BERGVLIET HIGH SCHOOL

LIFE ORIENTATION

Grade 10

November Control Test 2025

100 MARKS

Examiner: Ms Murphy

Moderators: Ms Ngangelizwe, Mrs Jacobs, and Ms Daniels

Time: 2 hours

Name:			
Class:		**Teacher:**	**Mu / Ng / Ja / Da**

	Compulsory			**Choose 2**			**Achieved**
	Q1 (20)	**Q2 (20)**	**Q3 (20)**	**Q4 (20)**	**Q5 (20)**	**Q6 (20)**	**Total (100)**
Mark Obtained							
Moderated Mark							

INSTRUCTIONS AND INFORMATION

1. This question paper consists of **THREE sections:**

    - **SECTION A** (20 marks) – *Compulsory (Question 1)*
    - **SECTION B** (40 marks) – *Compulsory (Question 2 and Question 3)*
    - **SECTION C** (40 marks) - *Choose TWO Questions*

2. **Answer ALL questions** in Sections A and B.
3. **Answer any TWO questions** in Section C.
4. **Read ALL the questions carefully** before answering.
5. **Number your answers** according to the numbering system used in this question paper.
6. **Write neatly and legibly.**
7. This question paper consists of **11 pages**, and **6 questions.**

ATTACH THE COVER PAGE OF THE QUESTION PAPER TO YOUR ANSWER SHEET.

SECTION A

Answer ALL the questions in this section.

Question 1

1.1. Various options are provided as possible answers to the following questions. Choose the 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, for example, 1.1.6. D.

1.1.1. Involves treating people unfairly or differently because of preconceived opinions or judgments about them based on characteristics like race, gender, age, etc.

A. Judgmental
B. Collaboration
C. Xenophobia
D. Discrimination

1.1.2. The central laws of this religion come from sacred texts such as the Vedas, Bhagavad Gita, and Ramayana, which guide its followers.

A. Buddhism
B. Hinduism
C. Islam
D. Judaism

1.1.3. Critical thinking can help in addressing social issues by…

A. ignoring individuals' opposing viewpoints
B. analysing information to identify solutions
C. focusing on emotions to make decisions
D. accepting all information at face value

1.1.4. The primary benefit of volunteerism in youth and civic organisations:

A. Development of community forums
B. Promoting your business ideas
C. Development of community engagement
D. Promoting social and economic issues

1.1.5. Which of the following is a major contributor to environmental degradation?

A. Lack of waste management practices
B. Sustainable forestry practices
C. Lack of consumable natural resources
D. Sustainable agriculture practices

(5 x 1) (5)

1.2 Give ONE word/term for EACH of the following descriptions.

Write only the word/term next to the question number (1.2.1 to 1.2.5).

1.2.1 The balance or imbalance of power that may exist in relationships.

1.2.2 The state where all genders have the same rights, opportunities and treatment, regardless of their gender differences.

1.2.3 The ability to bear a challenging physical exercise without giving up easily.

1.2.4 When a person is in a positive state of mental well-being, functioning normally in society and during everyday events.

1.2.5 The cultural or societal expected role and behaviour of males and female in society.

(5 x 1) (5)

1.3 Answer the following questions by writing the answer next to the question numbers (1.3.1 to 1.3.2) in the ANSWER BOOK provided. Write your answers in full sentences.

1.3.1 Identify TWO factors responsible for sportsmen/sportswomen doping in sports. (2 x 1) (2)

1.3.2 Explain the importance of gender equity in promoting female participation in sports. (1 x 2) (2)

1.4 Study the cartoon below and answer the questions that follow. Write your answers in full sentences.



Jobs Trends and Career Paths

Job trends in South Africa show a mixed landscape with high unemployment rates and growth in certain sectors. One needs to be prepared as the job market demands evolve. In order to identify potential career paths, learners need to be up to date with labour market trends across all sectors of employment.

[Taken from: https://www.cartoonstock.com/ Accessed on: 7 August 2025]

1.4.1. Explain the importance of knowing job trends when young people choose career paths. (1 x 2) (2)

1.4.2. Discuss the impact of attending unaccredited learning institutions on students' academic future. (1 x 2) (2)

1.4.3. Suggest ONE way in which parents could assist their child in developing career goals that are aligned with the current job market trends. (1 x 2) (2)

[TOTAL SECTION A: 20 MARKS]

SECTION B

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

Question 2

Read the extract below and answer the questions that follow.

Relationship development in adolescence
Adolescence to adulthood

Changes in a teen's physical and [1]cognitive development come with big changes in their relationships with family and friends. Adolescence is a stage of many changes, and although intense emotional experiences and subsequent 'mood swings' can sometimes seem difficult, they are an important part of preparing for the social and emotional aspects of adulthood.

During adolescence, teenagers start to develop a new emotional depth, allowing them to practise regulating their emotions, develop empathy and learn how to handle the pressure of new responsibilities.

As they mature, they begin to form a stronger relationship with themselves, uncovering new aspects of their maturing personality, identity and personal beliefs. They also become less dependent on adults for guidance and develop closer relationships with peers. This social growth helps them to develop skills that are essential for healthy adult relationships and their future careers.

