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)

9 November 2022 (Y-paper)
13:00–15:00

This question paper consists of 8 pages.

185Q1N2209

Copyright reserved

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 question on a new page.
5. Use only a black or a blue pen.
6. Write neatly and legibly.
7. Cross out any work you do not want to be marked.

Copyright reserved

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 To ensure that you achieve over all good health, you need to …

A eat food that is high in carbohydrates.
B drink at least 1 glass of water a day.
C sleep for a minimum of 4 hours at night.
D manage your stress levels positively.

1.2 Some of the things that prevent a student from having self-confidence, is …

A getting good feedback from friends/family.
B being clever and always working hard.
C being bullied and struggling with studying.
D being steadfast in your religious beliefs.

1.3 Which is the best strategy to monitor your academic progress?

A Procrastinating tasks
B Missing due dates
C Evaluating assignments
D Discouraging group work

1.4 The first thing to do when someone has been burned and has a 1st degree burn, is to …

A put butter on the burned area.
B give the person sugar water.
C rip the person's clothes off.
D put cold water on the burned area.

1.5 Healthy relationships are achieved when we …

A keep grudges about things that have happened.
B are aggressive or passive in our communication.
C are taking out our frustrations on each other.
D respect each other and express our needs.

(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 Students who receive a bursary can use that money for anything they want to.

2.2 Making harmful decisions can destroy a student's achievement of any goals they have set for themselves.

2.3 Negative peer pressure is an example of moral behaviour.

2.4 Motivated students have the courage to work hard at their studies.

2.5 Addiction to drugs will only affect the weaker students at college.

(5 × 2) **[10]**

QUESTION 3

Choose a term 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	Substances that provide nourishment to the body	A	hallucinations
3.2	How you think and feel about something	B	nutrients
3.3	Helps to cope with the challenges of being a student	C	study group
3.4	Exercise relating to increasing your heart rate	D	procrastinate
3.5	Having traits or qualities traditionally associated with men	E	endurance
3.6	Seeing, hearing, or sensing something that is not really there	F	Bill of Rights
3.7	Leaving everything till the last minute	G	cardio-vascular
3.8	Is Chapter 2 in the Constitution of SA	H	masculine
3.9	Group of people who share notes and information	I	attitude
3.10	Ability to exercise for extended periods of time	J	resilience
		K	strength
		L	flexibility

(10 × 1) **[10]**

Copyright reserved

QUESTION 4

Complete the following sentences by choosing a word or words from the textbox below. Write only the answer next to the question number (4.1–4.5) in the ANSWER BOOK.

grants; punctual; management; fitness; booster; wasters; family; deadlines; death; people; labour; risky; sensitive

4.1 When going to parties or events, students must avoid … sexual encounters.

4.2 Time … should be avoided to meet the deadlines for assignments.

4.3 It is very important to be … if you want to meet all the due dates for assessments.

4.4 The Department of … is a source of job opportunities.

4.5 Addiction to an illegal substance affects a person's … and community.

(5 × 1) **[5]**

QUESTION 5

5.1 Patricia, Mapule and Vincent are all studying at a college. Patricia likes to listen to music while studying. Her younger sister, Mapule, prefers looking at pictures and Vincent their brother, likes to study by himself.

5.1.1 Identify the relevant multiple intelligence for Patricia. (1)

5.1.2 Suggest the dominant intelligence that Mapule will favour while studying. (1)

5.1.3 Which intelligence does Vincent display? (1)

5.1.4 What do you think will happen if Patricia, Mapule and Vincent ignore their intelligences? Give TWO answers. (2)

5.2 Patricia complains about not getting enough sleep during exams.

5.2.1 Name THREE ways that Patricia can improve her sleep. (3)

5.2.2 Explain to Patricia why getting enough sleep will help her do well in the exams. (1 × 2) (2)

[10]

TOTAL SECTION A: 40

Copyright reserved

SECTION B

QUESTION 6

Study the cartoon below and answer the questions that follow.



[Source: *https://www.newyorker.com/humor/daily-shouts/reasons-i-did-not-exercise-for-over-*]

6.1 Exercising is one of the key habits of a healthy lifestyle.

State THREE physical benefits of regular exercising for a person that is HIV positive. (3)

6.2 List THREE other habits (besides exercising) of a healthy lifestyle that someone living with HIV should follow. (3)

6.3 Why do you think, regular physical exercise is important for the mental well-being of someone living with HIV? (1 × 2) (2)

6.4 A fitness programme can help anyone reach their health goals. Briefly explain what a fitness programme is. (1 × 2) (2)

