



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

NOVEMBER 2010

LIFE ORIENTATION
(First Paper)

NQF LEVEL 2

28 October 2010

This marking guideline consists of 12 pages.

MARKING GUIDELINES FOR EXAMINERS

1. Examiners are reminded that the subject Life Orientation lends itself to broad interpretations and therefore broad ranges of answers.
2. The marking memorandum serves as a guideline to markers/examiners and is not intended to be absolute or prescriptive.
3. The answers provided in this memorandum are therefore not exhaustive and examiners/markers are requested to use their discretion when marking. Answers provided by students should also be assessed within the context of their (the students) life experiences.
4. Content should be marked and not grammar.

SECTION A:**QUESTION 1**

- 1.1 TRUE
1.2 FALSE
1.3 TRUE
1.4 TRUE
1.5 FALSE 5x1 (5)
- 2.1 Nutritional food/ good food/ food/ nutrients (any of these options)
2.2 Tuberculosis / TB (either option is correct)
2.3 Telephonic/ telephone/indirect
2.4 Personal Development
2.5 Goals/successes/ achievement 5x1 (5)
- 3.1 D – Breaking down waste, hormones and drugs
3.2 A – Source of advertisements
3.3 E – Emotional wellbeing
3.4 C – Opportunistic disease
3.5 E - Healthy habit 5x1 (5)
- 4.1 D – Clock card machine
4.2 B – Smoking regularly
4.3 B – Liver damage
4.4 C - Physical
4.5 A – Not respecting the laws of the country 5x1 (5)
- 5.1
- Emotional/ behavioural/ physical categories - must give an example
 - Red Eyes
 - Runny nose without being ill
 - Moodiness
 - Aggression/behaving like a drunk person or someone that is 'high'
 - Suicidal Depression
 - Withdrawn
 - Disobedient
 - Change in sleeping & eating patterns
 - Loss of interest in sports, hobbies, activities, self
 - Change in friends/ new friends or associates
 - Constant use of eye drops & breath freshener, deodorant
 - Untidy & smelly clothes with stains
 - Money & personal possessions disappearing
 - Wanting unusual privacy or becoming a loner
 - Deterioration in school/college work
 - Weight loss
 - Use of obscene language suddenly
 - Regular, unexplained absences/absenteeism
 - Lack of concentration
 - Loss of appetite
 - Shivering
- 3x1 (3)

✓✓✓

ANY THREE RELEVANT ANSWERS

- 5.2
- A moral code/values/code of conduct / set rules ✓ which a person has and which affects his/her behaviour in his/her working environment/workplace ✓
 - Accept an example of work ethics, if given (2)
- 5.3
- A person's individual growth/ improvement / potential/ understand and organise yourself ✓ in various facets/aspects of his/her life for example emotional, spiritual, physical, educational, career development. ✓
 - Accept an example of personal development, if given (2)
- 5.4
- Application (covering) letter
 - Curriculum Vitae (CV)
 - Job application form
 - **Certified** copies of any relevant qualifications
 - **Certified** copies of Identity Document/ driver's license/ passport
 - Testimonial / Reference letter (not reference) (1)
- 5.5
- Drink lots of water
Exercise regularly
Follow a healthy and balanced diet
Do not use drugs or alcohol.

ANY TWO RELEVANT ANSWERS ✓✓ 2x1 (2)
[10]
TOTAL SECTION A: 30

SECTION B:**QUESTION 6**

- 6.1 Nabulungi had **unprotected** sex with her boyfriend/colleague/Buru/lover / Had sex **without using a condom** (1)
- 6.2 Human Immunodeficiency Virus. ✓✓ (2)
Correct for 2 marks. Incorrect spelling but still understandable - 1 mark.
- 6.3
- Flu like symptoms: (Fever, sore throat)
 - Tiredness
 - Chronic Diarrhoea
 - Muscle pain
 - Swelling of lymph glands
 - Neurological problems
 - Oral, anal or genital sores or warts
 - Weight loss

- Skin rashes or infections
- Shingles
- Upper respiratory tract infections
- Breathing problems
- Oral ulcers
- Fungal infections
- Persistent cough of at least one month
- Oral or vaginal thrush

ANY TWO RELEVANT ANSWERS ✓✓ 2x1 (2)

