BERGVLIET HIGH SCHOOL

LIFE ORIENTATION

Grade 9

November Control Test 2025

70 MARKS

Examiner: Ms Murphy **Moderators: Mrs Edwards, Ms Ngangelizwe, and Ms Daniels**

Time: 1 ½ hours

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

	Compulsory			**Choose 2**			**Achieved**	
	Q1 (25)	**Q2 (11)**	**Q3 (14)**	**Q4 (10)**	**Q5 (10)**	**Q6 (10)**	**Total (70)**	**(/100)**
Mark Obtained								
Moderated Mark								

INSTRUCTIONS AND INFORMATION

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

    - **SECTION A** (25 marks) – *Compulsory (Question 1)*
    - **SECTION B** (25 marks) – *Compulsory (Question 2 and Question 3)*
    - **SECTION C** (20 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. **Mark allocation guide:**

    - (1x1): one fact
    - (1x2): one fact and explanation.
    - (1x3): one fact, explanation, and outcome.

This question paper consists of **9 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 How many subjects are required for the NSC in South Africa?

A. Five
B. Seven
C. Nine
D. Ten

1.1.2 Which subject is NOT compulsory for the NSC?

A. Home Language
B. Mathematics
C. Consumer Studies
D. Life Orientation

1.1.3 Which subject combination is beneficial if you aim to study medicine?

A. History and Geography
B. Consumer Studies and Tourism
C. Drama and Visual Arts
D. Physical Sciences and Life Sciences

1.1.4 Career assessments, like personality tests and aptitude tests, help learners to…

A. choose the easiest subjects.
B. match career options to strengths.
C. force caregivers' career choices.
D. ignore their interests.

1.1.5 Planning for lifelong learning includes:

A. Setting goals for growing skills.
B. Focusing only on high school exams.
C. Doing nothing after graduating.
D. Ignoring future career changes.

(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 numbers (1.2.1 to 1.2.5).

1.2.1 The act of offering your time and skills without expecting payment, for the benefit of others or the community.

1.2.2 Organisations that do not seek to make money but instead focus on serving the public good.

1.2.3 Skills used to find solutions to disagreements without resorting to violence.

1.2.4 The ability to handle arguments and disputes calmly and constructively.

1.2.5 A government-led initiative that promotes the well-being of individuals and communities.

(5 x 1) (5)

1.3 Choose a description from COLUMN B that matches an item in COLUMN A. Write only the letter (A–G) next to the question numbers (1.3.1 to 1.3.5) in the answer book.

Column A	Column B
1.3.1 Human Dignity	A. Living in peace with others through unity with God.
1.3.2 Peace	B. A willingness to accept beliefs and practices different from one's own.
1.3.3 Worship	C. The act of letting go of resentment or anger, which helps heal relationships and prevent ongoing conflict.
1.3.4 Tolerance	D. A belief in the equality and worth of all people, often promoted by religions to prevent discrimination.
1.3.5 Forgiveness	E. An event or practice in many religions where followers gather to strengthen unity and understanding.
	F. The state of living together in harmony, without conflict or violence.
	G. Working towards world peace by eliminating inequality and promoting reconciliation.

(5 x 1) (5)

1.4. Read the extract below and answer the questions that follow

What is resilience, exactly?

People who remain calm in the face of crisis possess strong resilience. A resilient person is someone who has strong coping skills and can marshal their available resources, ask for help when needed, and find ways to manage the situation they are facing. It's not that resilient people experience less distress, grief, or anxiety than other people do. Instead, they use healthy coping skills, often emerging stronger than they were before.

[Adapted from https://www.verywellmind.com/what-is-resilience-2795059 Accessed on 11 August 2025]

1.4.1 Define the term *'healthy coping skills'*. (1 x 2) (2)

1.4.2 Provide TWO examples of unhealthy coping skills teens may adopt when facing a crisis. (2 x 1) (2)

1.4.3 Explain TWO ways teens can develop resilience as a skill. (2 x 2) (4)

1.4.4 Discuss how schools can assist teens in building resilience. (1 x 2) (2)

[10]

[TOTAL SECTION A: 25 MARKS]

SECTION B:

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

Question 2

Read the extract below and answer the questions that follow.

