

FINAL EXAMINATION

GRADE 10

Stanmorephysics.com
LIFE ORIENTATION

MARKS: 100

DURATION: 2 ½ hours

This question paper consists of nine (9) pages including the cover page.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of THREE sections, namely SECTION A, SECTION B and SECTION C.
2. ALL 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 answers correctly according to 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 correct answer and write only the letter (A-D) next to the question numbers (1.1.1 to 1.1.5) in the ANSWER BOOK, e.g. 1.1.6 D

1.1.1 What does the acronym CEDAW stand for:

- A Committee on the Expression of Discrimination against Women.
- B Committee on the Elimination of Discrimination against Women.
- C Community Environmental Diseases Worldwide.
- D Crime Encouragement on Discrimination against Women.

1.1.2 Significant contributions by individuals to address Human Rights Violations in SA during apartheid include:

- A DJ Tira, Skomota, Samthing Soweto
- B Kelvin Momo, DJ Stokie, Siya Kolisi
- C Desmond Tutu, Sophie de Bruin, Helen Suzman, Charlotte Maxeke
- D Steve Hofmeyer, Taylor Swift, Shaun Pollock, Nelson Mandela

1.1.3 Discrimination...

- A A situation where everyone has a right to protest.
- B A platform where everyone is allowed to express themselves fairly.
- C Unfair /different/bias/prejudicial treatment of a person or group based on gender, sex, race, culture etc
- D A person who lies for no real reason.

1.1.4 Sexual Orientation...

- A Generalized ideas/views and statements about a particular group of people in a society.
- B A person's sexual/gender identity in relation to the gender of the people the person is attracted to romantically.
- C When someone is treated in a negative way.
- D An extreme form of sexual abuse.

1.1.5 ...16 days of activism against women and child abuse

- A A United Nations campaign that takes place every year from 25 November to 10 December that aims to eliminate violence against women and children.
- B Days of rest and recreation.
- C The act of taking your own life.
- D A pattern of harmful and unhealthy use of substance abuse for 16 days.

(5X1) (5)

1.2. Give one word/ term for the following descriptions. Write only the correct word/term next to the question numbers)1.2.1 to 1.2.3) in the answer book.

1.2.1. Aspects that you are good at, generally a combination of talents, knowledge and skills. (1)

1.2.2. A grouping of occupations that have common skills, knowledge and work setting. (1)

1.2.3. Allocation of specific jobs to men or women due to perceived strengths or weaknesses associated with a particular gender. (1)

(3x1) (3)

1.3. Answer the following questions by writing the answers next to the question numbers (1.3.1-1.3.3). write your answers in full sentences.

1.3.1. Define the term Life-roles. (1x2) (2)

1.3.2 Explain the following changes from adolescence to adulthood:

1.3.2.1 Emotional change. (1X2) (2)

1.3.2.2 Social change. (1X2) (2)

1.3.3. Discuss in THREE ways how the need for acceptance by a peer group can negatively impact on adolescent's family relationships. (3x2) (6)

TOTAL SECTION A:[20]

SECTION B (COMPUSLORY)

Answer ALL questions in this section. Your answers must be in full sentences.

QUESTION 2

Study the extract below and answer the question that follows:

POVERTY: A CHALLENGE TO HUMAN DEVELOPMENT

Poverty remains one of the most serious problem facing societies around the world today. It is more than just a lack of money, it is the absence of basic needs such as food, shelter, education, electricity and healthcare. Poverty limits people opportunities and prevents communities from achieving their full potential.

Source: *Google*. Accessed: 13 October 2025

- 2.1. Define the term *Social Justice*. (1X2) (2)
- 2.2. Briefly state TWO harmful effects of poverty on personal health. (2X1) (2)
- 2.3. Explain TWO ways in which lack of basic services like electricity, can negative impact on learners' performance. (2X2) (4)
- 2.4. Discuss TWO ways in which teenage pregnancy can contribute to poverty. (2X2) (4)
- 2.5. As a responsible civil society, advise youth on the importance of reporting criminal activities happening within their communities. (1X2) (2)
- 2.6 Recommend TWO measures that the community can implement to deal with poverty. (2X3) (6)

[20]

QUESTION 3

Read the extract below and answer the questions that follow.

