



Province of the
EASTERN CAPE
EDUCATION

ALFRED NZO EAST DISTRICT

LIFE ORIENTATION
FINAL EXAMINATION 2023

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GRADE 8

MARKS: 70

TIME: 1 hour

This question paper consists of pages



INSTRUCTIONS AND INFORMATION

1. This question paper consists of THREE sections, namely SECTION A, SECTION B AND SECTION C.
2. The questions in SECTION A and SECTION B are COMPULSORY.
3. Answer any TWO questions in SECTION C.
4. Read ALL the questions carefully.
5. Number the questions correctly as the numbering system used in this question paper.
6. Write neatly and legibly.



SECTION A (COMPULSORY)		
Answer ALL the questions in this section		
QUESTION 1		
1.1	Various options are provided 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 – 1.1.5) in the ANSWER BOOK, for example 1.1.4 D.	
1.1.1	Our sex tells if we are:	
	A	Pretty
	B	Lazy
	C	Male or female
	D	Strong (1)
1.1.2	Investigative refer to which category?	
	A	Study and solve problems
	B	Think about people
	C	Think about writing a song
	D	Think about filling notes (1)
1.1.3	Examples of non-verbal communication include:	
	A	Eye contact, facial expression and posture
	B	Moving, doing and touching
	C	Interpreting underlying meanings
	D	Explaining concepts and ideas to others (1)
1.1.4	The following influences every person in their upbringing	
	A	Community
	B	media
	C	culture
	D	All of the above (1)
1.1.5	Setting goals	
	A	Is a bad idea because if you do not achieve them, you will feel bad.
	B	Is a good idea because it will help you to direct and focus on your affords
	C	Should always be done at the beginning of the year and not just changed
	D	Is done to make your parents and teachers happy (1)
		(5)

1.2.

1.2.1	A cautious decision to avoid sexual activity or sexual behaviour.	(1)
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1.2.2.	Ability of the muscles to perform a physical activity without getting tired	(1)
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1.2.3.	An idea or image you form about yourself	(1)
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1.2.4	Pretending to be someone else on the internet	(1)
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1.2.5.	Continued or excessive use of alcohol and illegal drugs despite of their negative effect.	(1)
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1.3. Match the statements in Column A to the terms in Column B. write only the number and letter that corresponds with correct answer. Example (1.3.1. A)

	Column A	Column B
1.3.1.	Depression	A. People share their..... and get social support experiences
1.3.2.	Visual learner	B. Is the best way to avoid pregnancy
1.3.3.	media	C. State of help issues and unhappiness
1.3.4.	Group therapy	D. Learn by watching movies
1.3.5.	Abstinence	E. Learn by listening with your ears
		F. Magazine, billboards, television, Facebook, twitter

$$(5 \times 1) = 5$$

1.4.1.	What is a tertiary institution?	(1x2) =2
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1.4.2.	Why is it important to do cooldowns after doing physical activities?	(1x2) =2
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1.4.3.	Define the term Reconciliation	(1x2) =2
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1.4.4.	Differentiate between Self-concept and self-motivation	(2x2) =4
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		[10]
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TOTAL SECTION A:	25
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SECTION B (COMPULSORY)

ANSWER ALL QUESTIONS IN THIS SECTION

QUESTION 2

Read the extract below and answer the questions that follow:

RELATIONSHIPS AND FRIENDSHIPS

Healthy friendships and positive relationships play a huge part in our lives as children and as adults. Our friendships can make us feel loved and supported - even if we don't get along all the time. ...

[Adapted from: www.google.com]

2.1.	List THREE types of relationships that you can form.	(3x1) =3
2.2.	Indicate FOUR appropriate ways to initiate a relationship.	(4x1) =4
2.3.	Briefly explain FOUR appropriate ways to behave in order to prevent problems and nurture relationships	(4x2) =8
		[15]

QUESTION 3

Study the picture below and answer questions that follow:

DIVERSITY



[SOURCE: www.google.com- accessed on 10/10/2023]

3.1.	What is cultural diversity?	(1x2) =2
3.2.	Mention TWO different types of religion that South Africans follow	(2x1) =2
3.3.	Briefly explain THREE types of social development, that religious organisations can assist communities with.	(3x2) =6
		[10]

TOTAL SECTION B: 25

SECTION C

Answer any TWO questions in this section

Your responses must consist of paragraphs. Leave a LINE after answering each bullet. Marks will ONLY be allocated for responses written in full sentences.

