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)

20 November 2023 (Y-paper)
13:00–15:00

This question paper consists of 9 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
LIFE SKILLS AND COMPUTER LITERACY
NQF LEVEL 2
PAPER 1
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. Use only a black or a blue pen.
5. Start each section on a new page.
6. Write neatly and legibly.
7. Any work that you do not want to be marked must be clearly crossed out.
8. If the question states, describes and explain, one-word answers will not be sufficient.

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SECTION A

QUESTION 1

Choose an item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–M) next to the question number (1.1–1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1	Can diminish (weakens) our brain power	A	attitude
1.2	Good brain functioning requires	B	volunteer
1.3	Chapter 2 and contains all the human rights	C	SWOT
1.4	Things that you feel are important and guide your behaviour	D	absenteeism
		E	self-confidence
1.5	A strategy that assists to stand up against bullying	F	assertiveness
1.6	Ability to handle life's challenges and believe in oneself	G	Constitution
		H	morals
1.7	A factor that has a negative impact on achieving your goals	I	sufficient sleep
1.8	A tool to help a person evaluate themselves	J	energy drinks
1.9	Someone who helps people without expecting payment	K	SMART
		L	ethics
1.10	How individuals think and feel about certain things or events	M	Bill of Rights

(10 × 1) **[10]**

QUESTION 2

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 (2.1–2.5) in the ANSWER BOOK.

2.1 Positive (healthy) relationships should include things like…

A mutual respect, honesty and trust
B mutual distrust, respect and caring
C mutual detachment, disrespect and communication
D mutual dislike, same interests, and love

2.2 When social media is used to harass, threaten or embarrass someone it is called …

A verbal bullying
B physical bullying
C cyber bullying
D social bullying

2.3 If you are someone … it means you are resilient.

A that struggles to cope with life
B that gives up on life easily
C that can adapt to life's challenges
D that blames others for everything

2.4 The responsibilities of a student who receives a bursary, includes …

A to raise money for social events in their private life
B attending some classes and hand in assignments when they want
C being a role model for other students and obey the code of conduct
D to treat other people at the college with a bit of respect

2.5 Dealing constructively with an emotion like anger, means …

A that you accuse other people for what has happened
B you go around smashing and destroying things
C identifying the feeling and talking to someone about it
D spreading rumours and gossiping about what happened

(5 × 1) **[5]**

QUESTION 3

Indicate whether the following statements are TRUE or FALSE by writing 'True' or 'False' next to the question number (3.1–3.5) in the ANSWER BOOK. Give ONE reason for each answer.

3.1 When creating your study timetable you should not allow time for exercise.

3.2 People with good self-esteem usually display confident behaviour.

3.3 Self-motivation is the drive within you to do better.

3.4 When there is a fire emergency in a building, take the elevator to get out as soon as possible.

3.5 Perseverance can detract (prevent) you from achieving your goals.

(5 × 2) **[10]**

QUESTION 4

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

diversity; responsible; prioritise; intellectual; Bill of Rights; social; SMART; SWOT; good; inclusivity; valued; ambition; contingency; predict; organs; justice

4.1 If you have the desire to achieve your goals, you have …

4.2 The word … means to accept a person despite their mistakes and difference.

4.3 When you place things in order of importance it means to … things.

4.4 Being successful in life and achieving one's goals, you need to set … goals.

4.5 Another word for an alternative plan is a … plan.

(5 × 1) **[5]**

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QUESTION 5

Read the following scenario and answer the questions that follow:

Jacob is a college student who hates writing. He avoids doing projects and waits until the last minute to begin working on them. This produces much anxiety for him and results in low grades. In his English class, he needs to write a report. He cannot get started on the project and his anxiety is increasing. He is considering several options including asking a friend to write the paper for him or finding a term paper online.

5.1 According to the scenario, Jacob is waiting till the last minute to work on his projects.

What is this called? (1)

5.2 Name THREE types of multiple intelligences that Jacob can use to study. (3)

5.3 Jacob will study better if he uses a study timetable.

Provide him with THREE principles to keep in mind when drafting a study timetable. (3)

5.4 List THREE responsibilities and duties that Jacob would have since he is receiving a bursary to study. (3)

[10]