Self-Esteem vs Self Confidence

Self-esteem and self-confidence are often used interchangeably. However, they are very different. They may all be as a result of self-awareness, but they differ in terms of how they influence the physical, emotional and psychological growth of an individual. They are therefore products of a person being in a relationship with others in an environment people find themselves.

Adapted from <https://www.apa.org/news/press/releases/>. Accessed on the 13 October 2025.

- 3.1 Define the term *self-awareness*. (1X1) (1)
- 3.2 State THREE benefits of being self-aware. (3X1) (3)
- 3.3 Differentiate between self-esteem and self-confidence. (1x2) (2)
- 3.4 Describe TWO ways on how the media could negatively affect the development of a young person's self-esteem. (2x2) (4)
- 3.5 Explain TWO ways how parents could contribute to the development of lowered levels of self-esteem, resulting in negative emotions in their children. (2x2) (4)
- 3.6 Recommend TWO ways in which you, as a young person, could assist your friends to successfully deal with negative emotions, arising from lowered levels of self-esteem. In your answer, also indicate how that could benefit them. (2X3) (6)

[20]

TOTAL SECTION B: [40]

SECTION C

Choose any TWO questions in this section. Write your answers in paragraph form.

QUESTION 4

Study the extract below and answer the question that follows:

HUMAN TRAFFICKING A MODERN FORM OF SLAVERY

Human trafficking is one of the most serious human rights violations in the world today. It is often called modern-day slavery because it involves the exploitation of people through force, fraud or deception. Millions of men, women and children fall victims of traffickers every year, losing their freedom, dignity and basic human rights.

Source: [ChatGPT: Accessed on 14 October 2025](#)



Write paragraphs on **human trafficking**.

Use the following as a guideline:

- Briefly state FOUR human rights that can be violated through human trafficking (4x1) (4)
- Explain FOUR negative impacts of human trafficking on the society. (4x2) (8)
- Critically discuss TWO practical strategies that parents could implement to prevent human trafficking in the community. (2X4) (8)

[20]

QUESTION 5

Read the extract below and answer questions below.

BEING HEALTHY IS ABOUT BEING PHYSICALLY ACTIVE!

Physical inactivity can place a burden on the health system, and lead to premature death or disability from injuries such as falls. It is estimated to cost the Australian economy over \$15 billion each year.

Research suggests over a third of the total burden of disease experienced by Australians may be prevented by modifying lifestyle risk factors such as increasing your level of physical activities. If we are active, not only are we likely to reduce body fat, but reduce our risk of: obesity, type 2 diabetes, cardiovascular disease and some cancers.

Source: <https://betterhealth.vic.gov.au>. Accessed on 14 October 2025

Write paragraphs on **Physical Education**.

Use the following as a guideline:

- Briefly state FOUR safety issues/measures to be considered when participating in physical activities. (4x1) (4)
- Explain TWO social benefits and TWO mental benefits of participating in physical activities. (2X2)+(2X2) (8)
- Critically discuss TWO ways in which communities can motivate youth to participate in physical activities to prevent them from engaging in unhealthy activities. (2X4) (8)

[20]

QUESTION 6

Read the extract below and answer questions below.

