



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

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

Life Orientation: NQF Level 1
Total: 50 marks
Duration: 4 hours
Task 4: Journal Entry

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 assessment tasks consists of **TWO ACTIVITIES**.
2. Answer **ALL** questions.
3. Read all instructions and questions carefully before you answer.



ACTIVITY 1: DRUG ABUSE

Study the case study below and record your journal entry by responding to the questions that follow.

Shelley's struggles with managing her feelings led to her abusing substances. The more she battled with her emotions the stronger and more powerful her drugs of choice became. Her actions and behaviour became confusing to her parents and teachers. By age of 15, Shelley was living on the streets often exchanging sex for drugs with older males.

(Adapted from: www.planet-therapy.com)

1.1 List any **FIVE** habit forming illegal drugs in South Africa.

TOTAL MARKS FOR QUESTION 1.1

(5)

1.2 State **FIVE** negative effects of drug abuse on Shelley.

TOTAL MARKS FOR QUESTION 1.2

(5)

1.3 Recommend **FIVE** ways Shelley’s loved ones can assist her overcome her addictions.

TOTAL MARKS FOR QUESTION 1.3

(10)



1.4 Discuss **FIVE** benefits of taking medication properly when you are ill.

TOTAL MARKS FOR QUESTION 1.4 (10)

TOTAL MARKS FOR ACTIVITY 1 [30]



ACTIVITY 2: SELF-ESTEEM AND IDENTITY

2.1 Identify **FIVE** areas for personal growth and illustrate how one can improve in each area. Provide **ONE** example for each area.

TOTAL MARKS FOR QUESTION 2.1 (15)



2.2 List **FIVE** personal characteristics which can help one develop positive self-esteem.

TOTAL MARKS FOR QUESTION 2.2 (5)

TOTAL MARKS FOR ACTIVITY 2 (20)

GRAND TOTAL FOR TASK 4 [50]



Total for Task 4: 50 Marks

Task	Activity	Maximum Mark	Learner's Mark	Moderated Mark
Task 4	Activity 1	30		
	Activity 2	20		
	Total: Task 4	50		

