



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

NOVEMBER 2011

**LIFE ORIENTATION
(First Paper)
NQF LEVEL 2**

20 OCTOBER 2011

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.
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SECTION A**QUESTION 1**

- 1.1 D
1.2 C
1.3 E
1.4 B
1.5 A

[5]**QUESTION 2**

- 2.1 Boundary
2.2 Herpes
2.3 SMART
2.4 SWOT analysis
2.5 Goal

[5]

QUESTION 3

3.1 C

3.2 C

3.3 D

3.4 A

3.5 D

[5]**QUESTION 4**

4.1 True

4.2 True

4.3 True

4.4 False

4.5 True

[5]**QUESTION 5**

5.1 Negative

One of her goals is to be reconciled with her family

or

She has seen little of her family over the past three years

or

She was a drug addict

One mark✓ for 'negative' and one mark✓ for reason

Any **ONE APPROPRIATE REASON** (1 + 1) (2)

5.2 Any ONE of the following:

- Respect for others
- Empathy/support
- Sharing
- Listening
- Being honest
- Trust
- Commitment
- Reliability
- Responsibility
- Kindness
- Patience
- Forgiveness

Any **ONE APPROPRIATE** answer✓ (1)

- 5.3
- Asking for forgiveness
 - Family counselling
 - Apologising
 - Proving to them that she has changed
 - Reaching out to them/making an effort to meet with them
- Any **ONE APPROPRIATE** answer✓ (1)
- 5.4
- Lifeline
 - Alcoholic Anonymous (AA)
 - South African National Council on Alcoholism and Drug Dependence (SANCA)
 - Narcotics Anonymous (NA)
 - National Council Against Smoking
 - Drug Rehab centres
- Note: Don't accept clinic or hospital
- Any **TWO appropriate** answers✓ + ✓ (2)
- 5.5 Losing your job / getting fired / being unemployed/inconsistent performance/
Poor family relations / no family relationship (1)
- 5.6
- Bloodshot eyes
 - Dilated or pinpoint pupils
 - A constantly runny or itchy nose
 - Yellow-brown stains on the hands
 - Needle marks on the skin
 - Sleepiness
 - Restlessness
 - Losing weight
 - Brain damaged
 - Abdominal pains
 - Bad breath
 - Fatigue
 - Loss of appetite
 - Disorientation
- Any **ONE APPROPRIATE** answer✓ (1)
- 5.7
- Perform consistently
 - Be focused (not become distracted)
 - Take responsibility for her work and not blame others
 - Be accountable
 - Be punctual
- Any **TWO APPROPRIATE** answers✓✓ (2)
[10]

TOTAL SECTION A: 30

SECTION B**QUESTION 6**

- 6.1
- Newspapers (If examples are given, e.g. Argus, Beeld, Star etc. give only one mark)
 - Places of education
 - Companies offering bursaries
 - Career exhibitions
 - Recruitment agencies
 - Media
 - Radio
 - Television
 - Internet
 - SMS
 - Notice boards
 - Labour unions
 - Personnel agencies
 - Libraries
 - Department of Labour

Any **TWO APPROPRIATE** sources ✓✓
(2 x 1)

(2)

- 6.2
- Welder (Welding)/handyman/engineering

Any **ONE** answer

(1)

- 6.3
- 6.3.1
- **Standardised interview:** Pre-selected questions are used for all the applicants and their answers are all judged according to the same standard
 - **Structured interview:** Questions will differ from applicant to applicant as detailed information is gathered from each person. The interviewer will still have a list of questions, but will not ask every applicant the same ones
 - **Unstructured interview:** In this case there are no pre-selected questions. The interviewer will be led by the answers given to the questions he or she asks
 - **Panel interview:** A number of people will take part in the interview on behalf of the company, for example the manager of the department where the applicant will work, a supervisor, the personnel manager, a union member and a senior colleague

One-on-one interview (face to face): The interviewer asks the candidate if he or she has the skills that are needed of the position. The interviewer rates the candidate on the following skills, verbal and written communication, team building and interpersonal skills (Do not accept personal interview)

- **Telephonic interview:** A telephone interview helps the company/employment agency to see how professional or unprofessional a person is over the telephone
- **Electronic interview / Internet:** Skype
- **Screening interviews:** A brief interview that employers use to eliminate unsuitable, unqualified or unaffordable candidates quickly

Any **TWO** answers

One mark ✓ for type of interview One mark ✓ for description
(2 × 2)

(4)

- 6.3.2
- Get to know as much as possible about the company/place where you want to work.
 - Research possible questions you may be asked and work out your answers.
 - Practice (role play) your responses for an interview
 - Update your CV
 - Dress appropriately
 - Plan to be on time

Any **TWO** answers indicating appropriate planning **before** an interview. ✓✓
(2 × 1)

(2)

- 6.4
- Yes.
 - Lifelong learning improves your knowledge and skills, and ensures your continued employability.