- 6.4
- Carbohydrates/ grains/ starches/ breads ✓ e.g. pap, breads, cereals/ porridge, rice, potatoes, pasta, samp, sweet potatoes✓
 - Fats & Oils ✓ e.g. butter, margarine, oil.✓
 - Protein ✓e.g. red meat, pork, poultry, fish, eggs, nuts, dry beans ✓
 - Fruit ✓ banana, apple
And / or
Vegetables ✓ e.g., spinach, peas etc ✓
 - Dairy ✓ e.g. milk, yogurt, cheese ✓
- Mark answer according to text book used. 5x2 (10)**

- 6.5
6.5.1
- Short term goals - can be achieved within the next 1 – 12 months / 1 day to up to a week ✓
 - Any appropriate explanation
 - Example: eating healthily and exercising in order to increase her CD4 count, being a good mom to her daughter ✓
 - Taking medicine
 - Going for check-ups.
- ANY RELEVANT EXAMPLE RELATED TO THE STORY (2)**

- 6.5.2
- Long term goals - can be achieved over the next 2 - 20 years or 5 – 10 years ✓ Be flexible when marking; as long as duration is more than 1 year.
 - Any appropriate explanation (2)
 - Example: Living healthily in general and looking after her daughter, ensuring her **daughter** has a good future and is cared for after she has passed on. ✓ (2)
 - Ensure healthy lifestyle over long period of time.
- Definition must be correct to earn mark for example. ANY RELEVANT EXAMPLE RELATED TO THE STORY (4)**

- 6.6 Positive relationship: From the story Nabalungi mentioned that the relationship was good. ✓✓
OR
Negative relationship: Buru was unfaithful/not honest. He gave her HIV. ✓✓
Two ✓ ✓ marks for appropriate reason (2)

- 6.7
- Positive:
 - Respect
 - Caring
 - Empathy
 - Sharing
 - Listening
 - Inclusion
 - Nabulungi was happy. Buru spent a lot of time with her it's only that he did not reveal his HIV status as he afraid of losing her.
 - Honesty/ trust / faithful
 - Considerate
 - Any two characteristics of a positive relationship ✓✓
- Student must not repeat answers with same meaning**

OR

- Negative:
 - Disrespect
 - Dishonesty
 - Unfaithfulness
 - Cheating
 - Not sharing
 - Not caring
 - Any two characteristics of a negative relationship ✓✓
 - Opposite of positive
- Not ONE positive and ONE negative example. TWO examples of either positive or negative aspects.**

(2)

- 6.8
- Abstaining from sex
 - using a condom during sex
 - not using drugs and sharing needles
 - wearing protective gloves when dealing with blood and open wounds or sores on others
 - being faithful to one's partner/having only one sexual partner.
- ANY OTHER CORRECT PHRASING OF ABOVE ✓✓ 2x1 (2)**

- 6.9
- walking
 - jogging
 - tennis
 - yoga/meditation
 - golf
 - pottery
 - scrap booking
 - painting
 - sewing
 - cooking

ANY TWO RELEVANT ANSWERS ✓✓ (2)

- 6.10
- Improved fitness will help her become physically stronger and this will build up the bodies' immune system.
 - Improved fitness will lead to improvement in her general health (reduce the risk of certain cancers)
 - Improved fitness will lead to improved mental health which can result in her coping with her illness
 - Improved fitness will lead to her feeling healthy and strong and will be able to socialize, form new friendships and her support structure will improve
 - Improved fitness will lead to her self-esteem improving, she will feel good about herself
 - Improved fitness will lead to self-confidence improving as she will look and feel healthy
 - Improved fitness will lead to improved concentration
 - Improved fitness will lead to her coping with any worries, stress and tension and will help her relieve her stress.
 - Improvement of relationships./ Endurance + perseverance.
- Must write a full sentence for TWO marks.**
- ANY ONE RELEVANT ANSWER ✓✓ (2)**
- 6.11
- HIV/AIDS helpline/Lifeline SA
 - Local hospital or clinic
 - FAMSA
 - South African Sexual Health Association
 - Department of Health offices
 - Community counsellors
 - Religious counsellors
 - Medical counsellors
 - Voluntary Counselling and Testing Units (VCTs)
 - Love Life organisation.
 - NAPWA
 - HIV-911
 - TAC
- ANY ONE RELEVANT ANSWER ✓ (1)**
- 6.12 Having a sexual/ intimate/ romantic / sleeping with/ relationship with a co-worker/colleague ✓✓ (2)
- 6.13
- Acceptance of her status
 - Being Motivated
 - Being determined to stay healthy
 - Being confident
 - Being helpful
 - Not complaining about everything
 - Taking responsibility for her situation.
- Accept relevant quotation from passage.**
- ANY ONE RELEVANT ANSWER✓ (1)**

