



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREHENSIEWE ASSESSERINGSINSTITUUT

**Adult Basic Education and Training (ABET)
Site-Based Assessment
Portfolio of Evidence**

Life Orientation: NQF Level 1
Total: 40 marks
Duration: 4 hours
Task 3: Worksheet

Learner Information

Name : _____
Surname : _____
**Identity/
Passport Number** : _____
Employee Number : _____
Company : _____
Centre : _____
Date : _____

Declaration

I declare that this portfolio of evidence is my own work: _____

Signature



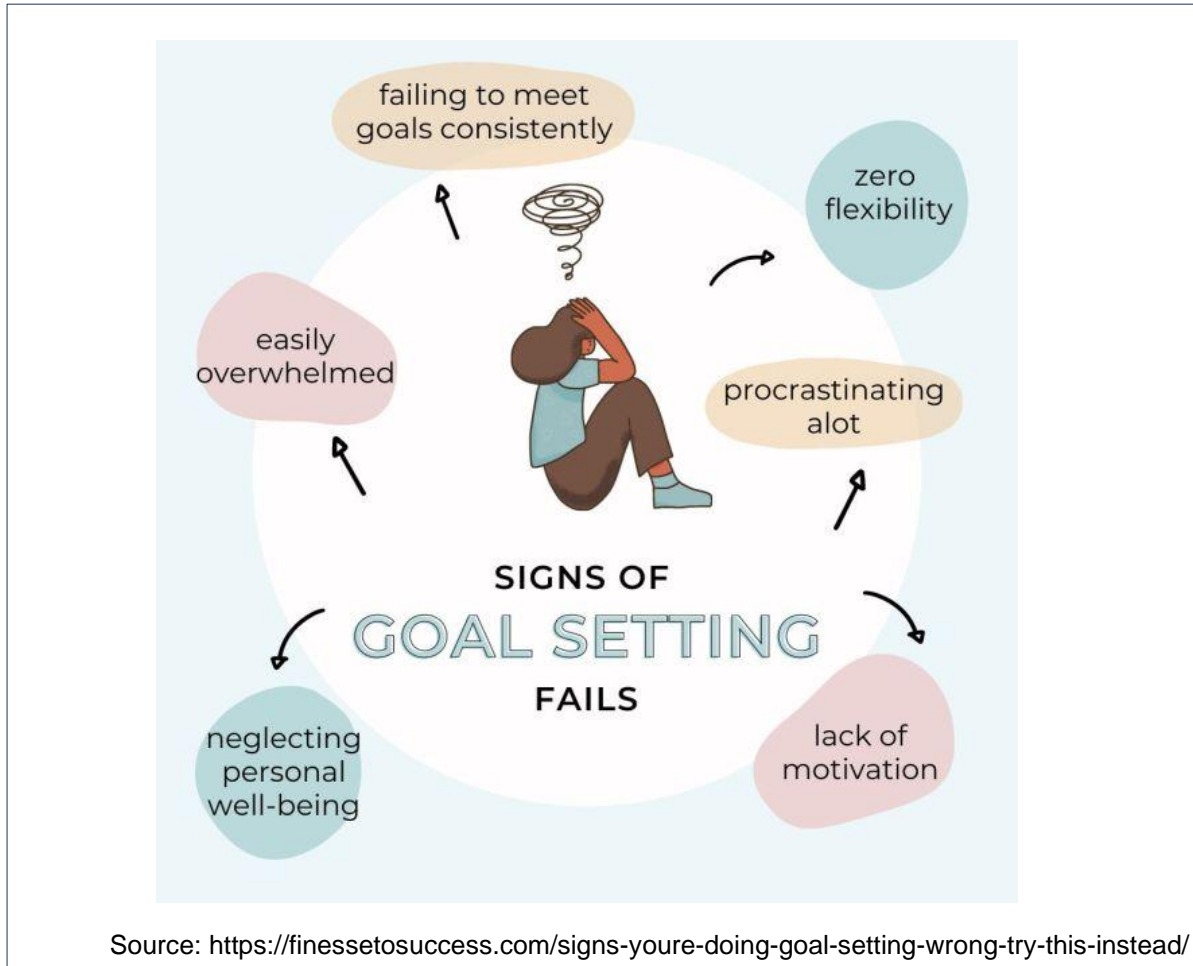
INSTRUCTIONS

1. This task consists of **FOUR ACTIVITIES**.
2. Answer ALL questions.
3. Learners should work on this task individually.



ACTIVITY 1: TIME MANAGEMENT (US 15091)

Study the picture below and answer the questions that follow.



1.1 Discuss any **TWO** (2) challenges in setting goals that lead to the signs shown in the image.

TOTAL MARKS FOR QUESTION 1.1

(4)



1.2 Provide **THREE** (3) practical strategies one can use to overcome the obstacles one might face in setting and achieving their goals.

TOTAL MARKS FOR QUESTION 1.2 (6)

TOTAL MARKS FOR ACTIVITY 1 (10)



ACTIVITY 2: THE WORKPLACE (US 14569)

Read the case study below and answer the following questions.

Thabo is 30 years old and a driver at a logistics company. When he joined the company, he was advised to join a union, but he did not, as he thought there was no need. He has worked at the company for more than five years and has been a good employee. He once won an award as the driver of the year. Lately, Thabo has changed. He arrives late at work, does not take orders from his supervisors, and is rude to his colleagues. Every month, he is absent from work for three days.

He has been cautioned several times, but his behaviour has not changed. The management arranged a meeting with him to discuss the issue of his behaviour. On the day of the meeting, Thabo did not turn up for work. He was given another date for the meeting, and he did not attend. He has been cautioned several times and now he faces dismissal.

(Own creation)

- 2.1 Identify any **TWO** (2) of Thabo's behaviours at the workplace that may have a negative effect on the work environment.

TOTAL MARKS FOR QUESTION 2.1

(4)



ACTIVITY 3: DIVERSITY (US 14664)

3.1 Discuss **TWO** (2) benefits of a healthy relationship on one’s wellbeing.

TOTAL MARK FOR QUESTION 3.1 (4)

3.2 Provide **THREE** (3) ways groups can deal with diversity.

TOTAL MARKS FOR QUESTION 3.2 (6)

TOTAL MARKS FOR ACTIVITY 3 [10]



ACTIVITY 4: RELATIONSHIPS AND SELF-IDENTITY (US 14661)

4.1 Define the term self-concept.

TOTAL MARKS FOR QUESTION 4.1 (2)

4.2 List **FOUR** (4) factors that may influence self-concept formation.

TOTAL MARKS FOR QUESTION 4.2 (4)

4.3 Recommend **TWO** (2) positive ways in which one can contribute to the community.



TOTAL MARKS FOR QUESTION 4.3 (4)

TOTAL MARKS FOR ACTIVITY 4 [10]

GRAND TOTAL FOR TASK 3 [40]



Total for Task 3: 40 Marks

Task	Activity	Maximum Mark	Learner's Mark	Moderated Mark
Task 3	Activity 1	10		
	Activity 2	10		
	Activity 3	10		
	Activity 4	10		
	Total: Task 3	40		

