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

(7601012)

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

This question paper consists of 8 pages.

111Q1N2026

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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 blue pen.
6. Draw a line through any work you do not want to be marked.
7. Write neatly and legibly.

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SECTION A

QUESTION 1

Various options are given as possible answers to the following questions. Choose the correct 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 learn new information, pathways need to be established by messages that get send back and forth between the … in the brain.

A stem cells
B neurons
C brain cells
D neutralizes

1.2 The best strategies to form a positive relationship are …

A mutual respect, honesty and trust.
B mutual distrust, respect and caring for each other.
C mutual aloofness, disrespect and communication.
D mutual dislike, same interests, and love.

1.3 The use of technology to harass, threaten or embarrass another person is referred to as …

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

1.4 As you walk into your friend's house you immediately see a lot of things that can be a hazard for a possible fire. Show your friend that he can … to prevent a fire from happening.

A overload the plugs at the electrical socket
B leave the electrical appliances unattended
C make sure that the stove is turned off
D leave the gas bottle next to the stove

1.5 Students that attend the college on a bursary has certain responsibilities that goes with it. To ensure that the student keep the bursary, he/she …

A must raise money for parties and substance abuse.
B must attend some classes and hand in assignments when they want.
C must be a role model for other students and obey the code of conduct.
D must treat other people at the college with a bit of respect.

(5 × 1) **[5]**

QUESTION 2

Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–O) next to the question number (2.1–2.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.1	Is one of the exercises that needs to be included in a programme to determine your fitness level	A	syphilis
		B	physical endurance
2.2	The quality of being certain of your abilities	C	medium term goal
		D	resilience
2.3	A bacterial infection spread by sexual contact that starts with a painless sore	E	stimulants
2.4	An example of OTC medicine is …	F	confidence
		G	contraceptives
2.5	A goal that you set for yourself to achieve in a few months' time	H	cold water
2.6	Strategy to cope with the challenges of being a college student	I	cardiovascular endurance
		J	long-term goal
2.7	A substance that raises levels of nervous activity in the body	K	Panados
2.8	Wastes your time when you have to study	L	over-confident
		M	resistance
2.9	Put on first degree burns when helping a burnt victim	N	cell phone
2.10	A device or drug to prevent pregnancy	O	heroin

(10 × 1) **[10]**

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QUESTION 3

Indicate whether the following statements are TRUE or FALSE by writing only '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 you are using the SMART principle, you will be able to see that prioritising your goals means to postpone them.

3.2 As a person you can motive yourself by relying on other people to achieve success.

3.3 Sugary foods reduce weight loss.

3.4 Drinking enough water is a sign of a healthy lifestyle.

3.5 When students portray (show) ethical behaviour at college, it is bad for academic achievement.

(5 × 2) **[10]**

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.

protest; dangerous; fried chicken; negative; making; positive; kindness; hot chips; volunteer; skills; fruits; bullying; effective

4.1 For the brain to function at its best when someone is studying, the person should eat a lot of …

4.2 People need to do more exercise as it will help them to be more stress free and …

4.3 A person should follow the instructions a doctor gives you to take medication, to ensure it will be most …

4.4 A role model is someone with various attributes that we can strive (try) to follow, an example of this is …

4.5 With the COVID-19 pandemic we have faced this year, our communities need us as citizens to … to make a difference and help where we can.

(5 × 1) **[5]**

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QUESTION 5

5.1 Name TWO types of the multiple intelligences. (2)

5.2 State TWO disadvantages of joining a study group. (2)

5.3 In the Bill of Rights, there is a list of human rights that each citizen have.

5.3.1 Name THREE of the human rights listed in the Bill of Rights. (3)

5.3.2 Explain ONE responsibility that accompanies *each* of the human rights you listed in Q 5.3.1 (3)

[10]

TOTAL SECTION A: 40

SECTION B

QUESTION 6

Read the extract below and answer the questions.

This is a story of Anèle Mbisha.
As a teenage hustler he dealt drugs on the streets of Soweto to help his family. It was a rough, tough existence, and he was just 16 years old. He confessed that his mother and grandmother had taught him morals and principles, but that these changed when he started living on the streets. He admitted that at some point he tried to kill himself. He has deep-seated trust issues and he confessed that at an early age he was distrustful of people.

He became part of a global success story, performing on the record-breaking soundtrack for the hit movie, Black Panther, alongside super-star Kendrick.