- 6.14
- To live positively
 - Have a positive attitude about life in spite of your bad health or circumstances you are in
 - There is always light at the end of the tunnel - a solution always awaits you
 - There is life after HIV infection.
 - HIV is not a death sentence
 - Be absolutely sure of your partner when entering into a relationship/ don't trust any partner in a relationship
 - Know yours and your partner's HIV status before starting a sexual relationship
 - To take responsibility for yourself/your life
 - To use a condom/gel
 - To abstain

ANY ONE RELEVANT ANSWER✓✓

(2)
[35]

QUESTION 7

- 7.1
- Damage to nasal tissue / nose bleeding
 - infections in nasal tissue
 - high blood pressure/
 - heart failure / irregular heart beat/ heart attack
 - death
 - muscle wasting / excessive loss of body weight.
 - loose sense of hearing and smell.
 - dillusional

(1)

ANY ONE RELEVANT ANSWER✓✓

- 7.2
- Is a personal reason/cause/satisfaction for a person to do something – he **does not need motivation from others/ self motivation. OR**
 - Self motivation is the ability to complete a task **without supervision OR**
 - You are willing to do something **without supervision** or because someone told you to do it.

Accept an example from the article if given

ANY RELEVANT ANSWER✓✓

(2)

- 7.3
- Respect
 - Helping other people in need
 - Motivating others
 - Being positive about life
 - Being self motivated
 - Go-getter
 - Being a responsible person
 - Being determined
 - Not giving up
 - Not allowing himself to be influenced by bad behaviour of others

(2)

ANY TWO RELEVANT ANSWERS✓✓

- 7.4
- Insufficient resources/No money
 - Changing in attitude from Positive to Negative
 - Getting involved in drugs, gangs, crime
 - Resistance to change at work or in life
 - No stable family life or support
 - Negative peer pressure/friends
 - Getting very sick as a result from HIV infection and not being able to work could result in poverty and lack of financial resources to reach her goals
 - Not being motivated
 - Accept an example from article, if given
 - Sniffing glue.
- Must be relevant to the passage.** (2)

ANY TWO RELEVANT ANSWERS✓✓

- 7.5
- Study bursary
 - Opportunity to complete his studies
 - Obtain a good education
 - Follow a career as motivational speaker, counsellor, leader/manager
 - Becoming head boy.
- ANY ONE RELEVANT ANSWER✓** (1)

- 7.6
- Classified section of Newspapers
 - Employment/Recruitment agencies
 - Internet web sites
 - Jobmail newspaper/Government gazette
 - Networking with family, friends
 - Magazines
 - Public notice boards.
 - Word of mouth
 - Social networking e.g. face book.
 - Television
 - Labour unions.
 - Sms from large companies.
- Must be from different sources.** (2)

ANY TWO RELEVANT ANSWERS✓✓

7.7.1 Interview hints:

- Dress neatly
- Be prepared to answer questions
- Be on time
- Be polite
- Tell the truth
- Be confident/ don't be nervous
- Be keen/enthusiastic
- Research the company or organisation
- Prepare answers to the kind of questions you can expect
- Role play an interview with your friends so you can practice.
- Positive self talk.
- Switch off your cell phone.
- Body language – keep eye contact.

4x1 (4)

ANY FOUR HINTS/ANY OTHER RELEVANT HINTS (according to text book used) ✓✓✓✓

7.7.2 **Types /kinds of interviews**

- One on one interview / personal/ face to face/ direct
- Panel interview
- Telephonic interview (indirect)
- Group interview
- Video conference interview

1 Mark✓ for each type of interview

2x1 (2)

ANY TWO TYPES OF INTERVIEWS7.8 **Advantages:**

- Helps you focus on what you want to achieve in next few years
- Helps you understand the need to study
- Keeps you self – motivated to work hard
- Helps you to be aware of barriers and constantly develop strategies/ways to overcome them
- You are clear about your career goals and how to reach them
- Prepares you to approach your studies with confidence and motivation

Disadvantages:

