

Jeppia High School for Boys



Grade: 9 Examination: Life Orientation

Date: 20th November 2020

Duration: 1½ Hours

Total Marks: 70

Examiner: J. de Lange

Moderator: B. Riskowitz

QC Moderator: R. Riskowitz

Number of Pages: 9

Instructions: __

- Complete the front cover of your answer booklet.
- Answer all questions in the answer booklet provided.
- Number in the middle of the page.
- Rule off after each section.
- The following are not allowed in the examination room: school bags, cell phones, smartwatches, tablets, books, dictionaries, notes, sketches, or paper.

Only the official examination material distributed by the invigilator is allowed.

SECTION A (COMPULSORY)

Answer ALL of the questions in this section.

QUESTION 1

1.1 Various options are provided as possible answers to the following questions.

Choose the most correct 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 B.

1.1.1 Low self-esteem, poor concentration, lack of energy, and feelings of hopelessness are symptoms of:

- A. Anxiety
- B. Depression
- C. Tuberculosis (TB)
- D. Diarrhoea

1.1.2 Which of the following is true of a Non-Profit Organisation (NPO):

- A. They work to make a profit as a business would.
- B. They do not need fundraising to cover the costs.
- C. They sometimes charge small fees just to cover their costs.
- D. The National Lottery Fund is the only source of funding for them.

1.1.3 Which of the following subjects are NOT compulsory in Grades 10,11 and 12:

- A. Life Orientation
- B. Two South African Languages
- C. Life Science
- D. Mathematics/Mathematical Literacy

1.1.4 Bullying, blackmail, threats, and manipulation are examples of:

- A. Domestic violence
- B. Psychological violence
- C. Collective violence
- D. Physical violence

1.1.5 Being a lifelong learner means that:

- A. You study lifelong learning as a subject.
- B. You learn from the mistakes that you make.
- C. You study until you get your doctorate.
- D. You continue to improve your knowledge and skills.

(5X1) (5)

1.2 Give a description for each of the following words/terms. Write only the description next to the question numbers (1.2.1 to 1.2.5) in the ANSWER BOOK.

1.2.1 Scholarship. (1)

1.2.2 Cyber bullying. (1)

1.2.3 Fundraising. (1)

1.2.4 Grief. (1)

1.2.5 Bursaries. (1)

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(5X1) (5)

TOTAL SECTION A: 10

SECTION B (COMPULSORY)

Answer ALL the questions in this section. Write your answers in full sentences.

QUESTION 2

Study the image below and answer the questions that follow:

Source: 2020 Available from <https://www.maturetimes.co.uk/over-the-wall-mike-miller-volunteering/>



- 2.1 Define 'volunteerism' and provide TWO examples of how high school students can get involved with volunteerism. (1+2)(3)
- 2.2 Explain ONE reason why students do not take volunteering and community service as seriously as they should. (1x2)(2)
- 2.3 Discuss ONE way that volunteering has importance in your community. (1x2)(2)
- 2.4 Advise your school of TWO ways that it could promote volunteering and get students involved and excited about it. (2x2)(4)
- 2.5 Discuss TWO personal benefits of volunteering in community Organisations. (2x2)(4)
- [15]**

QUESTION 3

Read the extract below and answer the questions that follow:

Source: 2020 Available from <https://adaa.org/living-with-anxiety/personal-stories/my-story-survival-battling-ptsd>

My Story of Survival: Battling PTSD

It is a continuous challenge living with post-traumatic stress disorder (PTSD), and I have suffered from it for most of my life. I can look back now and gently laugh at all the people who thought I had a perfect life. I was young, beautiful, and talented, but unbeknownst to them, I was terrorized by an undiagnosed debilitating mental illness.

My PTSD was triggered by several traumas, including a childhood laced with physical, mental, and sexual abuse, as well as an attack at knifepoint that left me thinking I would die. I would never be the same after that attack. For me, there was no safe place in the world, not even my home. I went to the police and filed a report. Rape counselors came to see me while I was in the hospital, but I declined their help, convinced that I did not need it. This would be the most damaging decision of my life.

- 3.1 Define “stress” and suggest TWO reasons why you would advise someone to seek counseling to cope with stressful situations. (1+2)(3)
- 3.2 Recommend TWO ways that we can address the stigma that is associated with mental illness and rather seek help. (1x2)(2)
- 3.3 Advise why substance abuse is not an effective coping mechanism for an individual with PTSD. (1x2)(2)
- 3.4 Critically discuss TWO coping mechanisms someone might be able to identify if they are struggling with PTSD? (2x2)(4)
- 3.5 Identify and discuss TWO things you should not do or say when someone has experienced trauma. (2x2)(4)

[15]

TOTAL SECTION B: 30

SECTION C

Answer any TWO questions in this section.

Your responses must consist of paragraphs. Marks will only be allocated for responses written in full sentences.

QUESTION 4

Read the extracts below and answer the question that follows:

Source: *Anonymous, 2020. Teenactiv.co.za*

TEXT A
What do I do now?

I am currently in Grade 10 and choose my subject in Grade 9 but I don't feel like I knew enough, at that stage, to make the right choices. Now that I am in Grade 10 and doing the subjects I have realised that I made some poor choices regarding my subjects.

I took Accounting because I thought that I needed it to apply to study Business at a University. It is a very boring subject and I am not doing very well. I also took Physical Science because my parents told me that I needed Science to get a good job one day. Now I am failing Physical Science in Grade 10 and I feel lost and confused about what I am supposed to be doing.

