being afraid.
- ∅ Ask questions when you're unsure or are making assumption

I'm your **Patrick**
You're my **Spongebob**
Let's be friends forever



How to build positive relationships

- ⊖ Learn to trust and be trustworthy
- ⊖ Communicate openly
- ⊖ Give people your time.
- ⊖ Do not gossip or spread rumours
- ⊖ Show love and support at all times
- ⊖ Develop empathy
- ⊖ Be reliable



How to sustain a positive relationship

- ⊘ Pay attention to people.
- ⊘ Communicate openly..
- ⊘ Appreciate each other.
- ⊘ Extend yourself.
- ⊘ Go a little out of your way, at least once in a while.
- ⊘ Challenge each other to do better.
- ⊘ We can also build stronger relationships by challenging our work partners to take on bigger challenges.
- ⊘ Back each other when things get tough.



Importance of good communication

- Ø Good communication can help us better understand people and situations.
- Ø Good communication can help us to overcome diversities, build trust and respect and also help create safe and happy environment for sharing ideas and solving problems
- Ø Good communication skills are key priorities for leadership



Verbal and non-verbal communication



Communicating feelings, values and beliefs



Listing your core values helps to deepen your relationship

What are the most important facets of your relationship and how do you define your them?

As we “get to know someone” we form decisions about them, us, and a relationship. What are the things that you look for? As our relationships develop and mature, how have those things changed? I often hear “he/she isn’t the person I married”.

Something that is critical in understanding the lifecycle of our relationships is to understand what it is that pulls us and holds us together. Is it a feeling, chemistry, a sense of safety, that they complete us, a feeling of trust, similar thinking or mindset? Those are just some examples and there are, of course, multiple reasons.

Many times we are carried along by the energy of being in a relationship, the “honeymoon stage” where all things seem to align. We speak the same sort of language and behave in ways that feel as if we are in harmony and our communication is aligned.

Communication in relationships

Happy couples:

- They believe that communication is key
- Communication is hard work, but it is an essential part of any relationship.
- When you are able to communicate openly and effectively with your significant other it leads to growth in your relationship.
- Keeping emotions or concerns bottled up because you haven't learned how to communicate with each other will only damage the relationship.
- Communication is the first step to a lasting relationship.



Happy couples believe that a happy relationship takes work

A worthwhile relationship isn't always sunshine and roses. It takes work to make a relationship last. Any happy couple understands that at times their partner is going to annoy them, anger them, disappoint them, and frustrate them. People make mistakes and your partner is only human. It's your ability to get past those feelings and communicate openly and honestly that will lead to a happier and more fulfilling relationship. Happy couples cherish each other and work through the hard times – they don't just give up.

