higher education & training

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NATIONAL CERTIFICATE (VOCATIONAL)

ENGLISH FIRST ADDITIONAL LANGUAGE

(First Paper)

NQF LEVEL 2

(4101102)

27 November 2020 (X-paper)
09:00–11:00

This question paper consists of 13 pages.

124Q1N2027

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TIME: 2 HOURS
MARKS: 140

INSTRUCTIONS AND INFORMATION

1. This question paper consists of FIVE sections:

   SECTION A: COMPREHENSION
   SECTION B: SUMMARY
   SECTION C: VIEWING
   SECTION D: LANGUAGE IN PRACTICE
   SECTION E: COMMUNICATION IN PRACTICE

2. Answer all the questions.

3. Read all the questions carefully.

4. Number the answers according to the numbering system used in this question paper.

5. Start each section on a new page.

6. Use only a black or blue pen.

7. Write neatly and legibly.

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SECTION A: COMPREHENSION

QUESTION 1

Read the comprehension passage below and answer the questions.

TURNS OUT PEOPLE WHO TALK TO THEMSELVES ARE GENIUSES

1. At some point in life, we have all met people who talk out loud to themselves. While it may be a strange sight, that person who looks crazy to you might well be a genius. Believe it or not, recent scientific studies have revealed that people who talk to themselves are more intelligent than those who do not.

2. Scientific research shows that talking to yourself boosts memory. When you talk to yourself, your brain visualises the information. Instead of thinking about it, you speak it, and your brain's **sensory mechanism** takes over. Your memory gets a quick rush of stimulation.

3. Aside from stimulating memory, talking to yourself increases your focus. Saying words out loud allows you to visualise and recognise the subject you are speaking about. If you are talking about oranges, saying the word 'orange' will help your brain visualise the fruit or colour clearly.

4. Experts believe that your brain can think of things quicker and clearer when you speak about the subject. However, when you don't know what something looks like, speaking about the subject will have little to no effect.

5. While talking to yourself is regarded as a wise thing to do, it is advisable to practise this in the privacy of your own home. Muttering words to yourself in public could cause others to think you are less intelligent. At home, however, you may go ahead and have long conversations with yourself.

6. Talking to yourself also keeps your mind clear. When someone wrongs you in life, then talking about it with a loved one could help you get your unhappy emotions out. Even if you have no one to talk to, then sitting alone in a quiet room and speaking your mind to yourself could help to get rid of the problem. This way you won't hurt anyone with your words. Also, no one will know your business, which is always good.

7. Talking to yourself may seem crazy, but it's recommended by psychologists. An experiment involving 20 volunteers was recently held in a supermarket. Their objective was to remember grocery items. Half of the group was told to say the names of the shopping items out loud, and the other half remained silent. At the end of the experiment, the entire group was given a memory test. Those who spoke the names of the items out loud answered the questions much quicker.

8. The brain is constantly running, and it can be very difficult to turn off. Some people always have thoughts swirling around their head. Fortunately, talking to yourself can calm a worried person. Expelling all the negative thoughts from your brain through verbalisation eases your mind. Talking to yourself can also be used to increase memory power and overall brain function.

9. So, are you ready to start talking to yourself? Remember, you don't need to have deep conversations with yourself. You can start off by using this method to help you complete schoolwork or remember items on a list.

[Adapted from: https://personalitybuzz.com/people-who-talk-to-themselves-are-geniuses/**]**

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GLOSSARY

sensory mechanism: The way the human body detects stimuli—such as light and sound waves—and turn them into nerve signals that can be interpreted by the brain.

1.1 'We have all met people who talk out loud to themselves.'

1.1.1 Is talking to yourself out loud generally regarded as normal? (1)

1.1.2 Quote from the passage to substantiate your answer. (2)

1.2 Explain what is meant by the word 'visualise'. (paragraph 2) (1)

1.3 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.3.1–1.3.2) in the ANSWER BOOK. Give a reason for each answer.

1.3.1 Talking to yourself activates the brain.

1.3.2 Talking to yourself could cause you to become distracted.

(2 × 2) (4)

1.4 When is talking to yourself ineffectual? (2)

1.5 Why should you rather talk to yourself in the privacy of your room? (2)

1.6 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 (1.6.1–1.6.3) in the ANSWER BOOK.

1.6.1 Psychologists recently conducted research on talking to oneself …

A in a scientific lab
B on the street
C through interviews
D in a supermarket

1.6.2 It helps to talk to a loved one if you are feeling hurt because …

A sharing is caring.
B they can help you get revenge.
C it releases your emotions.
D they will feel sorry for you.