Why ethics matter in sport management

Unethical behaviour in sport can have serious consequences. It can harm players, coaches, supporters, an entire team or organisation.

There have been several well-known scandals in sport that remind us why ethics are so important:

- **Figure skating: Tonya Harding's friends attacked her rival, Nancy Kerrigan, just before a major skating competition.**
- **Cycling: Lance Armstrong used banned substances (doping) to win cycling races.**
- **Soccer: Leaders in FIFA were caught accepting bribes.**

Whether you're part of a professional or community sports organisation, avoiding a similar fate should be your top priority.

[Adapted from https://www.caseiq.com/ Accessed: 22 August 2025]

2.1 Define the term *'ethics'* when referring to sport. (1 x 2) (2)

2.2 Differentiate between *'gamesmanship'* and *'sportsmanship'*. (1 x 2) (2)

2.3 Explain TWO ways players can show ethical behaviour in their sporting fields. (2 x 2) (4)

2.4 Assess ONE reason why sports organisations need to have a Code of Conduct. (1 x 3) (3)

[11]

Question 3

Read the extract below and answer the questions that follow.

Not having enough money to pay for tertiary studies can be a challenge for some people. However, there are private and public companies that offer scholarships and bursaries to those who need financial support. Young people can also look into the National Student Financial Aid Scheme (NSFAS) or apply for student loans to help pay for their studies.

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

3.1 Define the term bursaries. (1 x 1) (1)

3.2 Discuss TWO reasons why strong academic performance in Grade 9 can help learners qualify for scholarships in the future. (2 x 2) (4)

3.3 Explain THREE benefits of receiving a bursary from a private company for tertiary studies. (3 x 2) (6)

3.4 Assess ONE way learners can find out about funding options for their studies. (1 x 3) (3)

[14]

[TOTAL SECTION B: 25 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 image and extract below and answer the questions that follow.



"As we wrap up #ChildProtectionWeek, remember that Child Protection is something we should do 24 hours a day, 7 days a week and 365 days a year, just like our Toll-Free Helpline. Help us reach more children by sharing our number as we are now just three numbers away – 116!"

- Taken from @childline on Instagram.

[Adapted from https://www.instagram.com/p/CeX17LigmmW/ Accessed: 24 August 2025]

Write paragraphs on **safety promotion programmes**.

Use the following as a guideline:

- Define the term '*safety promotion programmes'*. (1 x 2) (2)
- Discuss TWO reasons why child protection organisations, such as Childline, should offer a toll-free line. (2 x 2) (4)
- Critically discuss how learners can seek out other options for safety if they are facing violence in their homes. (1 x 4) (4)

[10]

Question 5

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

The international humanitarian[1] group *Doctors Without Borders* is dedicated to providing medical care to victims of political violence or natural disasters, as well as people living in countries with insufficient healthcare systems.

Doctors Without Borders employs both paid staff and volunteers, with doctors and other medical professionals working in various roles.

Glossary:
[1]humanitarian: helping others, especially people who are suffering or in need.

[Adapted from https://kids.britannica.com/students/article/Doctors-Without-Borders/351418 Accessed: 24 August 2025]

Write paragraphs on **volunteering.**

Use the following as a guideline:

- Define the term *'volunteer'*. (1 x 2) (2)

- Discuss TWO social benefits that volunteering can have on communities. (2 x 2) (4)

- Critically discuss how participating in volunteering opportunities can influence a Grade 9 learner's career path. (1 x 4) (4)

[10]

Question 6

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



Depression in youth and children

Children and youth, like adults, can also suffer from depression. They may experience challenges that make them feel overwhelmed. However, their symptoms and behaviour may look different from those of adults.

[Adapted from https://www.sadag.org/ Accessed: 24 August 2025]

Write paragraphs on **depression.**

Use the following as a guideline:

- Define the term *'depression'*. (1 x 2) (2)
- Discuss TWO physical symptoms of depression. (2 x 2) (4)
- Critically discuss a way in which a Grade 9 learner can offer support to a friend who is experiencing depression. (1 x 4) (4)

[10]

[TOTAL SECTION C: 20 MARKS]

[TOTAL (70 MARKS) = 25 + 25 + 20]