



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

Adult Basic Education and Training (ABET)

Summative Assessment

Life Orientation: NQF Level 1

Examination Session: November 2023

Total Marks: 100 Marks

Time: 3 Hours

Number of Pages: 22 Pages

Learner Information

Candidate Number

Centre

Date



EXAMINATION RULES FOR CANDIDATES

1. Candidates are bound in all matters relating to the examination to obey the instructions of the chief invigilator. The chief invigilator, where relevant, determines the dress code.
2. Candidates must be identified before they are permitted to write an examination. Identity documents must be produced when required. All candidates are to sign the attendance register.
3. Candidates will not be admitted to the examination room if they arrive an hour or more after the start of the examination. Candidates who have finished answering an examination paper within fifteen minutes of stopping time will not be allowed to leave the examination room, provided there are still candidates writing.
4. Candidates must occupy the places first allocated to them for the entire duration of the examination and for all other examination sessions, unless otherwise directed by the chief invigilator.
5. No explanation of examination questions may be asked or given by any person.
6. No candidate is allowed to leave the examination room within the first hour of the examination, except in an emergency and under supervision.
7. A candidate may only be allowed to leave the examination room in the case of an emergency or to go to the toilet, and in these cases, this must be done under supervision.
8. As soon as a candidate hands in his or her answer script, he or she must leave the examination room.
9. A candidate must carefully read and comply with the instructions, which appear in his or her question paper and the examination timetable.
10. A candidate is not allowed to assist another candidate or try to assist him or her or communicate with another candidate. Should this occur, it would constitute an irregularity. Invigilators are expressly forbidden from assisting candidates in the answering of questions.
11. All questions must be directed to the invigilator.
12. A candidate may not cause a disturbance in the examination room or behave in an improper or unseemly manner.
13. A candidate may not disregard the instructions of the invigilator or may not conduct themselves in a manner that conflicts with the instructions of the chief invigilator.
14. The following are not allowed next to the candidate in the examination room: suitcases, school bags, walkmans, CD players, cellphones, books, dictionaries, notes, sketches or paper other than the official examination material distributed by the chief invigilator. Slide-rules and non-programmable, silent calculators may be used, unless expressly prohibited in the question paper. Pens, erasers, rulers, etc. should be kept in transparent containers/bags. No borrowing is allowed. Wristwatch alarms must be switched off.
15. Candidates should be informed that the possession of notes constitutes an irregularity regardless of whether or not the notes are used. The excuse that a candidate has forgotten or was not aware that he or she has the unauthorised material listed in paragraph 14 in his or her possession will not be accepted.
16. No examination answer books (or part of an answer book), whether used or unused, may be removed from the examination room. Should this occur, it will be considered an irregularity and the candidate will receive NO credit for the examination. Should a candidate write the wrong subject or wrong grade of a subject, this will be a technical irregularity and will lead to the candidate's results being blocked/cancelled/delayed.
17. Should a candidate miss an examination due to illness, a valid doctor's certificate must be given to the chief invigilator. A Certificate will not be awarded to candidates who miss an examination.
18. Any candidate who disregards these rules or the instructions of the chief invigilator or his / her assistants, will have committed an offence in terms of the Regulations [Regulation 6 2(a) and (b)] or a contravention of the Rules [Rule 3(2)]

INSTRUCTIONS

1. This question paper consists of **THREE** sections.
2. **ALL** sections are compulsory.
3. Answer **ALL** the questions in **SECTION A**.
4. Answer **ALL** questions in **SECTION B**.
5. Answer **ALL** questions in **SECTION C**.
6. Read the instructions and questions carefully before you answer.
7. Use **BLUE** or **BLACK** ink.
8. Number the answers according to the numbering system used in this question paper.
9. Write neatly and legibly.

SECTION A**QUESTION 1**

1.1 Various options are provided as possible answers to the following questions. Choose and circle the correct letter only [A-D].

