higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

LIFE SKILLS AND COMPUTER LITERACY

(First paper)

NQF LEVEL 2

9 November 2022

This marking guideline consists of 10 pages.

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GUIDELINES FOR MARKERS

1. Markers are reminded that some aspects of Life Skills can be interpreted broadly and therefore a range of correct answers may be given. However, answers that are incorrect should never be marked as correct.

2. Markers should use their discretion when marking. Students' answers should be assessed within the context of their life experiences.

3. Content should be marked, not grammar.

4. For most questions, several example answers are given. These serve as a guide for the type of response that is required. Markers should carefully work through all the different example answers to get a sense of the type of acceptable answers.

5. For some answers, markers are guided by the statement 'Only this answer'. This means that no other answers are acceptable.

6. Markers should carefully check the mark allocation per question and mark strictly according to this mark allocation.

   NOTE:
   (2 × 1) means there should be TWO answers and ONE mark allocated per answer.
   (1 × 2) means TWO marks are allocated for ONE answer.

7. Where students are requested to write a paragraph, evaluate, describe, discuss, reflect, recommend, compare, give advice, or explain, one-word answers cannot be accepted and should not be marked.

8. Thank you for marking carefully, rigorously, and fairly. Maintaining a high standard helps to enhance the status of this important subject.

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SECTION A

QUESTION 1

1.1 D
1.2 C
1.3 C
1.4 D
1.5 D

(5 × 1) **[5]**

QUESTION 2

2.1 False✓
Students cannot waste bursary money on unnecessary things, since it is a privilege and not a right to get the funds. ✓
If students are using the bursary money for other things, they are displaying unethical behaviour.
Students are morally and ethically obliged to use funds wisely.

2.2 True✓
A student's bad choices may lead to suspension or expulsion which can ruin an academic career. ✓
If a student makes bad choices, like having unprotected sex and falling pregnant, they will need to deal with the consequences of those choices.

2.3 False✓
Negative peer pressure is engaging in behaviour that is against the moral code of a person's family and community values.✓ **OR**
Positive peer pressure is an example of moral behaviour because you encourage your friends to be and do better.

2.4 True✓
Motivated students are likely to be enthusiastic about learning and put extra effort into studying.✓
Motivated students want to be successful and will do whatever it takes to get their studies done.

2.5 False✓
Any form of addiction will affect any type of student since addiction has a lot of negative effects on the individual, their family and the community.✓
Addiction does not only target poor or weak students, anyone anywhere is vulnerable if they make bad choices.

Note: ONE mark for true or false and ONE mark for appropriate reasoning. Student cannot use the question as a reason. (5 × 2) **[10]**

QUESTION 3

3.1 B
3.2 I
3.3 J
3.4 G
3.5 H
3.6 A
3.7 D
3.8 F
3.9 C
3.10 E

(10 × 1) **[10]**

QUESTION 4

4.1 risky
4.2 wasters
4.3 punctual
4.4 Labour
4.5 family

(5 × 1) **[5]**

QUESTION 5

5.1 5.1.1 Musical intelligence (1)

5.1.2 Visual / spatial intelligence (1)

5.1.3 Intrapersonal intelligence (1)

5.1.4
- They will not enjoy studying / Loose interest in their studies
- Take much longer to study new information
- Will fail to recall/remember the content
- Will fail to apply content / Will struggle to apply the information they have learned
- They will not engage in deep learning
- Will struggle with problem-solving

(Any TWO appropriate answers) (Any 2 × 1) (2)

5.2 5.2.1

- Don't drink too much coffee/caffeine late in the day
- Don’t watch TV or be on a cell phone before bedtime
- Take a long, hot bath to try and relax
- Listen to soothing and calm music
- Reduce irregular or long daytime naps
- Drink a warm beverage, like milk or tea before going to bed
- Don't drink alcohol or energy drinks close to bedtime
- Do some meditation exercises to relax

(Any THREE appropriate answers) (Any 3 × 1) (3)

5.2.2

- Getting enough sleep helps your brain to rest and improves learning abilities and memory.
- Enough sleep will help you to focus on more details and develop memory strategies.
- Improves concentration for advanced memory and taking in more information.
- Getting enough sleep will help with her ability to concentrate when she studies and develops her memory.