[Adapted from*: Drum2 8 April 2019*]

6.1 From the extract, identify THREE ways in which drugs destroyed Anèle's life. (3)

6.2 Design a SWOT analysis of Anèle's strengths, opportunities, weaknesses and threats. Do not use the exact (same) words from the extract above. (5)

6.3 Name the ONE multiple intelligence that would best fit Anèle. (1)

6.4 Briefly explain the intelligence that you selected in QUESTION 6.3 (1)

6.5 Parents and guardians have a duty to teach children morals and principles.

6.5.1 Explain TWO reasons why some children are taught good morals and principles but end up using drugs. (4)

6.5.2 NameTWO support services that are available if someone does want to stop using drugs. (2)

6.6 Give TWO reasons why you think Anèle tried to kill himself. (4)

[20]

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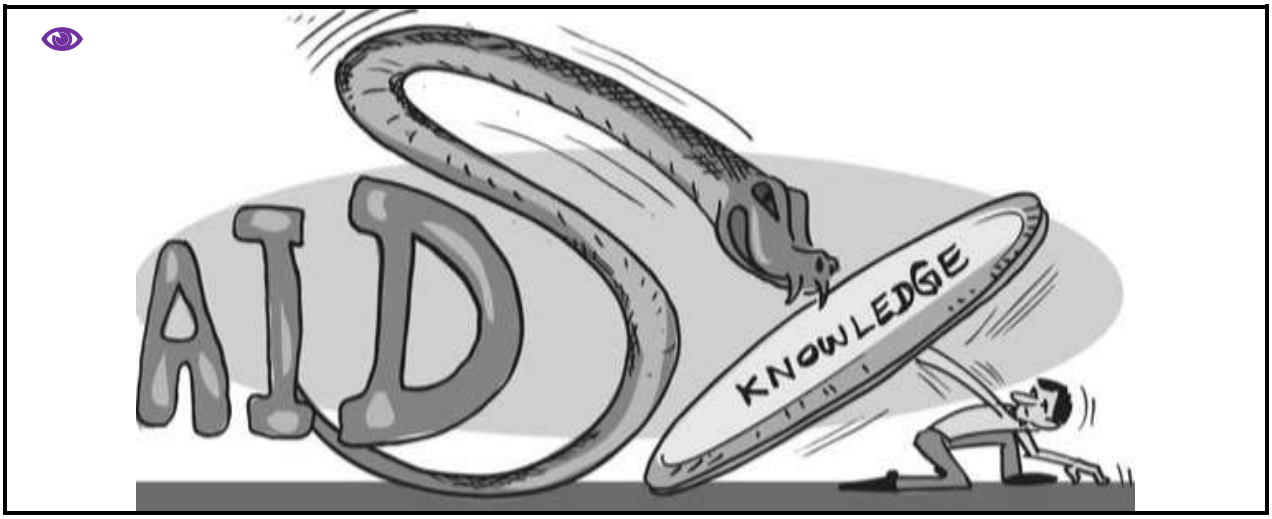
QUESTION 7

Study the following cartoon and answer the questions.



[Source: *http://www.dailymirror.ik/article/aids/victim-they have -a-fundamental-health-141424*]

7.1 Knowledge is key in managing HIV/AIDS.

7.1.1 Create a title for the above cartoon. (4 words or less) (2)

7.1.2 Explain THREE reasons why knowledge is important in managing HIV/AIDS. (3)

7.1.3 Describe TWO risky situations that can lead to someone being infected with HIV. (4)

7.2 Certain values are important in managing and dealing with HIV/AIDS.

7.2.1 What is *perseverance*? (2)

7.2.2 Identify TWO reasons why perseverance is important in dealing with things like HIV/AIDS, academic goals and even family life. (4)

7.3 Having STI's makes one vulnerable to HIV.

7.3.1 What do you understand by STI's? (2)

7.3.2 List THREE types of STI's. (3)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

Study the following cartoon and answer the questions.



[Source: *https:www.youtube.com/watch?v=a68zbcm7xkpsig=aovw3m4bf*]

8.1 Your college management wants to start a campaign against peer pressure.

8.1.1 Define *peer pressure.* (2)

8.1.2 List THREE examples of peer pressure at your campus. (3)

8.1.3 Recommend TWO strategies that students can use to deal with peer pressure. (2)

8.2 Peer pressure and other things like procrastination, can impact negatively on students' achievement of their academic goals.

8.2.1 Point out THREE reasons why it is important for students to be punctual and stick to the due dates (deadlines) they are given by the lecturers. (3)

8.2.2 A study timetable is one of the things that can help students to stick to their academic goals.

What is a *study timetable*? (2)

8.2.3 List THREE important items to include in a study timetable. (3)

8.3 While studying, you volunteered as leader of a project.

In a paragraph, briefly describe FOUR leadership skills that you displayed in managing the project. (5)
[20]

TOTAL SECTION C: 20
GRAND TOTAL: 100

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