.

1.6.3 Talking to yourself is …

A regarded as a crazy idea.
B recommended by psychologists.
C recommended by educators.
D not recommended at all.

(3 × 1) (3)

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1.7 Why do you think the psychologists used two groups when they conducted their experiment to prove that talking to yourself is useful? (2)

1.8 What was the outcome of the experiment in QUESTION 1.7? (2)

1.9 'Some people always have thoughts swirling around their head.'

1.9.1 What is meant by the phrase 'swirling around in their head'? (2)

1.9.2 Is the word 'swirling' used LITERALLY or FIGURATIVELY in this sentence? (1)

1.10 Choose a Figure of Speech from COLUMN B that matches an example in COLUMN A. Write only the letter (A–E) next to the question number (1.10.1–1.10.3) in the ANSWER BOOK.

COLUMN A	COLUMN B
1.10.1 … a strange sight to see	A assonance
1.10.2 … the brain is constantly running	B rhetorical question
1.10.3 …are you ready to start talking to yourself?	C metaphor
	D personification
	E alliteration

(3 × 1) (3)

1.11 How could talking to yourself help a worried person? (1)

1.12 Name TWO things that you could do to get yourself to start using this method of talking to yourself to improve your memory? (2)

1.13 Explain why the title of this article starts with the words: 'Turns out'. (2)

[30]

TOTAL SECTION A: 30

SECTION B: SUMMARY

QUESTION 2

The article below presents some ideas for you to better your brain function.

Read the passage and then draw a mind map to summarise FOUR easy ways to improve your brain health.

INSTRUCTIONS

- You should have ONE central idea and FOUR supporting ideas.
- Use half an A-4 page to draw the mind map.
- Use your OWN WORDS as far as possible.
- Your mind map must be presented neatly.

MARK ALLOCATION

Content	Layout	Grammar/Language/Style	Total
5	3	2	10

EASY WAYS TO ENHANCE YOUR BRAIN FUNCTION

Danette Rivera

What can we do to stay sharp even while we age?

We can do brain games and certain puzzles and brainteasers that help create new associations between different parts of the brain and so keep it sharp.

Try mixing up exercise routines. Do something you haven't done in a while whether it's hiking or tossing a ball around. Variety is as healthy for your brain as it is for your body. Try new things outside of the gym. Asking your brain to do some new tricks can keep it active and able to learn.

A good, balanced diet will improve all areas of our health. There are many studies and an increasing amount of evidence to show that certain foods slow down mental decline. These foods have been linked to a lower risk of dementia and improved focus and memory.

Volunteering can lower your stress levels and increase mental functioning. Volunteering adds to a person's well-being and overall health. Not only does it feel good, but it also promotes brain health by raising self-esteem.

We are social beings and according to a recent study published in the *Journal of Health and Social Behaviour*, we need a variety of brain stimulation, including social activity, to keep our minds sharp.

[Adapted from: https://breakingmuscle.com/coaches/danette-rivera]

[10]

TOTAL SECTION B: 10

SECTION C: VIEWING

QUESTION 3

Examine the photographs below and then answer the questions.

Image 1



Image 2



3.1 Describe what the two pictures have in common. (2)

3.2 Describe the differences between the two pictures. (2)

3.3 Various options are given as possible answers to the following question. Choose the answer and write only the letter (A–D) next to the question number (3.3) in the ANSWER BOOK.

The people in the two pictures are demonstrating the human quality of …

A self-awareness.
B self-regulation.
C motivation.
D empathy. (1)

3.4 Explain your answer to QUESTION 3.3. (2)

3.5 On which social media platform are you most likely to see these posts? (1)

3.6 What is the message of these two posts? (2)

3.7 Give ONE reason why people would post such pictures. (1)

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3.8 Comment on how the nonverbal behaviour of the children in Image 3 below differs from those of the people in Image 1 and Image 2.

Image 3



(2)

3.9 What is the message of Image 3? (2)

3.10 What name is given to people who hide behind a computer screen and harm others? (1)

3.11 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 (3.11.1–3.11.2) in the ANSWER BOOK.

3.11.1 The PURPOSE of Image 3 is …

A to inform.
B to entertain.
C to educate.
D to advertise.

3.11.2 'Back in the day' refers to …

A when computers were invented.
B now recently.
C before the time of electronic media.
D when everyone knew everyone else.