One mark for yes ✓

One mark for any **APPROPRIATE** reason ✓ (1 + 1)

(2)

6.5 Any **TWO** of the following:

- Education
- Family
- Career
- Health
- Positive attitude / Motivated
- High self-esteem
- Hard work
- Commitment
- Goal directedness / Goal orientated / focussed
- Support from friends, family
- Financial planning
- Abilities / Skills

Any **TWO APPROPRIATE** answers ✓✓ (2 × 1)

(2)

- 6.6
- It gives a clear indication of the road you intend to travel, and how you will achieve your end goal
 - Taking it step by step helps you stay on the planned path
 - If a change needs to be made, you can clearly see where you can adapt to fit in with the change
 - You will see if this plan/dream fits your ability
 - It would save time and money because you will not start with something and decide half way that you made the wrong decision
 - You can plan to obtain the resources you will need in order to succeed
 - You can evaluate your plan throughout
 - You can draw up a portfolio that can assist you when you apply for a work position
 - Career focussed
- Any **ONE APPROPRIATE** answer✓✓ (1 x 2) (2)
- [15]**

QUESTION 7

- 7.1
- By being loyal / being dedicated
 - By being punctual
 - By having a good attendance record
 - By meeting deadlines
 - By showing work that is neat, professional and correct
 - By being productive / work in a team
 - By being faithful / trustworthy / honest
 - Dedication to goal
- Any **TWO APPROPRIATE** answers✓✓ (2 x 1) (2)
- 7.2
- Self-motivation is a personal reason or cause for a person to do something / to reach your goals
 - Self-motivation is what drives you to do something when you don't have to
 - Self-motivation means we are motivated to do something because of our own interest or enthusiasm
 - Encouraging and inspiring yourself
- Any **ONE APPROPRIATE** definition✓✓ (1 x 2) (2)
- 7.3
- By giving incentives to employees that did well
 - By promoting them
 - By rewarding them if and when they did well
 - By thanking employees for good work
 - By praising employees
 - By offering employees shares in the company
 - By sending them on relevant training / courses
- Any **ONE APPROPRIATE** answer✓✓ (1 x 2) (2)

- 7.4
- Taking responsibility shows that one is accountable
 - Taking responsibility in the workplace is closely linked to taking pride in the quality of your work
 - You are obliged to do something
- Any **ONE APPROPRIATE** answer ✓✓ (1 x 2) (2)
- 7.5
- Showing courtesy and having manners / show respect
 - Being productive
 - Dressing appropriately / neat appearance
 - Being able to manage your time
 - Being able to work as a member of a team
 - Being honest / good character
 - Being reliable
 - Being on time / time management
 - Doing work properly
 - Working as hard as you can
 - Being loyal
- Any **TWO APPROPRIATE** answers ✓✓ (2 x 1) (2)
- [10]**

QUESTION 8

- 8.1
- A balanced diet
 - Getting enough of the main varieties of nutrients (protein, carbohydrates, fats, minerals, and vitamins).
 - A daily regime of healthy eating which includes all the food groups in their right proportions for your activity level.
- Any **ONE APPROPRIATE** answer ✓✓ (1 x 2) (2)
- 8.2
- Vegetables
Fruits
Proteins
Dairy products
Fats and sugars
Carbohydrates/(Grains and starches)
- (5 x 1) (5)
- 8.3
- By drinking enough water
 - By exercising
 - By getting enough sleep, rest and relaxation
- Any **ONE APPROPRIATE** answer ✓✓ (1 x 2) (2)
- 8.4
- 8.4.1
- Following a healthy lifestyle and healthy habits / exercising
 - Avoiding sexual contact without protection
 - Applying good personal hygiene
 - Avoiding the use of drugs or alcohol
 - Going for regular medical check-ups / using medication
 - Taking antiretroviral drugs
 - Eating nutritious foods
- Any **TWO APPROPRIATE** answers ✓✓✓✓ (2 x 2) (4)

- 8.4.2
- Abstain from sexual activity
 - Be faithful to one sexual partner
 - Wear a condom every time you have intercourse/use a condom properly
 - Avoid breastfeeding if you are infected
 - Wear gloves if you touch blood
 - Know your status / get tested
- Any **THREE APPROPRIATE** answers ✓✓✓ (1 x 3) (3)

- 8.4.3
- Syphilis
 - Gonorrhoea
 - Cancroids
 - Herpes
 - Herpes simplex
 - Chlamydia
 - Genital warts
 - Mycobacterium
 - Toxoplasmosis
 - Thrush
 - Pneumonia
 - Karposi's sarcoma (cancer in general is not accepted as an answer)
 - Tuberculosis (TB)

Note: Syphilis, Gonorrhoea, Cancroids, Herpes, Herpes simplex, Chlamydia, Genital warts, Mycobacterium, Toxoplasmosis and Thrush are all types of STI's. Give one mark if only STI is given as an answer.