(Any ONE appropriate answer) (Any 1 × 2) (2)
[10]

TOTAL SECTION A: 40

SECTION B

QUESTION 6

6.1

- Strengthens your immune system
- Strengthens your bones and muscles
- Improves your sleep patterns
- Helps one control one's weight
- Improves blood flow and reduces one's risk of heart diseases
- Keeps one healthy and fit / Reduce fatigue and makes you energetic
- Reduce the chance of getting certain types of cancer

Note: ONLY accept *physical* benefits of exercise

(Any THREE appropriate answers) (3 × 1) (3)

6.2
- Sleeping well / Get enough sleep
- Ensure they have a healthy balanced diet
- Managing stress constructively
- Practising safe sex
- Do not drink alcohol and smoke or abuse drugs
- Staying connected with others
- Having regular check-ups
- Practice good hygiene / Wash hands regularly

Note: Cannot accept *exercising*

(Any THREE appropriate answers) (3 × 1) (3)

6.3
- It helps to improve your mental health and mood, because dopamine (hormone) gets released while you exercise.
- It helps to keep their thinking and judgement skills sharp so they can make responsible decisions for their health.
- Exercise is a way for a lot of people to get rid of frustrations and stress, which will help them to stay positive.

(Any ONE appropriate answer) (1 × 2) (2)

6.4
- It is a plan that helps to improve your health, by deciding which exercises you want to do and keep track of your results more consistently.
- It is a structured plan to help someone improve their physical condition, which will include certain timeframes and types of exercises to be done.

(Any ONE appropriate answer) (1 × 2) (2)

6.5
- Flexibility **OR** stretching exercises
- Cardio-vascular **OR** aerobic **OR** endurance exercise
- Muscle strength **OR** resistance exercises

Note: Do not accept any examples, like running, swimming, etc (3 × 1) (3)

6.6
- Eliminate any time wasters, like watching TV
- Use time management tools, like a clock and schedule
- Do not procrastinate / Do not leave everything for the last minute
- Plan ahead and prioritise the things that are important
- Value time and combine activities
- Analyse time usage
- Learn how to deal with interruptions

(Any THREE appropriate answers) (3 × 1) (3)

6.7
- Even though my family doesn't have the money, I decided to continue with my studies by getting a bursary/part-time job.
- I got injured, but still wanted to participate in the sports tournament, so I kept doing my exercises to get better even though it was sore.
- There are certain subjects at college that I am really struggling to understand, but I got a tutor to assist me with it after college.
- A family member of mine was terminally ill and I had to take care of him/her and make my studies work.

Note: The TWO answers provided by the student must clearly show 'perseverance.' One-word answers are not enough.

(Any TWO appropriate answers) (2 × 2) (4)

[20]

QUESTION 7

7.1
- Unattended fires in fireplaces
- Flammable materials such as fuel, oil, etc.
- Over-use of extension cords / Too many plugs in one socket
- Stove left unattended / Oil left on the stove
- Children playing with matches
- Candles left unattended or not placed in appropriate container
- Cigarette buts left unattended or when someone falls asleep with a cigarette

(Any THREE appropriate answers) (3 × 1) (3)

7.2
- Alert everyone in the house
- Stay low or crawl on the floor where cleaner air is and where it is easier to breathe
- Do not stop to collect any valuables or possessions
- Do not stop to look for pets
- Close the door to the room where the fire is located and close all doors behind you
- Keep a piece of cloth over your mouth/nose, not to breath in the smoke
- Place a piece of clothing at the bottom of the door so that the smoke cannot come into the room

(Any THREE appropriate answers) (3 × 1) (3)

7.3
- Keep the stove and oven clean
- Don't leave the kitchen while cooking
- Practice caution with candles
- Maintain all electrical cords / Do not put wires under carpets
- Properly store flammable products
- Check electrical appliances regularly
- Test smoke alarms regularly
- Keep a bucket of sand or fire extinguisher nearby

(Any THREE appropriate answers) (3 × 1) (3)

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7.4
- Help, Be a hero!
- Put others first
- Make a difference!
- YOU = HELP = VICTIMS!
- Victims need YOUR help!