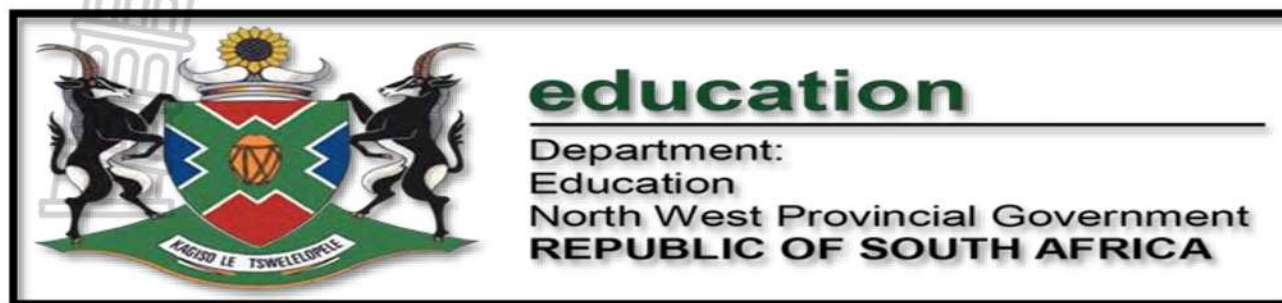
Many teachers believe that learners seem to be unable to cope with the demands of being a learner, hence the high failure rate especially in Grade 10. Can it be that, learners do not manage their time effectively or that despite all the time they spend studying, they still fail?

Source: anonymous

- Briefly state FOUR study methods that can be used for effective studying. (1x4) (4)
- Explain in FOUR ways the importance of considering socio-economic factors when choosing a career. (4X2) (8)
- Critically discuss TWO ways how developing a study plan early in the year can help learners to feel confident during examination. (2X4) (8)

TOTAL SECTION C:[40]

GRAND TOTAL:[100]



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MARKING GUIDELINE

SECTION A (COMPULSORY)

QUESTION 1

1.1.1 B ✓

1.1.2 C ✓

1.1.3 C ✓

1.1.4 B ✓

1.1.5 A ✓

(5X1) (5)

1.2

1.2.1. Strengths/Abilities/Competence ✓

1.2.2. Career field. ✓

1.2.3. Gender Stereotyping. ✓

(3x1) (3)

1.3.

1.3.1. **Life-roles:**

- Are different identities/responsibilities ✓ a person take on in various stages/areas of their life ✓
- Different ways ✓ one participates in, in life ✓
- Set of responsibilities ✓ every individual possesses ✓

(1x2) (2)

1.3.2 **Explain the following changes from adolescence to adulthood:**

1.3.2.1 **Emotional change:** Mood swings ✓ due to hormonal changes ✓

- Feeling of confusion ✓ due to unstable identity. ✓
- May feel overwhelmed ✓ due to not be able to cope with the changes they are experiencing. ✓
- Struggle to understand other people's feelings ✓ as they focus much on themselves. ✓

Any ONE of the above responses for TWO marks each.

(1X2) (2)

1.3.2.2 **Social change:** Teenagers experience conflict with parents ✓ as they seek independence and identity. ✓

- Peer approval is important, ✓ as they rely on their friend validation. ✓

- They begin to explore romantic relationships ✓ as they become attracted to a
- specific gender. ✓ (1X2) (2)

Any One of the above responses for TWO marks each.

1.3.3. Discuss in THREE ways how the need for acceptance by a peer group can negatively impact an adolescent's family relationships.

- Adolescents prioritize peer opinions over family rules ✓, which leads to disagreements with the family. ✓
- They spend more time with friend, ✓ which leads to family feel neglected.
- Adolescents adopt friends 'behaviour, despite it being in conflict with family values. ✓
- Communication with parents may be challenging, ✓ and teenagers may feel misunderstood ✓
- Teenagers may share their feelings with friends, ✓ this leads to emotional withdrawal from the family. ✓

Any Three of the above responses for TWO marks each.

(3x2) (6)



TOTAL SECTION A:[20]

SECTION B (COMPUSLORY)

Answer ALL questions in this section. Your answers must be in full sentences.