TOTAL SECTION A: 40

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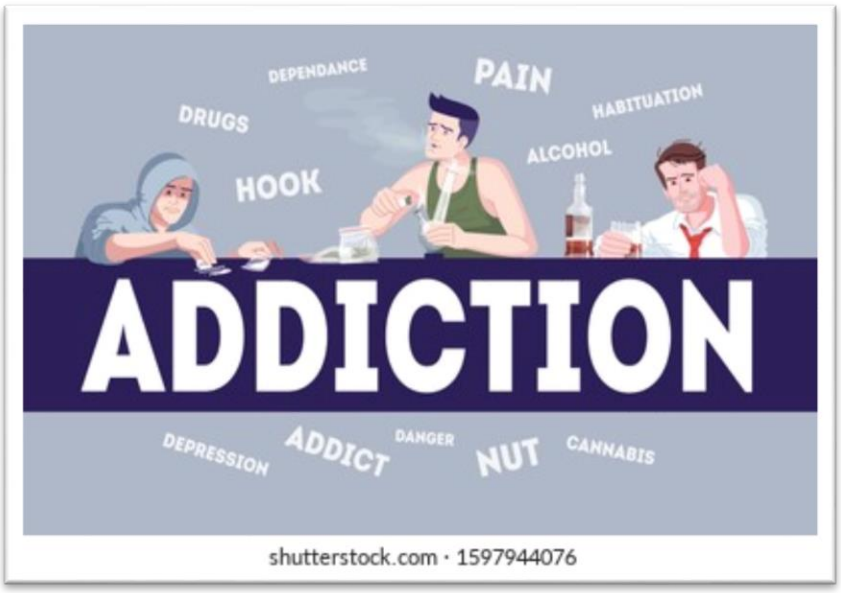
SECTION B

QUESTION 6

Study the picture and answer the questions below:



https://www.shutterstock.com/search/addiction

6.1 List THREE behavioural symptoms that will indicate to you that one of your friends start using a substance. (3)

6.2 Name THREE support services that you can refer your friend to if he/she is addicted to a substance. (3)

6.3 Describe TWO ways in which substance abuse affect the community you live in. (2 × 2) (4)

6.4 What does the term *OTC drugs* stand for? (1)

6.5 Discuss THREE dangers of ignoring the instructions on how to use OTC drugs. (3)

6.6 People often get addicted to drugs due to negative peer pressure.

Identify THREE ways that you could resist negative peer pressure at college. (3)

6.7 Drug addiction often results in people losing touch with reality and not being able to manage their time for important things.

Explain THREE possible time wasters that someone with a drug addiction will need to be on guard for. (3)

[20]

QUESTION 7

Study the picture and answer the questions below:

Together we can fight the spread of HIV/AIDS!



Taken from:https://www.cdc.gov/stophivtogether/partnerships/toolkit/november-2019-toolkit.html

7.1 Describe TWO examples of risky behaviour that students can find themselves in that could lead to becoming infected with HIV. (2 × 2) (4)

7.2 Besides getting infected with HIV, mention TWO other negative effects of risky behaviour. (2)

7.3 Students with HIV need to be able to study well.

Name TWO examples of foods that can help the brain function well during study times. (2)

7.4 Someone with HIV needs to live a healthy and balanced lifestyle.

List FIVE key habits of healthy living (besides exercise) that someone with HIV can follow. (5)

7.5 Staying healthy and fit is just one of the benefits of exercising.

What are some of the other physical benefits that exercise have for you? State FOUR. (4)

7.6 Recommend THREE types of exercises that someone with HIV can do to stay fit and healthy. (3)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

Read the following scenario and answer the questions that follow:

Creating awareness of the environment has been highlighted for this year's community project at your campus. As part of this project you have been asked to identify specific projects to focus on. Your class group (team) has decided to participate in an environmental awareness campaign and to do some voluntary work to improve the area in and around your campus.

8.1 State THREE reasons why volunteering is important in our communities. (3)

8.2 Indicate FOUR ways that you and your team can improve the physical environment at your college. (4)

8.3 Before your team starts working on this campaign you need to discuss the rules for effective teamwork.

Propose THREE rules (guidelines) that you and your team can follow to ensure you are effective and achieve success. (3)

8.4 One of the things that you and your team agree on is that you want to complete all the projects at the projected (planned) time.

Provide THREE time management principles that you and your team can implement (use) to ensure you stick to your timeframes. (3)

8.5 What characteristics (qualities) do you have that will make you a good leader for this campaign at your college? Name TWO qualities. (2)

8.6 In a paragraph, discuss who you consider as your role model and THREE attributes that this person portrays (shows) to be worthy of your admiration (respect). (5)

[20]

TOTAL SECTION C: 20
GRAND TOTAL: 100

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