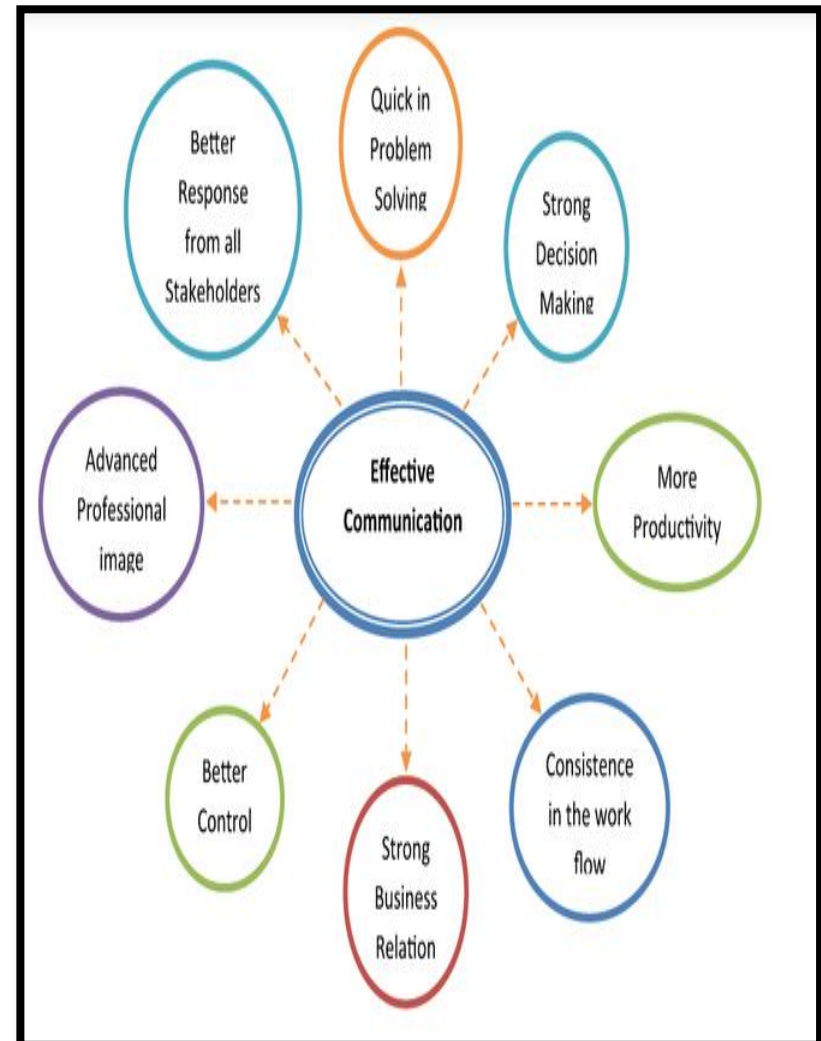
1. They believe that communication is key
2. We're only human. Mistakes happen, and so do arguments
3. Honesty is the best policy
4. They are best friends
5. They believe in having fun together
6. They believe in putting each other first
7. They share the same values
8. They respect each other
9. They support each other
10. They believe that a happy relationship takes work

Effective communication

Effective communication is when the person who you are talking to listens actively, absorbs your point and understands it.

**Effective communication
Encourages :**

- ⊗ Correct, clear and complete message is sent.
- ⊗ Shows consideration for the recipient
- ⊗ Reliability and trust is strengthened
- ⊗ Active listening
- ⊗ Builds confidence
- ⊗ Develops empathy



Factors that influence effective communication

Personality :

- ∅ The way, you act, behave and your attitude are all parts of your personality.
- ∅ Personality can give an idea to the other person whether or not that person will enjoy communicating with the individual, or even affecting the tone of the other party's communication.



Factors that influence effective communication

2. Attitudes and Values

- ⌚ Attitudes are the established ways of responding to people and situations that we have learned based on the beliefs, values, and assumptions we hold.
- ⌚ Values are about we have learnt to think about things ought to be, or how people ought to behave especially in terms of qualities such as honesty, integrity , openness, etc.



Factors that influence effective communication

3. Acceptance of Responsibilities

- ⊘ Taking Accountability of actions actually reflects the maturity of a person, and reflect their desire to talk about the conflict, and negotiate peace between them.
- ⊘ Acceptance of responsibility creates an open channel of communication, which is honest, constructive and understanding.



WEEK 5

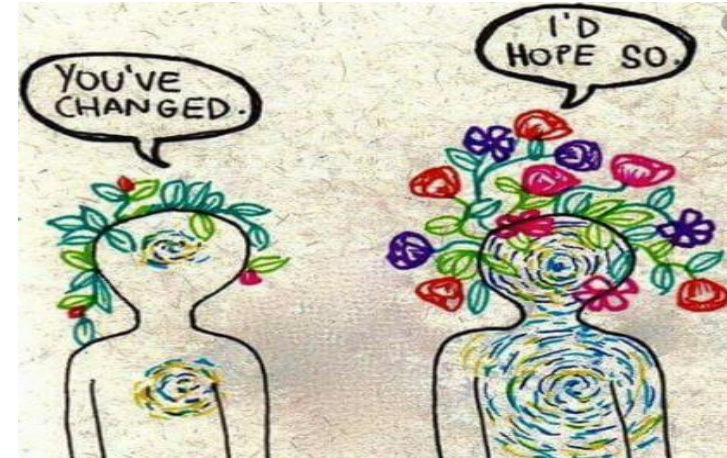
Adapting to growth, change and transition



Adapting to growth, change and transition

Change is constant, it happens everyday, it be exciting and it can also help us grow.