Source: *Anonymous, 2020. Teenactiv.co.za*

TEXT B
Mathematics and Physical Science

"Everyone" kept telling me that you need Mathematics and Physics to go to University and to do anything worthwhile, like studying Engineering. So I chose Mathematics and Physical Science as two of my subjects for my Grade 10 year. Now I am in Grade 12 and I am starting to seriously consider my options for studying next year. Unfortunately in my June report, it stated that I got 32% for Physical Science and 38% for Mathematics. Now I don't even want to study Engineering. I was hoping to study Law but with these results, it is unlikely I'll even get accepted for this course at University.

If I could choose it all over again I would. But now I have these subjects. If I could give the Grade 9's some advice, I would. If I could go back and tell me what I know now, I would. But now it's too late. I'll be lucky if I even pass my National Senior certificate.

Construct an essay on the importance of your subject choices. (Please number your paragraphs clearly).

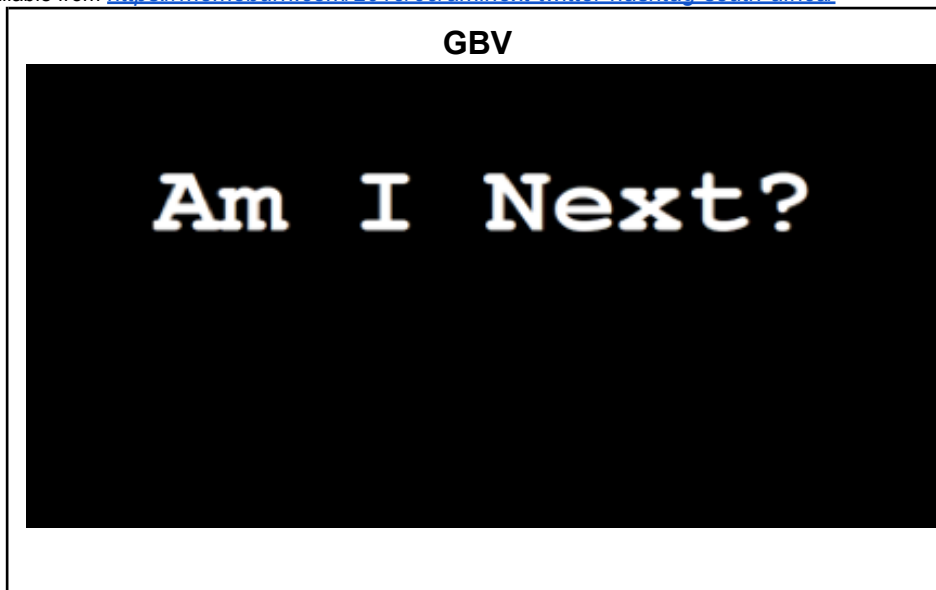
Use the following as a guideline:

- Describe what a “National Senior Certificate” is and state TWO reasons why it would be useful to discuss your future subject choice with one of your current subject teachers. (1+2) (3)
 - Discuss THREE practical strategies to assist you in the decision-making process to prevent the scenarios above, or something similar, from happening to you. (3X2) (6)
 - Advise a friend on TWO that are personal factors are important to consider when choosing a subject. In your answer, also indicate the importance of EACH factor in order to achieve in your chosen subjects. (2X3) (6)
- [15]**

QUESTION 5

Analyse the image below and answer the question that follows:

Source: 2020 Available from <https://memeburn.com/2019/09/aminext-twitter-hashtag-south-africa/>



Construct an essay on the effects of gender-based violence.
(Please number your paragraphs clearly).

Use the following as a guideline:

- Define “gender-based violence” and discuss its impact on “rape culture”. (1+2) (3)
- Discuss THREE reasons why it is specifically important for men and boys to be active participants and promoters of change to get rid of gender-based violence. (3X2) (6)
- Recommend TWO practical ways that you can help to protect others from gender-based violence. In your answer, provide TWO places where you can seek help if you have been exposed to gender-based violence. (2X3) (6)

[15]

QUESTION 6

Read the extract below and answer the question that follows:

Source: 2020. Available from:

<https://www.weforum.org/agenda/2020/04/this-is-the-psychological-side-of-the-covid-19-pandemic-that-were-ignoring/>

Lockdown is the world's biggest psychological experiment - and we will pay the price

This is arguably the largest psychological experiment ever conducted. Research findings soon after the lockdowns started to take place showed people who are quarantined are very likely to develop a wide range of symptoms of psychological stress and disorder, including low mood, insomnia, stress, anxiety, anger, irritability, emotional exhaustion, depression, and post-traumatic stress symptoms. Low mood and irritability specifically stand out as being very common, the study notes.

In China, these expected mental health effects are already being reported in the first research papers about the lockdown. Reasons for stress abound in lockdown: there is a risk of infection, fear of becoming sick or of losing loved ones, as well as the prospect of financial hardship. All these, and many more, are present in this current pandemic.

Construct an essay on the impact of the global pandemic on our psyche.
(Please number your paragraphs clearly).

Use the following as a guideline:

- Define the term “crisis” and briefly explain why Coronavirus is identified as a crisis. (1+2) (3)
 - Discuss THREE ways that dealing with your emotions can assist you with challenging situations such as these. (3X2) (6)
 - Recommend TWO strategies for staying positive during the Coronavirus \ crisis that can aid in minimising the negative impact thereof on emotional well-being. In your answer, provide a reason why each of these strategies are important to implement. (2X3) (6)
- [15]**

TOTAL SECTION C: 30
GRAND TOTAL: 70