QUESTION 2

2.1. Define the term *Social Justice*

- It is a principle that states everyone deserves ✓ equal right, opportunities and treatment ✓
- Fairness and equality ✓ for all people. ✓ (1X2) (2)

Any One of the above responses for TWO marks each

2.2. Briefly state TWO harmful effects of poverty on personal health.

- Poverty makes it difficult to afford medical expenses, resulting in illnesses left untreated. ✓
- Constant worry about basic needs, increases stress. ✓
- Inability to afford nutritious food can lead to malnutrition. ✓

- Unhealthy living conditions can expose individuals to infections and diseases ✓.
- Some people turn to risky behaviours, such as smoking, alcohol or drugs, which harms their health further. (2X1) (2)

Any One of the above responses for ONE mark each

2.3. Explain TWO ways in which lack of basic services like electricity, can negatively impact on learners performance.

Marks should be awarded as follows:

TWO (✓✓) for a well explained response

- Due to poor lighting ✓ learners cannot study or do their homework. ✓
- Learners won't be able to do their research ✓ due to reduced access to technology. ✓
- Poor lights ✓ can make it difficult to focus. ✓
- Learning in an uncomfortable environment ✓ can reduce learners interest and enthusiasm. ✓

Any TWO of the above for TWO marks each

(2x2) (4)

2.4. Discuss TWO ways in which teenage pregnancy can contribute to poverty.

Marks should be awarded as follows:

TWO (✓✓) for a well explained response

- Teenage mothers rely on parents or government support ✓, which may increase financial burden to parents. ✓
- Raising a child requires money ✓, which many teenagers cannot afford. ✓
- Without education or work experience ✓, young mothers may struggle to find well-paying job. ✓
- Teenage mothers often drop out of school ✓, reducing their chances of getting good jobs. ✓

Any TWO of the above for TWO marks each

(2x2) (4)

2.5. As a responsible civil society, advise youth on the importance of reporting criminal activities within their communities.

Marks should be awarded as follows:

TWO ✓✓ marks for a well explained response

- By speaking up, they assist the police in catching offenders✓ and preventing further crimes. ✓
- It shows responsibility✓ and encourages others to do the same. ✓
- It creates a law-abiding community ✓ where people live peacefully. ✓
- It helps keep everyone safe✓ and reduces crime. ✓

Any ONE of the above for TWO marks.

(1X2) (2)

2.6. Recommend TWO measures that the community can implement to deal with poverty.

Marks should be awarded as follows:

THREE ✓✓✓ marks for a well explained response.

- ✓ Community can start initiatives like gardening, () to produce food✓ to generate income. ✓
- ✓ Offer training programs,() to help people gain entrepreneur skills✓ so that they can start small businesses. ✓
- ✓ They can form community savings,() to help members manage money✓ to invest in small businesses. ✓()
- ✓ Ensure that all learners attend school () so that they become educated✓ to get better job opportunities.✓
- ✓ Provide grants or mentorship() to local entrepreneurs✓ to boost income/ job creation. ✓

Any THREE of the above for TWO marks each.

(2X3) (6)

[20]

QUESTION 3

3.1 Define the term *self-awareness* and

- conscious knowledge of who you are. ✓
- the ability to understand your capabilities/attitudes/interests/strengths/skills that makes you who you are. ✓
- the manner in which a person gets into grips about what they really are. ✓
- the degree to which one has developed an accurate picture/ image of their real potentials. ✓

Any ONE of the above for ONE mark each

(1x1) (1)

3.2. State THREE benefits of being self-aware.



Self-awareness could enable you to:

- know what you can/cannot do. ✓
- choose your pathways (careers/friends/subjects) according to your abilities. ✓
- associate yourself with likeminded persons. ✓
- consciously stretch yourself to reasonable limits when you do things. ✓
- appreciate the fact that there are those things you can't do. ✓
- focus your attention to overcoming possible hurdles in your dealings. ✓
- seek for assistance when certain things are done. ✓
- determine the nature of needed intervention to deal with your obvious shortcomings. ✓

Any THREE of the above for ONE mark each

(3X1) (3)

3.3. Differentiate between self-esteem and self-confidence.

Marks should be awarded as follows:

TWO (✓✓) marks for a well explained response.