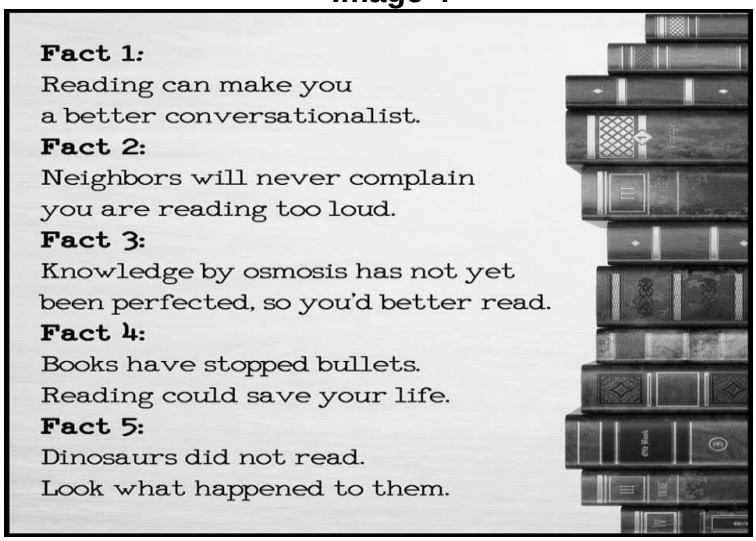
(2 × 1) (2)

[18]

QUESTION 4

Read the poster below and answer the questions.

Image 4



[Source: www.google.com]

GLOSSARY

Conversationalist: a person who is good at or fond of engaging in conversation.
Osmosis: an ability to learn and understand things gradually without much effort.

4.1 Name TWO places where you might find the poster (Image 4) on display. (2)

4.2 Which TWO facts mentioned on the poster suggest that reading plays a role in intelligence? (2)

4.3 How do you think books could stop bullets? (2)

4.4 What happened to the dinosaurs that did not read? (Fact 5) (1)

4.5 Which 'fact' on the poster could possibly be regarded as an opinion? (2)

4.6 The poster clearly promotes reading.

4.6.1 Do you agree or disagree with the poster? (1)

4.6.2 Give ONE reason for your answer in QUESTION 4.6.1. (2)

[12]

TOTAL SECTION C: 30

SECTION D: LANGUAGE IN PRACTICE

QUESTION 5

5.1 Complete the passage below by:

- Giving the correct form of the word
- Filling in the missing word
- Choosing the correct answer
- Filling in the correct punctuation mark

Only write the answer next to the question number (5.1.1–5.1.10) in the ANSWER BOOK.

HOW TO KEEP YOUR BRAIN YOUNG

Get regular physical exercise. Research shows that (5.1.1 use) your muscles (5.1.2 are/is) good for your mind. Improve your diet (5.1.3 …) good nutrition helps your mind as well as your body. Pay attention to your blood (5.1.4 sugaer/sugar) and cholesterol. Diabetes and cholesterol (5.1.5 are/is) huge risk factors for the condition of brain damage known as dementia.

Diet (5.1.6 punctuation mark) exercise, weight control, and avoiding tobacco will go a long way toward (5.1.7 improve) your cholesterol levels.

(5.1.8 Accessive/Excessive) drinking is a major risk factor for dementia. People who are anxious, depressed, sleep-deprived, or exhausted tend to score (5.1.9 poor) on cognitive function tests.

Protect your head. Moderate to severe head injuries, even without diagnosed concussions, (5.1.10 opposite of decrease) the risk of cognitive impairment. (10)

[Adapted from: https://www.health.harvard.edu/mind-and-mood/12-ways-to-keep-your-brain-young]

5.2 Name the PARTS OF SPEECH of the underlined words in the sentence below. Only write the answer next to the question number (5.2.1–5.2.4) in the ANSWER BOOK.



(5.2.1) Every brain (5.2.2) changes with age, (5.2.3) and mental function changes along with (5.2.4) it. (4)

5.3 Provide HOMOPHONES for the underlined words in the sentence below. Only write the answer next to the question number (5.3.1–5.3.2) in the ANSWER BOOK.