QUESTION 4

Read the extract below and answer questions that follow:



“Nation building is not just about road and buildings; it’s about building a sense of shared community and a collective future.” – Rania Al-Jazeera

SOURCE: www.google.com

Write a paragraph on Constitutional values and Nation building, in which you include the following:

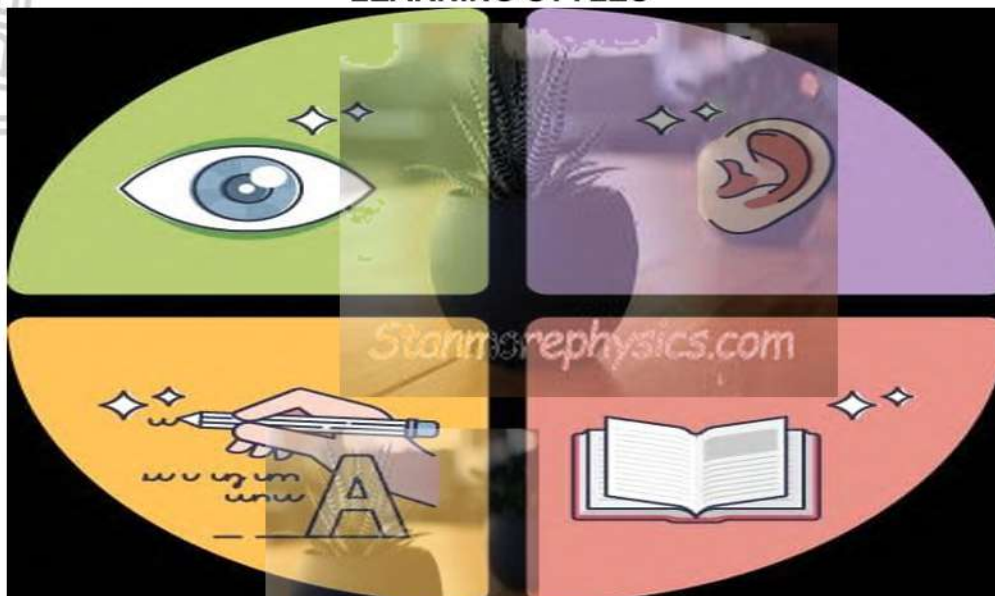
- Briefly explain the term Nation building (1x2) =2
- In your own view, how does sport contribute to Nation building? (1x2) =2
- Explain THREE different ways you can promote nation building. (3x2) =6

[10]

QUESTION 5

Study the cartoon below and answer questions that follow:

LEARNING STYLES



[SOURCE: www.ggogle.com. Accessed on 10/10/2023]

Write a paragraph on learning styles

Use the following guideline:

- Describe FOUR learning style shown in the cartoon above. (4x1) =4
- Explain in your own words the meaning of a learning style. (1x2) =2
- Suggest to your friends TWO learning styles are suitable for you. (2x2) =4

[10]

Question 6

Read the extract below and answer questions that follow:

RISK FACTORS

Early aggressive behaviour, lack of parental supervision, academic problems, peer substance use, drug availability, poverty, peer rejection and child abuse are some of the risk factors associated with increased likelihood of youth substance use and abuse.

[SOURCE: Adapted from: <https://youth.gov/youth-tpocs>. Accessed on 10/10/2023]

Write paragraph on social factors in which you include the following:

- Give TWO social factors that contribute to substance abuse (2x1) =2
- Explain TWO long term effects of substance abuse (2x2) =4
- As a grade 8 learner, give advice TWO things that your fellow students must do to avoid or stop substance abuse. (2x2) =4

[10]

TOTAL SECTION C:	20
GRAND TOTAL	70



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MARKING GUIDE

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SECTION A (COMPULSORY)		
QUESTION 1		
1.1.		
1.1.1.	C ✓	
1.1.2.	A ✓	
1.1.3.	A ✓	
1.1.4.	D ✓	
1.1.5.	B ✓	(5x1) (5)
QUESTION 1.2		
1.2.1.	Abstinence ✓	
1.2.2.	Endurance ✓	
1.2.3.	A person's self -concept ✓	
1.2.4.	Cyber bullying ✓	
1.2.5.	Substance abuse ✓	(5x1) (5)
QUESTION 1.3		
1.3.1.	C ✓	
1.3.2.	D ✓	
1.3.3.	F ✓	
1.3.4.	A ✓	
1.3.5.	B ✓	(5x1) (5)
QUESTION 1.4		
1.4.1.	It is an institution beyond high school ✓ when one needs to further their studies e.g. TVET college/ university ✓	(1X2) (2)
1.4.2.	Cool down- it also relaxes your muscles ✓ and returns them to their resting length / lowers heart rate. ✓	(1X2) (2)
1.4.3.	Reconciliation is a situation in which two people or groups of people become friendly again ✓ after they have argued. ✓	(1X2) (2)
1.4.4.	Self-concept: It is how you see ✓ and what you feel about yourself ✓. - The idea or image you form about yourself ✓ and how you think others see you ✓ Self-motivation is believing in your abilities ✓ and being inspired to do things that interest you. ✓ The focus that keeps pushing one to go on ✓ / the basic tool for achieving your dreams and being successful ✓ Any TWO relevant answers, TWO marks each	(2X2) (4)
TOTAL SECTION A = 25		
[10]		