- Self-esteem is how a person perceives his/ her values/ self-worth, ✓ whereas, self-confidence has to do with a person's attitude about his/ her capabilities/ skills etc. ✓
- Self-esteem is all about how you feel about yourself as a person, ✓ while self-confidence is the belief or being self-assured about your skills and abilities. ✓
- Self-esteem is about you affirming yourself about the value you hold ✓ and self-confidence is the belief that one has about what a person can do/ is capable of doing. ✓
- Self-esteem concerns itself with the value/ importance/ dignity held by an individual by being in the world, ✓ while self-confidence is the belief that one has about his/ her abilities to do certain things. ✓

Any ONE of the above for TWO marks

(1x2) (2)

3.4. Describe how the media could negatively affect the development of a young person's self-esteem.

Marks should be awarded as follows:

TWO (✓✓) for a well explained response

- The media could influence the young person to want to do unfortunate things in keeping with its standard ✓ which could be difficult for them to live up to. ✓
- The media may portray slim/tall girls as paragons of beauty ✓ which could make girls without those attributes to feel incomplete/ inadequate. ✓
- It may portray classy/beautiful places as things that everyone should achieve ✓ and if they can't achieve those, they may develop negative emotions/ they may resent themselves ✓
- Media may display superficial and surreal/ strange lifestyles (ü) that may be impractical to emulate. ✓
- The media may use derogatory and inflammatory language ✓ that may humiliate other users to a point that they begin to question their value. ✓
- The media may plough a seed of incompleteness ✓ by the manner they portray the manner people should live their lives. ✓

Any TWO of the above for TWO marks each

(2x2) (4)

3.5. Explain TWO ways how parents could contribute to the development of lowered levels of self-esteem, resulting in negative emotions in their children.

Marks should be awarded as follows:

TWO (✓✓) marks for a well explained response.

Parents could ...

- set unrealistic standards/ expectations for their children ✓ which may not be easily achieved by their children. ✓
- create unnecessary competition in the minds of their young ones ✓ and they may feel sad if they cannot win the competition with others. ✓
- make negative statements, if their young ones cannot do certain things ✓ and that could make them feel useless. ✓
- deprive them certain privileges, if they cannot do as expected ✓ and that may create feelings of worthlessness. ✓
- want their children to form relationships with certain people ✓ and if they can't initiate/sustain such relationships, they may be less considered for the most important things in their lives. ✓

- choose certain careers requiring certain capabilities which their young ones do not have ✓ and that could lead to open rejection of the young person. ✓

Any TWO of the above for TWO marks each

(2x2) (4)

- 3.6. **Recommend TWO ways in which you, as a young person, could assist your friends to successfully deal with negative emotions, arising from lowered levels of self-esteem. In your answer, also indicate how that could benefit them.**

Marks should be awarded as follows:

THREE ✓✓✓ marks for a well explained response.

Possible responses could include:

- Use effective communication strategies ✓ in which you may practice empathy ✓ so that you may re-assure them of their worth in the world. ✓
- Encourage them to successfully complete assigned tasks/projects ✓ as that may boost/ elevate their energies to do better/ do other things ✓ which could build some form of trust in their abilities to complete tasks. ✓
- Invite them to participate in civic/community organization ✓ so that they may positively contribute to common cause/ deal with other people's challenges ✓ and that could eventually develop some sense of gratification in having helped others with their problems. ✓
- Advise them to make well informed decisions, ✓ as that could make them appreciate the fact that they may also succeed in certain things ✓ and that could then develop their trust in their worth. ✓
- Encourage them to always affirm others when they have done right ✓ as that could enable others to also notice/ acknowledge their contributions ✓ and that may build their value in life ✓

Any TWO of the above for THREE marks each

(2X3) (6)

[20]

TOTAL SECTION B: [40]

SECTION C

Choose any TWO questions in this section. Write your answers in paragraph form.

QUESTION 4

Write paragraphs on **human trafficking**.