Any **TWO APPROPRIATE** answers ✓✓ (2 x 1) (2)

- 8.4.4
- Local health clinics/hospitals
 - AIDS helpline
 - Department of National Health
 - Loveline / Love life South Africa
 - People who are living with AIDS (PLWA)
 - TAC
 - Tough love
 - Theta-junction
 - Religious institutions
- Any **TWO APPROPRIATE** answers ✓✓ (2 x 1) (2)

- 8.5
- The wrong use of medicine impacts on the person's health, emotional life and mental state
 - If you do not follow the instructions as prescribed, you will get either too little of the active components, which means you will take longer to recover or not quite get over the illness
 - You could get too much of the ingredients at one time and so induce all kinds of harmful side effects
 - Through misuse and abuse, many people have become dependent on their medicine
 - Another real risk of not following instructions for medication is an overdose, where a medicine or drug is accidentally or intentionally taken in a much higher quantity
 - An overdose can lead to coma, brain damage and death
- Any **TWO APPROPRIATE** answers ✓✓✓✓ (2 x 2) (4)

Note: If one word is given as an answer, give one mark only (if and where applicable)

- 8.6
- Can make you look and feel good/ improve self-esteem and confidence
 - Can help you to manage pain and alleviate feelings of sadness and depression
 - Enables you to live longer as your lifestyle will be healthier and happier
 - Can help you to be more efficient, manage your time and reduce stress and sleep better
 - Reduce illness as it protects you, makes you less vulnerable to infections and diseases
 - Aerobic exercise can make your heart and lungs stronger
 - Can help you to breathe better and your lungs to develop greater capacity
 - Can keep your bones and muscles strong / improve fitness
 - Can help you to manage your weight
- Any **THREE APPROPRIATE** answers ✓✓ ✓✓ ✓✓ (3 x 2) (6)
[30]

TOTAL SECTION B: 55

SECTION C:

QUESTION 9

- 9.1
- Lack of money / being in debt/ black listed / buying expensive clothes
 - Lack of support
 - Being easily distracted / clubbing with boyfriend
 - Lack of commitment
 - Loosing sight of the goal
 - Unemployed boyfriend / spending money on the boyfriend
- Any **THREE APPROPRIATE** answers ✓✓✓ (3 x 1) (3)
- 9.2 2 – 3 years (1)

- 9.3
- The biggest time-saver is to start now – never procrastinate
 - You need to prioritise activities in order of importance
 - Use time that you would usually waste / limit time spending with friends /say 'no'
 - Reduce TV viewing time
 - Be self-disciplined,
 - Be self-motivated
 - Be self-empowered
 - Stay focussed
 - Create realistic deadlines
 - Keep work space uncluttered
 - Time management tools such as daily, weekly and monthly planners and to-do lists can help you achieve your goals
(If examples of tools are given separately, give only one mark)
- Any **THREE APPROPRIATE** answers✓✓✓ (3 x 1) (3)
- 9.4
- Netball
 - Aerobics / gymnasium / exercising
 - Softball
 - Soccer
 - Jogging
 - Tennis
 - Rugby
 - Squash
 - Cricket
 - Athletics
 - Ice skating
 - Basketball
 - Yoga
 - Aerobic dancing
 - Hiking
 - Swimming
 - Orienteering
 - Kickboxing
- Any **TWO APPROPRIATE** answers✓✓(2 x 1) (2)
- 9.5
- Emotional well-being is a state of being emotionally healthy and in a positive frame of mind
 - Emotional wellbeing refers to emotional stability, which means that your emotions don't control you
- Any **ONE APPROPRIATE** definition✓✓ (1 x 2) (2)

- 9.6
- Self--motivation is important in a work context because you will work harder, be more effective and efficient.
 - You will try to achieve your goals at work
 - You will not need others to tell you what to do and will be able to work without being supervised
 - You will be responsible and successful.
 - It will influence other colleagues in a positive way
 - Become more productive
- Any **ONE APPROPRIATE** answer✓✓ (1 x 2) (2)

- 9.7
- Any ONE of the following ways:
Her relationship with Max affected her goal:
- negatively
 - in a bad way
 - made it difficult to achieve her goals
- Any ONE of the following reasons or similar:
- This is because he was unemployed and could not contribute towards her doing the course
 - She had to support him with her salary and could not save money for her course.
 - He wanted to have a good time going out with her and so did not encourage her to study further.
 - He went out clubbing with her every weekend instead of motivating her to study or save for her studies.
 - He did not encourage her to achieve her goal.
- ONE mark affect ✓ and ONE mark for reason✓. (1 + 1) (2)
Any **ONE APPROPRIATE** reason. [15]

TOTAL SECTION C: 15
GRAND TOTAL: 100