- ‡ We all have experienced change in our lives, from change of season, to new clothes, school and even hairstyle.
- ‡ How we deal with change can have a positive effect; we can learn new skills and knowledge, improve on our weakness and get a different perspective.



Change is inevitable, and resistance is futile...

- ☀ Major life transitions like moving to a new city, becoming a parent, retirement- can be an exciting and invigorating part of life.
- ☀ Yet transitions, even happy ones, can also be stressful and bring up mixed feelings.
- ☀ transitions and change can be some of the most unsettling times in our life.
- ☀ Sometimes we choose the change and sometimes the change chooses us.
- ☀ Either way, we leave the shore of certainty and familiar and step out into the unknown, often with nothing to hold onto.



How to adapt to growth and change

- ☀ Change at least one routine every day.
- ☀ Embrace new experiences.
- ☀ Focus on learning from everything!
- ☀ What you focus on grows, and a positive focus on learning will expand your learning potential.
- ☀ Talk to someone you trust, tell them how you feel about the change.
- ☀ List the good aspects of the change

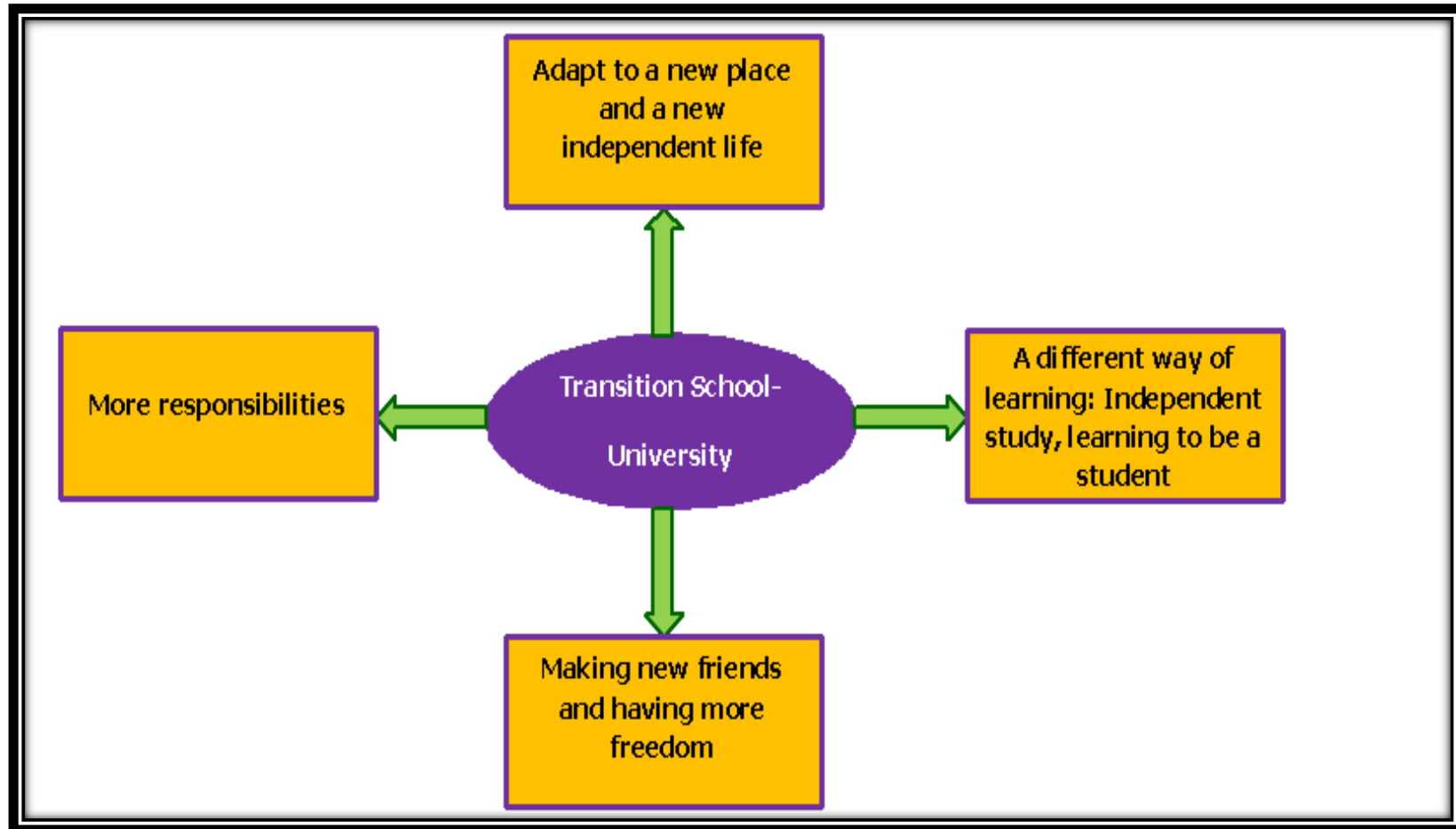


How to adapt to growth and change

- ☀️ Develop a positive attitude towards change and take charge.
- ☀️ See it as a opportunity to for personal growth and development.
- ☀️ Avoid resisting change.
- ☀️ Give yourself time to adjust to change.
- ☀️ Use your religion or belief system to guide you and to give you comfort and support.



Transition between school and post school destination