Use the following as a guideline:

- **Briefly state FOUR human rights that can be violated through human trafficking.**

- Right to education✓
- Right to fair working conditions✓
- Right to health✓
- Right to freedom from slavery and forced labour✓
- Right to life and security✓
- Right to dignity and respect✓
- Right to freedom of movement✓



(4x1) (4)

Any FOUR of the above responses for ONE mark each (✓)

- **Explain FOUR negative impacts of human trafficking on the society.**

Marks should be awarded as follows:

TWO marks (✓✓) for FOUR well-explained responses

NOTE: To be awarded full TWO marks, learners must give a fact, ✓ elaborate the fact. ✓

- Communities become unsafe, ✓ which discourage investments or tourism✓.
- It destroys families and community structures, ✓ which results in distress✓
- Communities lose social cohesion✓ because of fear and lack of trust✓.
- It hinders community development, ✓ as exploitation of vulnerable group limits social progress✓
- It violates human rights, ✓ as people lose their human dignity. ✓
- It increases crime✓ as it involves drug smuggling, which results in community violence ✓

(4x2) (8)

Any FOUR of the above responses for TWO marks each (✓✓)

- Critically discuss TWO practical strategies that parents could implement to prevent human trafficking in the community.

Marks should be awarded as follows:

FOUR marks (✓✓✓✓) for TWO well-explained responses

NOTE: To be awarded full FOUR marks, learners must give a fact, elaborate the fact, qualify and give an outcome.

- Through awareness campaigns ✓ parents could warn children about human trafficking ✓ so that they know about it ✓ and be able to prevent it. ✓
- Open communication ✓ reduces the likelihood of children keeping secrets ✓, whereby they will be able to open up about exploitative relationships ✓, and be protected from possible human trafficking. ✓
- Parents could monitor their children online activities ✓, and teach them how traffickers use digital platforms to recruit victims ✓ this will make them to safely use online platforms, ✓ thereby prevent grooming ✓
- Parents can partner with schools, churches and local authorities ✓ to strengthen awareness ✓ learners will see the seriousness of trafficking ✓ and be more cautious about it. ✓
- Parents could advise their children to associate themselves with responsible friends ✓, who will serve as protective factor ✓ by being on the lookout for one another ✓ thereby avoiding risky environments ✓

(2X4) (8)

Any TWO of the above responses for FOUR marks each (✓✓✓✓)

[20]

QUESTION 5

Write paragraphs on **Physical Education**.

- Briefly state FOUR safety issues/measures to be considered when participating in physical activities.

- Warm up before and cool down after to prevent muscle injuries. ✓
- Wear suitable clothing for the activity. ✓
- Ensure the playing area is free from hazards. ✓
- Drink enough water to prevent dehydration. ✓
- Keep enough space between participants to avoid injuries. ✓

- Follow instructions. ✓
- Ensure that first aid kit is available in case of emergency. ✓
- Be medically fit. ✓
- Rest when tired or feeling pain. ✓

Any FOUR of the above responses for ONE mark each (✓) (1x4) (4)

- Explain TWO social benefits and TWO mental benefits of participating in physical activities.

Marks should be awarded as follows:

TWO marks (✓✓) for FOUR well-explained responses

NOTE: To be awarded full TWO marks, learners must give a fact, ✓ elaborate the fact. ✓

• **Social benefits:**

- Promotes social interaction ✓ by bringing people together. ✓
- It helps people build better relationships ✓ thus promoting unity. ✓
- Meet new friends ✓ whereby communication skills are developed. ✓
- Reduces loneliness ✓, by developing sense of belonging and support. ✓
- Strengthen social connectedness ✓, which contribute to healthier society.

Any TWO of the above responses for TWO marks each (✓✓)

(2X2) (4)

Mental benefits:

- Engaging in physical activities relaxes and clears ones mind, ✓ making it easy to manage one's life ✓
- It improves sleeping quality ✓, which allows the mind to rest. ✓
- It improves concentration span ✓, which enhances academic performance. ✓
- It maintains healthy mind ✓ that promotes positive thinking. ✓

Any TWO of the above responses for TWO marks each (✓✓) (2X2) (4)

- Critically discuss TWO ways in which communities can motivate youth to participate in physical activities to prevent them from engaging in unhealthy activities.