6.5 Name THREE types of exercises that you will include in your own fitness programme? (3)

6.6 Which time management principles can help you to stick/follow your fitness programme? Mention THREE. (3)

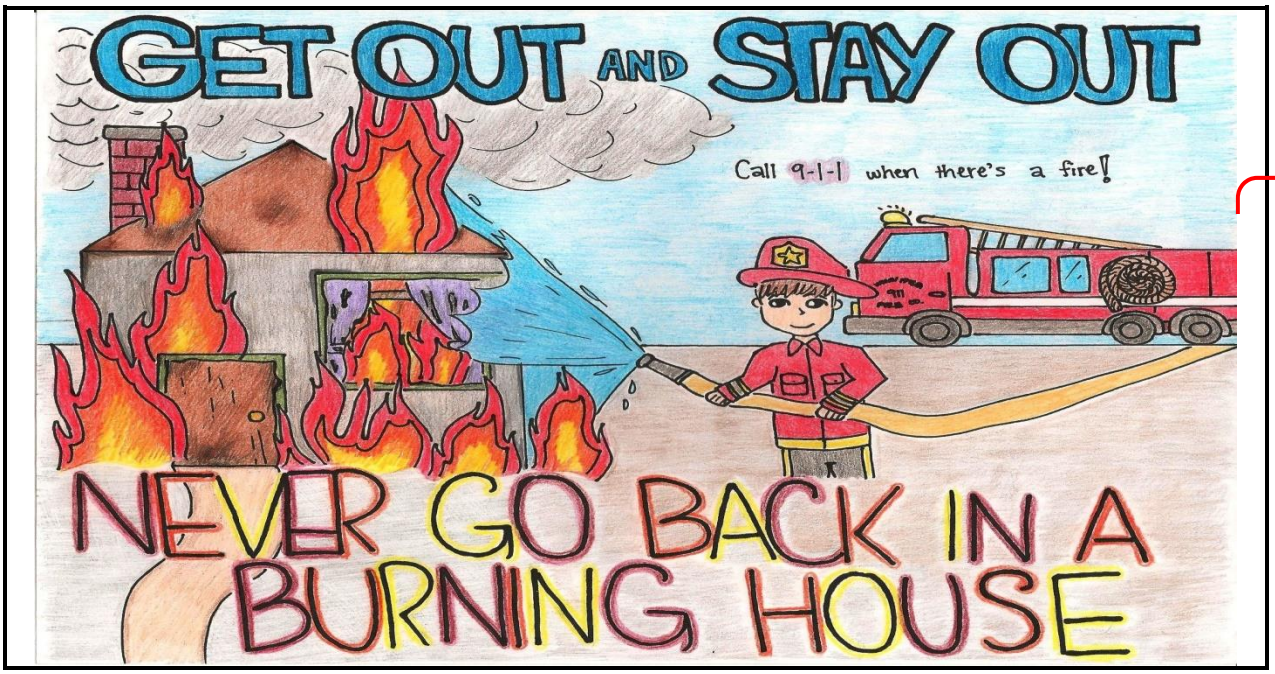
6.7 When someone sticks to their fitness programme even when it is difficult, this person has perseverance.

Describe TWO situations in your life where you have persevered. (2 × 2) (4)

[20]

QUESTION 7

Study the cartoon below and answer the questions that follow.



[Source:h*ttps://www.pinterest.ie/pin/130534089178948005/?send=true*]

7.1 Identify THREE possible causes of fires in a home. (3)

7.2 How will you make sure that you stay safe during a fire emergency at your house? Mention THREE ways. (3)

7.3 Which THREE measures can you put in place at your own home to prevent fires. (3)

7.4 Design a creative slogan that organizations can use to bring awareness to communities about the help that burned victims need. (No more than 4 words.) (1 × 3) (3)

7.5 Someone that volunteers to help burned victims would be considered by some people a role model.

What is a *role model*? (1 × 2) (2)

7.6 Explain THREE reasons why young people, such as yourself, need to have responsible role models. (3)

7.7 List THREE values/attributes that you have that makes you a good South African citizen. (3)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

Study the passage below and answer the questions that follow.

MY SON DIED OF COVID-19 AND I'M ANGRY WITH HIM

I recently lost my son to COVID-19. He was only 23 and had his whole life ahead of him. I am struggling with this anger that I have towards him, because I kept telling him to stay at home and stop visiting clubs and partying with his friends. I do not understand why he wouldn't take the warnings from authorities and experts. Now he's gone and not only am I grieving, but I'm also feeling intense anger.

[Adapted from: *You, 5 August 2021*]

8.1 What is *anger*? (1 × 2) (2)

8.2 How can this mother deal with the anger that she feels toward her son? Suggest FOUR ways. (4)

8.3 Visiting clubs and partying with friends during COVID-19 is a bad idea.

Name THREE factors that might have influenced the son to ignore his parents' advice. (3)

8.4 Taking advice can help students to achieve their goals.

What may happen to students who ignore their parents' and lecturers' advice? Give TWO possibilities. (2)

8.5 Ignoring warnings from authorities and experts displays a negative attitude and is a form of immoral behaviour.

What is *immoral (unethical) behaviour*? (1 × 2) (2)

8.6 Briefly explain how a negative attitude can impact your achievement of your goals. (1 × 2) (2)

8.7 An example of moral behaviour is to take care of the environment around you.

In a paragraph, explain FOUR ways that you and your friends can take care of the college environment. (5)

[20]

TOTAL SECTION C: 20

GRAND TOTAL: 100