Scientists have found that brainy activities stimulate (5.3.1) new connections between nerve (5.3.2) cells and may even help the brain generate new cells. (2)

5.4 Change the following sentence into a NEGATIVE sentence.

Good nutrition helps your mind and body.  (2)

5.5 Add a SUFFIX to the word 'help' to make it an adjective. (2)

5.6 Select ANTONYMS from the passage in QUESTION 5.1 for the words:

5.6.1 small (1)

5.6.2 minor (1)

5.7 Select SYNONYMS from the passage in QUESTION 5.1 for the words:

5.7.1 weary (1)

5.7.2 assessments (1)

5.8 Join the two sentences below by making use of the conjunction 'therefore':

Diabetes is an important risk factor for dementia. You need to monitor your blood sugar levels. (2)

5.9 Change the noun 'weight' into a verb. (1)

5.10 Change the verb 'improving' into a noun. (1)

5.11 Drinking is a major risk factor for dementia.

5.11.1 Change the sentence above into the FUTURE TENSE. (2)

5.11.2 Change the sentence above into the PAST TENSE. (2)

5.12 What do we call terms like 'cognitive impairment' that are associated with a specific job/career field? (2)

5.13 Change the sentence below into a question by changing the word order:

Strong social ties have been associated with a lower risk of dementia. (2)

5.14 Replace the underlined nouns in the sentence below with PRONOUNS. Only write the answer next to the question number (5.14.1–5.14.4) in the ANSWER BOOK.

(5.14.1) Some observational studies suggest that (5.14.2) low-dose aspirin may reduce the risk of dementia. Ask (5.14.3) your doctor if (5.14.4) Anwar is a candidate for this medication. (4)

[40]

TOTAL SECTION D: 40

SECTION E: COMMUNICATION IN PRACTICE

QUESTION 6

Amnesty International is a worldwide organisation working for human rights and social justice. It strives to inspire people to stand up against injustice and to ensure the human dignity of all people.

Study the Amnesty International pictures below and then answer the questions.

Image 5



Image 6



6.1 Name THREE categories of communication. (3)

6.2 Which category of communication do Images 5 and 6 belong to? (1)

6.3 Who would be the sender of Images 5 and 6? (1)

6.4 Are the receivers of Images 5 and 6 personally known to the sender? (1)

6.5 Give ONE reason for your answer to QUESTION 6.4. (2)

6.6 Would Images 5 and 6 be a formal or an informal channel of communication? (1)

6.7 Give ONE reason for your answer to QUESTION 6.6. (2)

6.8 Choose the correct word from the options given below. Only write the number (6.8) and the word in the ANSWER BOOK.

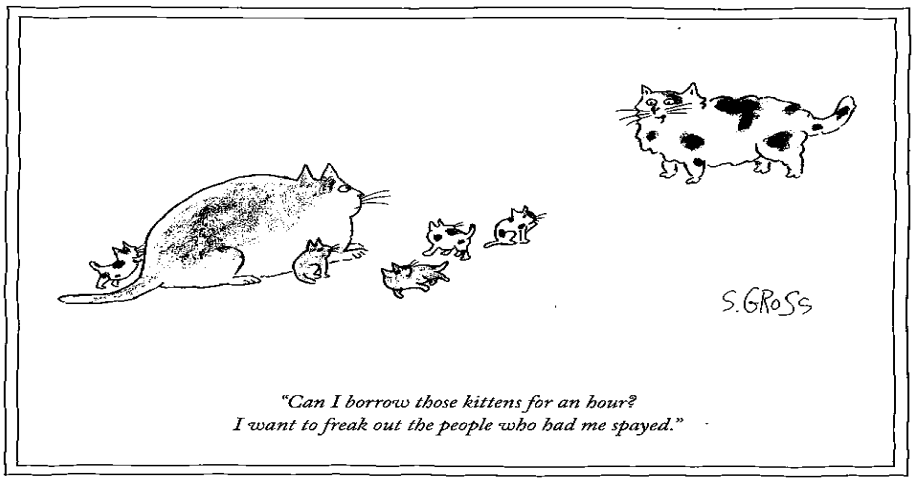
Diagonal	Horizontal	Vertical

Reaching out to a classmate is an example of _____ communication. (1)

[12]

QUESTION 7

Study the cartoon below and answer the questions.



7.1 Who is the sender in the cartoon? (1)

7.2 Who is the receiver in the cartoon? (1)

7.3 What is the message of the cartoon? (2)

7.4 What medium of communication is the sender using? (2)

7.5 Comment on the feedback of the receiver. (2)

7.6 What code is used in the cartoon? (1)

7.7 Choose a Communication Barrier from COLUMN B that matches an example in COLUMN A. Write only the letter (A–F) next to the question number (7.7.1–7.7.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
7.7.1	All students are lazy.	A	physical
7.7.2	Today I am feeling so stressed.	B	stereotyping
7.7.3	You don't understand the language.	C	physiological
7.7.4	The noise outside is disturbing.	D	cultural
7.7.5	Sam cannot focus in class because of a headache.	E	psychological
		F	semantic (5 × 1)

(5)

7.8 Name the FOUR principles of effective communication. (4)

[18]

TOTAL SECTION E: 30

GRAND TOTAL: 140

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