Note: ONE mark for relevance, ONE mark for creativity, ONE mark for length
(Any ONE appropriate answer) (1 × 3) (3)

7.5
- A role model is someone that despite their circumstances rise above their challenges and achieve success.
- A role model is someone that inspires, motivate and encourage others to be better.
- A role model is someone that wants to help others and bring about change without the recognition for it.

(Any ONE appropriate answer) (1 × 2) (2)

7.6
- Some young people might not come from families where they are taught what is right and wrong, and to have values and morals.
- Role models set an example and make a difference in other people's lives.
- Role models make our communities a better place and show everyone they can do the same.
- With their behaviour, role models help young people to see you do not have to drugs to be someone important.
- Role models show the youth, that it is okay to be different and stand out.
- A role model might be the only inspiration and motivation that some young people have to preserve when things get tough.

(Any THREE appropriate answers) (3 × 1) (3)

7.7
- Caring
- Bravery
- Responsibility
- Empathy
- Humility
- Abide by the laws/Constitution
- Selfless

Note: Accept any characteristics that show the student understands what it means to be a good citizen. (Any THREE appropriate answers) (3 × 1) (3)
[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

8.1
- Anger is a strong feeling of annoyance, displeasure, or hostility.
- Anger is a strong feeling of displeasure and bitterness/hatred.

(Any ONE appropriate answer) (1 × 2) (2)

8.2
- She should talk about her feelings either to someone she trusts or a professional
- She can get creative with her pain, by expressing her feelings in a poem or song
- She can express her feelings by writing it down in a journal
- Even though it might take a while, she will need to accept that time heals and choose to forgive him
- She must cry and scream as much as possible
- She can start by doing some extreme/vigorous exercises to get rid of her frustrations
- She mustn't bottle up or ignore her emotions
- She should try everything in her power to let go, and not harbour resentment and grudges

(Any FOUR appropriate answers) (4 × 1) (4)

8.3
- Low self-esteem
- Not having a purpose in life
- Inability to say no / cannot be assertive and stand up for himself
- Being pressurised by friends / Experiencing peer pressure
- Being stubborn / wanting to proof a point
- Feeling lonely and missing his friends

(Any THREE appropriate answers) (3 × 1) (3)

8.4
- Students can fail to complete their studies / not pass their exams
- Students may quit college, not receiving an education
- Start using and abusing substances
- Be guilty of committing crimes and end up in prison
- Students can make bad choices and end up dead
- Trust the wrong people and end up being emotionally or physically hurt
- Have a criminal record that may affect future employment

(Any TWO appropriate answers) (2 × 1) (2)

8.5
- Unethical behaviour is anti-social/negative behaviour that causes harm and is not acceptable to society.
- Unethical behaviour is actions that are against social norms or acts that are considered unacceptable to the public.
- Unethical behaviour can be seen as any action that violates widely held moral principles.

(Any ONE appropriate answer) (1 × 2) (2)

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8.6
- Having a negative attitude will result in a person not trying to find solutions to the obstacles they face to reach their goals.
- A negative attitude will make a person pessimistic and will always see the difficult and challenging things, instead of the bigger picture of their goals.
- A negative attitude will definitely not help you to believe in yourself and motivate you to do what is necessary to achieve your goals.

(Any ONE appropriate answer) (1 × 2) (2)

8.7 We can pick up after ourselves and throw our trash in the bins.✓ Make sure to close the water taps properly after we used it.✓ Put various bins at allocated points and encourage everyone to recycle.✓ Plant new trees and plants around campus. ✓

- When we print, we can make use of recycled paper
- Leave the bathrooms in a good and clean condition
- Pick up the litter in and around campus
- Do not write on the desks and chairs
- Throw cigarette butts in bins
- Limit smoking to allocated areas on campus
- Treat resources like books and computers with respect

Note: FOUR marks for the reasons provided (Any 4 × 1) (4)
ONE mark for answer being in paragraph format (1)

TOTAL SECTION C: 20
GRAND TOTAL: 100