higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

LIFE SKILLS AND COMPUTER LITERACY

(First paper)
NQF LEVEL 2

(7601042)

14 November 2024 (Y-paper)
13:00–15:00

This question paper consists of 8 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
LIFE SKILLS AND COMPUTER LITERACY
(First Paper)
NQF LEVEL 2
TIME: 2 HOURS
MARKS: 100

INSTRUCTIONS AND INFORMATION

1. Answer all the questions.
2. Read all the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Start each section on a new page.
5. Use only a black or blue pen.
6. Write neatly and legibly.
7. One-word answers are not enough if the question asks you to “describe or explain.”
8. Any work that you do not want to be marked must be clearly crossed out.

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SECTION A

QUESTION 1

Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1–1.5) in the ANSWER BOOK.

1.1 When you have a positive self-image, you … ☆

A feel threatened by other people
B learn from your failures and mistakes
C cannot leave the past behind
D participate in bad habits or behaviour

1.2 The component that describes your abilities, talents, skills, and character values is called …

A Weakness
B Threats
C Strengths
D Opportunities

1.3 The moment that a person is self-confident, he/she will …

A not do something for enjoyment and pleasure
B stop enjoying challenges in their line of work
C start believing in their own skills and abilities
D worry about what other people say and do

☆

1.4 Which ONE of the following is a healthy lifestyle choice that students can follow?

A Drink at least 8 glasses of water
B Eating processed food from the cafeteria
C Eating food without washing their hands
D Sleep a total of 12 hours per night

1.5 ONE of the physical differences between men and women, is that …

A women have larger bodies than what men do
B women have bigger hips than what men do
C men have a higher percentage of fat than women
D men have lesser body hair than what women do

☆

(5 × 1) **[5]**

QUESTION 2

Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (2.1–2.5) in the ANSWER BOOK. Give a reason for each answer.

2.1 You can hold a South African citizenship only if you were born in South Africa.

2.2 The Bill of Rights is the highest law in the country. ☆

2.3 As a college student you do not need to protect the college environment around you on campus.

2.4 Students who apply for, or receive financial assistance have ethical and contractual responsibilities.

2.5 Following a healthy diet can lead to memory problems and slower reaction times.

(5 × 2) **[10]**

QUESTION 3 ☆

Choose an item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–L) next to the question number (3.1–3.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1	To improve and maintain your fitness level	A	cardiovascular
3.2	Exercise that increases your heart rate and built your coordination	B	role model
3.3	The state of the body when the effect of a drug is wearing off	C	prescription medicine
3.4	Consequence of risky sexual behaviour	D	flexibility
3.5	A trusted person who inspires and motivates people	E	prioritise
3.6	Improves the ability of the joints to move during exercises	F	muscle strength
3.7	Medicine you can get at the pharmacy without seeing a doctor	G	fitness programme
3.8	Arranging things in order of their importance	H	skills
3.9	The ability to do something well ☆	I	withdrawal
3.10	Things that you consider to be important	J	values
		K	HIV
		L	over the counter medicine

(10 × 1) **[10]**

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QUESTION 4

Choose ONE term from the list below for each of the following descriptions and write it next to the question number (4.1–4.5) in the ANSWER BOOK.

goals; measured; intrapersonal; brainstem; complete; cerebral cortex; attitude; memorise; interpersonal; saved; discuss; oppose

4.1 The largest part of the brain is called the … and consists of four lobes.

4.2 The way that you think and feel about something or someone is called …

4.3 You will find it easier to study alone for exams because you have an … intelligence.

4.4 Your progress can be … in terms of how well you are doing in all your subjects in a year.

4.5 As you … your studies, you make progress towards your chosen career path.

(5 × 1) **[5]**

QUESTION 5

Despite several attempts by the government and non-governmental groups to address the issue, stakeholders are seriously concerned about the rise in drug/alcohol misuse among students.

5.1 What does the term *addiction* mean? (1 × 2) (2)

5.2 State THREE symptoms of alcohol abuse that college students can display (show). (3)

5.3 List THREE effects that the substance abuse of a college student can have on their family. (3)

5.4 Identify TWO centres/organizations that students at your college can ask for help with overcoming their substance addictions. (2)

[10]

TOTAL SECTION A: 40

SECTION B

QUESTION 6

Read the extract below and answer the questions that follow.

Research is constantly being done to determine why it is so difficult for students to prepare for academic exams. From this research it has become clear that students face many challenges at college and their homes, for example the lack of time management and bad friends. Another finding was that students do not have clear goals that they want to achieve. To try and resolve this problem, a recommendation has been made that students need to be taught how to set SMART goals and prioritise it.

6.1 What does the acronym *SMART* stand for? ☆ (1 × 2) (2)

6.2 Discuss THREE factors that can affect students negatively in the achievement of their goals. (3 × 2) (6)

6.3 The research also discovered that a lot of students are not prepared for their exams because they cannot manage their time.

Identify THREE principles of time management that students can use to help them prepare for exams. (3)

6.4 ☆ It is good to have moral people around us who motivate us to do better in life to become the real stars that we are. Especially at college it is important that we surround ourselves with good people.

Besides motivating each other, what other characteristics should one look for in a good relationship? Name THREE characteristics. (3)

6.5 Suggest THREE strategies that will help students to resist negative peer pressure. (3)

6.6 A lot of the times, students become reckless with their behaviour because they do not know how to deal with all their challenges.

Name THREE examples of risky behaviour that students do that can lead to them being infected with HIV. (3)

☆ **[20]**

QUESTION 7

Examine the cartoon below and answer the questions that follow: ☆



[Source: *https://www.google.com/search?q=fire+safety+measures+cartoons*]

7.1 List THREE examples of fire risks. ☆ (3)

7.2 When anyone leaves their home or college, we are all encouraged to do so responsibly!

Explain THREE ways that you prevent fires from happening at the college. (3)

7.3 If your clothes catch fire, you have been taught to apply the STOP, DROP and ROLL method.

Describe how you would apply (perform) the DROP and ROLL part of this method. (2 × 2) (4)

7.4 It is important to make every student aware of fire safety at college.

☆ Create a slogan for fire safety that you could put up at college. No more than 6 words. (1 × 3) (3)

7.5 Everyone has the right to education regardless of his or her financial status.

7.5.1 Do you agree with the above statement? (1)

☆ 7.5.2 Support the answer you have given for QUESTION 7.5.1. (1 × 2) (2)

7.5.3 Provide TWO examples of moral behaviour that you display at college that allows you to claim the right to education. (2)

7.6 Which attributes (traits) do your friend have that makes him/her a good citizen? Name TWO attributes. (2)
[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

Study the statement below and answer the questions that follow: ☆

'Volunteers don't get paid, not because they're worthless, but because they're priceless.'
- Sherry Anderson

8.1 Elaborate on TWO reasons why volunteering is needed in our communities. (2 × 2) (4)

8.2 Differentiate between a *team* and a *study group*. (2 × 2) (4)

8.3 Students should volunteer while they are still at college, but they must never forget to make time to study.

☆ In a paragraph, explain TWO advantages and TWO disadvantages of joining a study group. (5)

8.4 People with self-control and self-confidence can deal with their anger and disappointments. Therefore, you need to be self-disciplined and be able to control your emotions.

How do you deal with your anger? List THREE ways. (3)

8.5 Experiencing disappointments are part of life, but we need to keep going.

Explain TWO strategies that you use to motivate yourself. (2 × 2) (4)
[20]

☆

TOTAL SECTION C: 20
GRAND TOTAL: 100

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