Transition from High School to University

When you miss a class Teachers provide you with class notes or the reading material when you miss a class

Your time is structured by your parents and teachers.



Lecturers expect you to locate and catch up on any notes or information you missed

You manage your own time

SCHOOL	UNIVERSITY	WORK
A bell rings for each class/period of the day	You have to be your own timekeeper as there are no bells	you have set working times, you have to arrive early for work and leave on at set time. There are no bells.
Teachers take a register as attendance is compulsory	You are not forced to attend all your lecture sessions, but failure attend lecture sessions may result in being excluded from writing the exams.	Attendance is compulsory and noted, if absent you fill a leave form.
Teachers help you all the time. You can also speak to your teachers in or after class.	You may have to make an appointment to meet lecturers if need help. Lecturers are not easily available , so have to be able to work on your own.	It is assumed that if you quality for a job , you will be able to do it.

How to cope with transition?

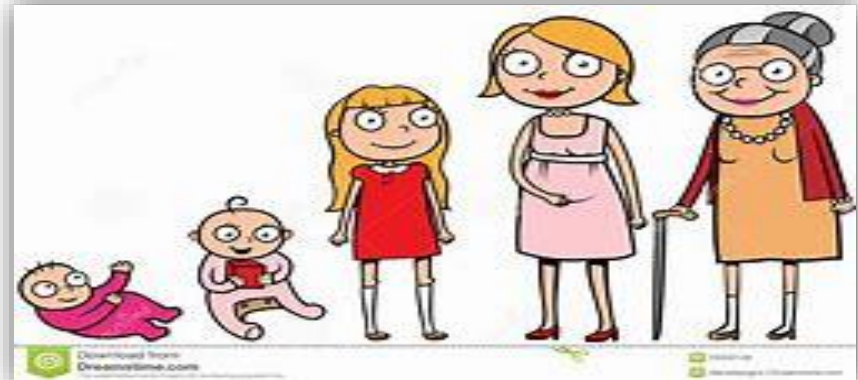
- ☀ Make new friends but keep the old.
- ☀ Stay in touch with your family.
- ☀ Keep a journal.
- ☀ Pay attention to your feelings.
- ☀ Write about them.
- ☀ If you feel “down” or upset much of the time, consider talking with a friend, mentor, a faculty member or a counselor.
- ☀ Eat and sleep well; get plenty of fresh air and exercise.
- ☀ Ease into the social part of things gradually.
- ☀ Pay attention to YOUR values