SECTION B (COMPULSORY)		
QUESTION 2		
2.1.	- Relationship at home ✓ - Relationship at school ✓ - Relationship in the community ✓	(3X1)=3
2.2	- Start the conversation ✓ - Show interest ✓ - Smile ✓ - Share ✓ - Do a small favour ✓ - Offer small gifts ✓ Any FOUR relevant answers, ONE mark each	(4X1)=4
2.3.	- Show an understanding to your partner when you are in relationship ✓ and not to be judgemental when a problem arises ✓ - Show empathy to your friend or partner. ✓ Show mutual respect for each other ✓ - Share interest maybe you both like the same things. ✓ Be open to your friend about anything. ✓ - Keep your promises ✓ and always return things that you borrow. ✓ Any FOUR relevant answers, TWO marks each	(4X2)=8
QUESTION 3		
3.1.	Cultural diversity means as people we have differences in culture or in the way we do things in our beliefs. It is therefore important to respect each other	(2X1)=2
3.2.	- Christianity - Buddhism - Islamic - Hinduism Any TWO relevant answers, ONE mark each	(2X1)=2
3.3.	- Monitory and taking care of the needy and vulnerable people in the community. - Provide love and hope for a better a life to abandoned, neglected and abused children - Provide love and hope for a better a life to abandoned, neglected and abused children. Any THREE relevant answers, TWO marks each	(3X2)=6
TOTAL SECTION B:25		

SECTION C

Candidates must answer any **TWO (2)** questions in this section. Should candidate answer **THREE** questions, only **first TWO** will be marked. The remaining question should be struck and the abbreviation should be written 'ENQR' (Exceeded Number of Questions Required).

QUESTION 4

Candidate responses must be in paragraphs.

•	➤ National building means being proud of who we are and accept others who are different to us.	(1x2)=2
•	➤ Sport contributes to Nation building by for example currently Rugby National team playing in world cup, it plays an important role in uniting us as a nation. ➤ They make us feel a sense of pride towards our country.	(1x2)=2
•	➤ By promoting the concept of ubuntu ➤ Helping at orphanages and homeless shelters ➤ By organising litter clean-up campaign. ➤ By promoting Youth centres e.g. love life to offer help, guidance and support to young people. Any THREE relevant answers, TWO marks each	(3x2)=6
		[10]

QUESTION 5

Candidates' responses must be in paragraphs.

•	➤ Reading and writing: Learning by reading or writing something down ➤ Visual: using flashcards, symbols, diagrams to help you study. Learning by looking at something. ➤ Oral: Listening to information learn by listening to something. ➤ Kinaesthetic: Learn by using all one's senses, sight, touch, taste, smell and hearing	(4x1)=4
•	➤ A learning style is a particular way you learn and remember information. It's a way of learning that you are comfortable with.	(1x2)=2
•	➤ Reading and writing ➤ Visual ➤ Oral ➤ Kinaesthetic Any TWO relevant answers, TWO marks each	(2x2)=4
		[10]

QUESTION 6		
Candidate responses must be in paragraphs.		
•	➤ Peer Pressure ➤ Family ➤ Community ➤ Media Any ONE relevant answer, TWO marks each	(1X2)=2
•	➤ Dropping out of school can be a long-term effect when one starts being distracted from school, followed by guilt or being expelled. ➤ Being involved in gangs may lead one to do criminal events that can lead to imprisonment. Any TWO relevant answers, TWO marks each	(2X2)=4
•	➤ Don't go to hangouts when you suspect there will be drugs. ➤ Avoid being part of groups that do drugs or experiment with them. ➤ Stay out of risky situations as far as possible. ➤ Say no to drugs. Any TWO relevant answers, TWO marks each	(2X2)=4
		[10]
	TOTAL SECTION C: 20	
	GRAND TOTAL = 70	