At the same time, moving away from close relationships with parents and seeking acceptance from friends can create pressure and uncertainty. Developing positive coping strategies can help build resilience and improve long-term well-being so that adolescents can transition into confident, well-adjusted adults.

Glossary:

[1]cognitive: the mental processes involved in thinking, learning, remembering, solving problems and making decisions

[Adapted from https://www.stanfordchildrens.org Accessed: 14 September 2025]

2.1 Define the term '*relationships'* as part of development during adolescence.

(1 x 2) (2)

2.2 Mention TWO ways in which experiencing mood swings can be difficult for teenagers. (2 x 1) (2)

2.3 Provide TWO ways in which seeking less guidance from adults could expose teenagers to more risks. (2 x 1) (2)

2.4 Explain TWO ways in which the social growth during adolescence can prepare teenagers for their future careers. (2 x 2) (4)

2.5 Discuss TWO benefits of positive coping strategies on an adolescent's future well-being. (2 x 2) (4)

2.6 Suggest TWO positive coping strategies teenagers could use to assist them in navigating the pressure of adolescence. In your answer, also explain how EACH suggestion could increase their resilience during this stage.

(2 x 3) (6)

[20]

Question 3

Read the extract below and answer the questions that follow.

Growth in South African agriculture

Work settings and diversity in jobs

Amara is a Grade 10 learner whose family has worked on farms in the Eastern Cape for generations. Agriculture in South Africa has changed significantly over the years. According to a new report, the country's farming output has more than doubled since 1994. This has created more opportunities for those working in the farming community to pursue diverse jobs with different workplace environments and conditions. [1]New technologies have also made farming more productive while also requiring workers in the primary and secondary sectors to develop new skills to keep up. Crops such as maize and soybeans have improved so much that South Africa is now self-sufficient in some foods, while exports like fruit and nuts continue to expand.

These changes have created new job opportunities across all sectors of the economy. Workers are still needed in the **primary sector**, but the **secondary sector** has expanded through food processing and packaging. The **tertiary sector** has also grown, with more jobs in transporting goods, exporting produce and marketing products.

Amara is now thinking about her own future. She wonders what skills she would need if she wanted to design new food products or assemble farming equipment. At the same time, she realises that careers in agriculture can be physically demanding, and this has led her to research how good nutrition can support energy and long-term health in the workplace.

Glossary:

[1]New technologies: recently developed tools, systems, or methods that use scientific knowledge and innovation to solve problems, improve efficiency, or create new possibilities in various fields.

[Adapted from https://agrisa.org.za Accessed: 18 August 2025]

3.1 Define the term *'diverse jobs'*. (1 x 2) (2)

3.2 State TWO reasons why workers may consider changing their working environment. (2 x 1) (2)

3.3 Explain ways in which new technologies have changed the skills required to work in the primary sector. (3 x 2) (6)

3.4 Discuss the skills learners might need to develop if they want to pursue a job in design. (2 x 2) (4)

3.5 Propose TWO healthy eating habits workers could develop to maintain their energy levels during physically demanding work. In your answer, also indicate how each habit could support their long-term health at work. (2 x 3) (6)

[20]

[TOTAL SECTION B: 40 MARKS]

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

Study the quotes below and answer the questions that follow.

Keeping up with Technology at Work
Competencies required in jobs



[Adapted from https://criteriaforsuccess.com Accessed: 18 July 2025]

Write paragraphs on **changes in the job market**.

Use the following as a guideline:

- State FOUR ways in which technology could positively change the job market in the future. (4 x 1) (4)
- Analyse how lifelong learning can help workers adapt to the rapid changes caused by new technology. (2 x 4) (8)
- Critically discuss the role of flexibility for the youth when preparing for jobs that do not yet exist. (2 x 4) (8)

[20]

Question 5

Study the image and text below and answer the questions that follow.

South Africa: Schooling in a multi-religious society
Prohibition of discrimination based on religion



South Africa's National Policy on Religion and Education requires public schools to accommodate and reflect the multi-religious nature of the country.

[Adapted from https://www.secularsociety.org.za Accessed: 22 August 2025]

Write paragraphs on **discrimination based on religion**.

Use the following as a guideline:

- State how being in a multi-religious school could encourage respect between classmates. (4 x 1) (4)

- Analyse how misinterpretations of certain indigenous practices on social media could contribute to stereotyping amongst peers. (2 x 4) (8)

- Critically discuss strategies a school could implement to protect freedom of religion while upholding equality and non-discrimination for all learners.

(2 x 4) (8)

[20]

Question 6

Study the image below and answer the questions that follow.



[Accessed from: https://www.accenture.com/ Accessed on 13 March 2022]

Write paragraphs on social responsibility.

Use the following as a guideline.

- Define the term '*social responsibility*' and provide THREE reasons why volunteering is a great way for grade 10s to practice social responsibility. (1+3) (4)

- Analyse why it is important for South African teenagers / learners to address the social issue of lack of resources in their schools. (2x4) (8)

- Critically discuss how youth service opportunities could help to cultivate skills necessary to participate in civic life. (2x4) (8)

[20]

[TOTAL SECTION C: 40 MARKS]

[TOTAL (100 MARKS) = 20 + 40 + 40]