- It can become very restrictive as circumstances change around you
- Your plan needs to change too if circumstances change and you can become frustrated by not achieving your original goals and having to adapt your original goals / not being flexible
- You become so focused on one area of study that you do not consider other areas you might enjoy or be more suitable for
- Too much effort

- Helps you to monitor/review your progress

ANY TWO RELEVANT ANSWERS✓✓

ANY TWO RELEVANT ANSWERS✓✓ 2+2 (4)

Sub-total: [20]

TOTAL SECTION B: 55

SECTION C

QUESTION 8

- 8.1.1
- Violence and crime in South Africa
 - Violence and attacks at schools
 - Learners bringing weapons to school
 - High rate /incidence of learners being killed at SA schools
 - Danger at school.
- ANY RELEVANT ANSWER✓ (2)**
- 8.1.2
- Don't steal my future – No to Violence in schools!
 - I wanna live PLEASE! – SAY No to crime!
 - Stop violence in schools! I deserve an education!
 - Bring back death penalty for violent offenders!
 - STOP! THINK! Don't do crime!
 - CRIME doesn't PAY!
 - I HAVE GOALS! Say NO to violence in schools!
- Not a long slogan. If a paragraph, only 1 mark.**
- ANY RELEVANT ANSWER/SLOGAN✓✓ (2)**
- 8.2
- It is learning that takes places throughout a person's life – no matter one's age or qualifications
 - It is continuous learning/ learn your whole life long.
 - As circumstances change and new developments take place it enables a person to study further or to learn new things or skills in their life to keep up with the changes
 - Always learning more in life – never finishing with learning
- ANY ONE RELEVANT ANSWER✓✓ (2)**

- 8.3
- Being punctual at school
 - Regular attendance
 - Not abusing learners
 - Not stealing/misusing of property of school
 - Not sexually harassing colleagues or learners
 - Not revealing confidential information
 - Dressing correctly and appropriately
 - Not being corrupt
 - Not taking any bribes
 - Not leaking test/exam questions or information to anyone
 - Treating learners, parents and colleagues with respect
 - Being polite, friendly and helpful to anyone
 - Being well prepared for lessons
 - Being committed to her work
 - Being helpful
 - Being honest
 - Being dedicated
- Not repeated ethics** (2)

ANY TWO RELEVANT ANSWERS ✓✓

- 8.4
- **Yes**
 - All stadiums across the country had been upgraded or new ones built in time for the matches
 - Infrastructure like roads and airports had been upgraded
 - Public transport like Gautrain, other trains or busses, taxis were ready for use during world cup period
 - Security systems had been improved and were in place around stadiums
 - The tournament went off very successfully – everyone was very satisfied
 - Fanwalks were successful
 - Visitors enjoyed themselves and were safe

ANY RELEVANT ANSWER

1 MARK ✓ FOR YES AND 2 MARKS ✓✓ FOR EXPLANATION

NO MARKS IF ONLY YES WITH NO EXPLANATION.

OR

- **No**
- Roads could not handle large amount of traffic – caused delays and traffic jams at opening game
- Electricity demands during world cup were very high which caused some load shedding and power cuts
- Durban airport fiasco

ANY RELEVANT ANSWER

1 MARK ✓ FOR NO AND 2 MARKS ✓✓ FOR EXPLANATION

NO MARKS IF ONLY NO WITH NO EXPLANATION. (3)

- 8.5.1
- Law that forces everyone to undergo an HIV blood test in order to know their status. (Does not need to be disclosed to anyone else)
 - Law that provides free medication and treatment to HIV patient irrespective of what their CD4 count is
Special Grant paid by state for HIV patient to assist with healthy diet and family care

- Heavy punishment/fines or a short prison sentence for someone who is HIV + and knows it and still has unprotected sex with a partner (to teach him or her a lesson)

Relevant and realistic answer.

ANY ONE RELEVANT ANSWER✓✓ (2)

8.5.2

- Stricter punishment for offender/criminals
 - Longer prison sentences
 - More visible policing
 - More jobs to solve unemployment
- Relief of poverty by giving grants/food parcels to the poor might help reduce crime in general
- Bigger clamp down on drugs usage and selling
- Any answers in line with our Constitution.

ANY ONE RELEVANT ANSWER✓✓ (2)

15

TOTAL SECTION C: 15
GRAND TOTAL: 100