Marks should be awarded as follows:

FOUR marks (✓✓✓✓) for TWO well-explained responses

NOTE: To be awarded full FOUR marks, learners must give a fact, ✓ elaborate the fact, ✓ qualify ✓ and give an outcome. ✓

- Communities can collaborate with schools ✓ to ensure effective planning of physical activities ✓ whereby learners will focus on their daily schedules ✓ thus minimising exposure to unhealthy habits ✓
- Communities can educate parents ✓ on the importance of physical activities ✓ as they will reinforce its importance to their children ✓, thus encouraging healthy habits at home. ✓
- Communities can hold games ✓ with incentives ✓ to reward them for participating this will motivate them on improved participation ✓ than on unwelcoming behaviours ✓.
- Improved access to diverse sports facilities ✓ that accommodate everyone ✓ and youth will feel safe ✓, thus keeping them away from busy streets. ✓

Any TWO of the above responses for FOUR marks each (✓✓✓✓)

(2X4) (8)

[20]

QUESTION 6

NOTE TO TEACHER:

- In this question, answers must be written in full sentences as far as possible. Hence, within the 4-mark question, learners should be awarded 4,3,2,1 or 0 depending on the level of answers given.

- Briefly state **FOUR** study skills that can be used for effective studying.

Marks should be awarded as follows:

ONE mark (✓) for each response

- Arrange study material and space before studying. ✓
- Highlight, underline and ask yourself questions whilst reading. ✓
- Minimize distraction for better concentration. ✓
- Do self-testing to identify the gaps. ✓
- Identify memory techniques that works for you. ✓
- Have discussion group to gain different perspective and to clarify doubts. ✓
- Take notes while studying by summarizing key points. ✓
- Plan and schedule time for studying. ✓

Any FOUR of the above responses for ONE mark each (✓)

(4X1) (4)

- Explain in **FOUR** ways the importance of considering socio-economic factors when choosing a career.

Marks should be awarded as follows:

TWO marks (✓✓) for FOUR well-explained responses

NOTE: To be awarded full TWO marks, learners must give a fact, elaborate the fact. ✓✓

- Helps people to know the society they come from ✓ in order to serve their needs. ✓
- Helps one to know their financial background ✓ in order to avoid getting into financial debts/ to look for available financial assistance. ✓
- It helps in knowing which career have more people ✓ in order to choose one with better employment opportunities. ✓
- It assists in repursuing other means of study ✓, if one cannot afford full time study. ✓
- It helps in identifying financial assistance available ✓, in order to afford studies. ✓
- Helps in choosing career with better wages ✓, in order to get into better paying career. ✓

Any TWO of the above responses for TWO marks each (✓✓)

(2X2) (4)

- Critically discuss TWO ways how developing a study plan early in the year can help learners to feel confident during examination.

Marks should be awarded as follows:

FOUR marks (✓✓✓✓) for TWO well-explained responses

NOTE: To be awarded full FOUR marks, learners must give a fact, elaborate the fact, qualify and give an outcome.

- Study plan helps with organising time effectively✓ to ensure that topics are fully covered✓, rather than studying a lot of content on the last minutes✓, which may result in panicking. ✓
- It builds self-discipline✓ as they have been consistent on their study plan✓, thus approaching exams with a ready mindset✓ resulting in less panic. ✓
- It reduces stress when exam time approaches✓, as they have thoroughly studied✓. This will impact on understanding the content better✓, thereby face exams calmly. ✓
- Studying on time prevents cramming✓, which might cause stress✓, thus reduce retention of information/content studied✓, which might results in panicking and mental block. ✓
- Through following their study plan✓, learners can track their progress✓ and identify content challenges, whereby they will dedicate extra time on difficult topics✓ this will give them sense of control over their learning. ✓
- When studied consistently throughout the year✓, they approach exam well prepared✓, thus feeling confident that they mastered the content✓, which can positively impact on performance✓.
- **Any TWO of the above responses for FOUR marks each (✓✓✓✓) (2X4) (8)**

TOTAL SECTION C: [20]

GRAND TOTAL: [100]