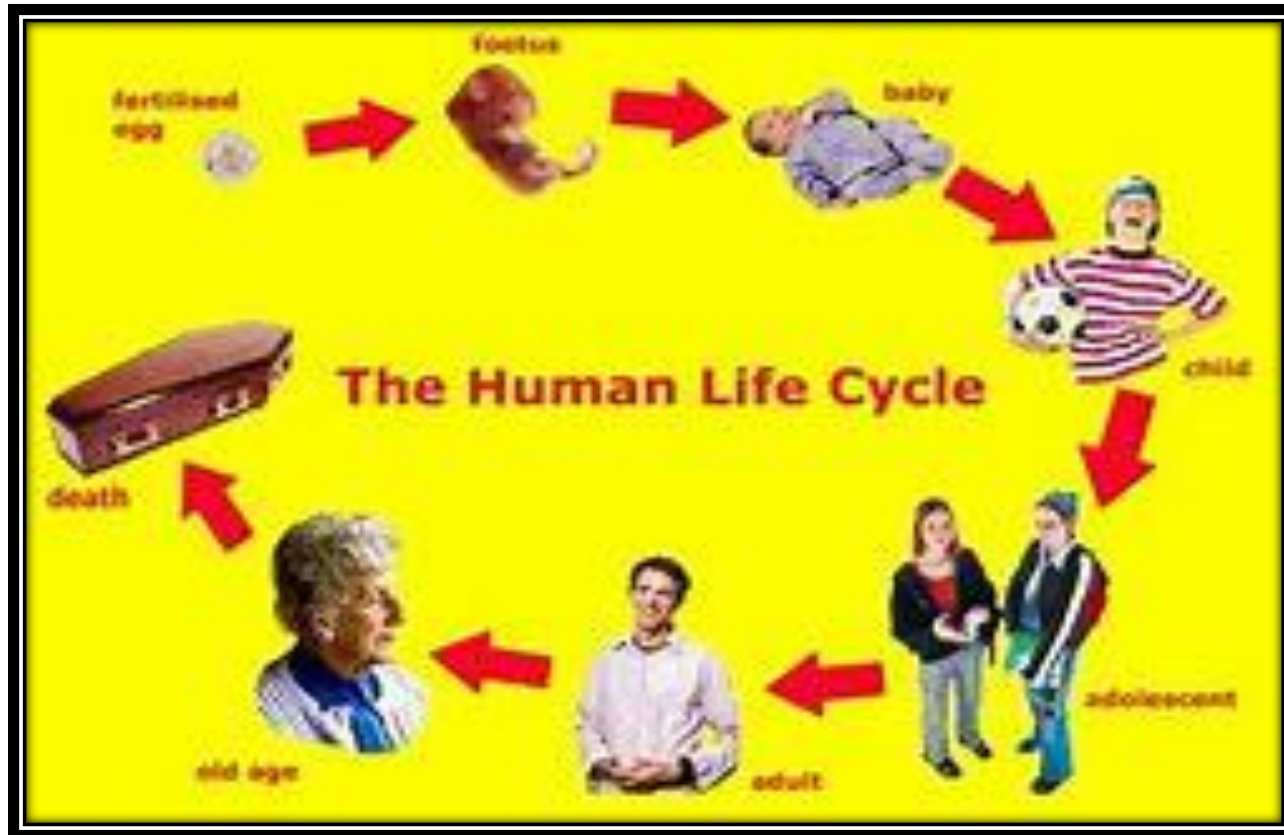
The Human Life Cycle

- ☀ The major stages of the human life cycle include pregnancy, infancy, the toddler years, childhood, puberty, older adolescence, adulthood, middle age, and the senior years.
- ☀ Proper nutrition and exercise ensure health and wellness at each stage of the human life cycle.

The Human Life Cycle



Human Life Cycle



Personal lifestyle plan

- Personal planning is a way of making decisions and developing a plan to support people with a disability to enhance their lifestyle.
- It is carried out in a way that supports people in partnership with others, to think through their needs, identify their goals, and set out to achieve their goals.



Homework

1. What is change? Explain two ways to positively cope with change. (2+2)
2. Define the term *environmental stressors* and explain how environmental stressors can affect your physical and emotional well-being. (2+2)
3. Describe FIVE BIG transitions between high school and post-school destination that you might experience. (5x2)
4. Discuss THREE coping skills learners can apply when dealing with post-school destination that you might experience . (3x2)
5. Discuss ONE possible challenge learners may face should when they no longer qualify for their intended course of study. (1x2)
6. Explain the role of communication in sustaining a positive relationship? (2+1)