1.1.1 Internal conflicts _____.

- A are always physically violent.
- B arise from differences between one's goals and values.
- C tend to lead to happiness.
- D bring out the weakness in people. (1)

1.1.2 The number of languages in the South African National Anthem.

- A 11 languages
- B 6 languages
- C 5 languages
- D 2 languages (1)

1.1.3 Using drugs such as cocaine and heroin daily.

- A Following a doctor's instructions
- B Over-the-counter medication
- C Recreational use
- D Substance abuse (1)

- 1.1.4 A long-term emotional benefit of exercising.
- A A sense of fulfilment
 - B Increased social dependence on others
 - C Weight gain
 - D Better gym membership (1)
- 1.1.5 A balanced diet should contain _____.
- A protein-rich food sources.
 - B portions of fruits and vegetables.
 - C sources of good fats, like Omega-3.
 - D All of the above. (1)
- 1.1.6 A scarce skill is _____.
- A something easy to obtain.
 - B more practical than theory.
 - C not in demand anymore.
 - D one that many people do not have. (1)
- 1.1.7 Communicating firmly with others means _____.
- A accepting what others are saying to avoid arguments.
 - B bravely giving your opinions to others in a thoughtful manner.
 - C forcing others to accept your ideas and opinions.
 - D giving in to peer pressure. (1)

- 1.1.8 Setting a goal _____.
- A is a waste of time.
 - B helps to direct efforts.
 - C is done to please others.
 - D has no impact on one's life. (1)

- 1.1.9 _____ is the most likely way to get a sexually transmitted infection.
- A Sitting next to someone
 - B Risky promiscuous behaviour
 - C Dancing at a party
 - D Sharing snacks with someone (1)

- 1.1.10 The 1st of December is also known as _____. This is a day to honour and support people who have been affected and killed by the particular illness.
- A World Autism Day
 - B Workers Day
 - C World AIDS Day
 - D World Cancer Day (1)

TOTAL MARKS FOR QUESTION 1.1

[10]

1.2 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only '**TRUE**' or '**FALSE**' in the spaces provided.

1.2.1 South Africa has a great cultural diversity. (1)

1.2.2 An adult should sleep at least twelve hours a day. (1)

1.2.3 Balance between physical, emotional, spiritual, and mental well-being is required for achieving total wellness. (1)

1.2.4 Prescription drugs are harmful if you follow the instructions. (1)

1.2.5 Normal working hours range between 07:00 and 18:00. (1)

1.2.6 Self-concept does not stay the same throughout your life. (1)

1.2.7 Effective time management ensures that you miss deadlines. (1)

1.2.8 Employers are not allowed to employ people with HIV. (1)

1.2.9 Prioritising means putting tasks in order. (1)

1.2.10 A worker who is not punctual should be rewarded for good behaviour. (1)

TOTAL MARKS FOR QUESTION 1.2

[10]

1.3 Choose a statement from **COLUMN B** that matches a term in **COLUMN A**. Write only the letter (A – J) next to the question number (1.3.1 – 1.3.10) in the table provided below.

	COLUMN A		COLUMN B	
1.3.1	Race	A	Someone whose gender identity does not correspond with their sex at birth.	(1)
1.3.2	Rehabilitation centre	B	Helps with your vision and keeping your skin healthy.	(1)
1.3.3	Internship	C	The practice of keeping yourself and your surroundings clean.	(1)
1.3.4	Politics	D	The way you define yourself.	(1)
1.3.5	Time schedules	E	Relating to government or public affairs.	
1.3.6	Transsexual	F	A mineral that supports teeth and bones.	(1)
1.3.7	Self-identity	G	How a person lives.	(1)
1.3.8	Dependency	H	A trainee who works in an organisation sometimes without pay to meet the requirements of a qualification.	(1)
1.3.9	Lifestyle	I	A place where people with an alcohol or drug addiction are treated.	(1)
1.3.10	Calcium	J	Defined by skin colour and other physical characteristics.	(1)
		K	A list of times when things are planned to happen.	(1)
		L	Not being able to function without something.	(1)

Column A	1.3.1	1.3.2	1.3.3	1.3.4	1.3.5	1.3.6	1.3.7	1.3.8	1.3.9	1.3.10
Column B										

TOTAL MARKS FOR QUESTION 1.3

[10]



- 1.4 Complete the following sentences by writing down the missing word/s from the list below. Write only the missing words next to the question (1.4.1 -1.4.10).

honesty, insignificant, friendly, pleasure, walk away, influence, trivial, important, healthy, romantic, relationships, bad, respectful, working

Relationships are an 1.4.1 _____ part of our lives as they can provide us with great sources of 1.4.2 _____ and fun as well as comfort, support and security. Maintaining 1.4.3 _____ relationships is also important for our well-being. This means that we need to be able to recognise the important 1.4.4 _____ in our lives as well as those that may become unhealthy and 1.4.5 _____ for us.

Relationships of all kinds can have a strong 1.4.6 _____ on our lives, sense of self and identity. It is important to be able to recognise the 1.4.7 _____ relationships in our lives, so we know which ones we need to cultivate, and which ones we should 1.4.8 _____ from to protect our well-being. Characteristics of healthy relationships include trust, respect, 1.4.9 _____, kindness, generosity, boundaries, privacy, consent, the management of conflict, reconciliation and the respectful ending of relationships. These apply to all the different types of relationships, not just 1.4.10 _____ relationships.

[Extract: <https://www.twinkl.co.za/teaching-wiki/relationships>]

TOTAL MARKS FOR QUESTION 1.4

[10]

TOTAL SECTION A: [40]

SECTION B is on the next page.

SECTION B

There are **THREE QUESTIONS** in Section B. Answer all **THREE** questions.

QUESTION 2: HEALTHY LIVING

Study the picture below and answer the questions that follow:



Source: www.shutterstock.com

- 2.1 Give TWO consequences of drug addiction. (2)
- 2.2 Identify and discuss ONE social factor that contributes to drug abuse. (2)
- 2.3 Provide THREE practical strategies for preventing drug abuse among the youth. (6)

TOTAL MARKS FOR QUESTION 2

[10]

QUESTION 3: SELF IDENTITY

- 3.1 Define the concept of self-motivation. (2)
- 3.2 Mention TWO ways one can develop a positive self-concept. (2)
- 3.3 Give THREE examples of how volunteering can improve one's self-esteem. (6)

TOTAL MARKS FOR QUESTION 3 [10]

QUESTION 4: THE WORKPLACE

Read the following passage and answer the questions that follow:

A worker at a well-known company took fourteen days of sick leave in January and then another ten days in March. The employer asked him to bring a sick note from the doctor. The worker brought the sick note, but the employer discovered that it was a fraudulent medical certificate.

(Own creation)

- 4.1 List TWO employee rights that protect them from workplace abuse. (2)
- 4.2 Discuss TWO possible reasons why the worker was always absent. (4)
- 4.3 Propose TWO ways management can address the issue of absenteeism at the workplace. (4)

TOTAL MARKS FOR QUESTION 4 [10]

SECTION C

There are **THREE QUESTIONS** in Section C. Answer all **THREE** questions below.

QUESTION 5: SEXUALITY

Study the picture below and answer the questions that follow:



- 5.1 List **FOUR** factors that influence a person's sexual orientation. (4)
- 5.2 Explain **TWO** reasons why some people struggle to speak about their sexuality. (4)
- 5.3 Propose and explain **ONE** way how a person can develop a healthy understanding of sexuality. (2)

TOTAL MARKS FOR QUESTION

[10]

QUESTION 6: TIME MANAGEMENT

- 6.1 Discuss THREE advantages of good time management. (6)
- 6.2 Recommend TWO practical time management tips for one to be accountable and carry out their responsibilities. (4)

TOTAL MARKS FOR QUESTION 6 [10]

QUESTION 7: HIV AND AIDS

- 7.1 Mention TWO reasons why people diagnosed with HIV are not ready to disclose their status. (2)
- 7.2 In your opinion, why is it advisable for people with HIV to disclose their status to their families and close ones? Discuss any TWO reasons. (4)
- 7.3 Explain, in detail, TWO ways of preventing the spread of HIV. (4)

TOTAL MARKS FOR QUESTION 7 [10]



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Section	Question	Maximum Mark	Learner's Mark	Moderated Mark
A	Question 1.1	10		
	Question 1.2	10		
	Question 1.3	10		
	Question 1.4	10		
	Total: A	40		
B	Question 2	10		
	Question 3	10		
	Question 4	10		
	Total: B	30		
C	Question 5	10		
	Question 6	10		
	Question 7	10		
	Total: C	30		

Grand Total (A + B + C)	100
Learner's Total (A + B + C)	
Percentage	
Final Grading	

Name and Surname of Marker

Date of Marking

Name and Surname of Moderator

Date of Moderation

Name and Surname of Umalusi Official

Date of Marking
