basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL SENIOR CERTIFICATE

GRADE 12

LIFE ORIENTATION

COMMON ASSESSMENT TASK

SEPTEMBER 2026

LIFE ORIENTATION
10620E

MARKS: 100

TIME: 2½ hours

X10

This question paper consists of 10 pages.

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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 answers correctly according to the numbering system used in this question paper.
6. Write neatly and legibly.

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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 numbers (1.1.1 to 1.1.5) in the ANSWER BOOK, e.g. 1.1.6 D.

1.1.1 A student's National Benchmark Test (NBT) result is mainly used to ...

A verify whether the applicant's final school results accurately reflect their overall ability.
B identify which applicants may require placement in extended support programmes.
C evaluate whether the applicant's career interests match their chosen field of study.
D determine whether the applicant meets the requirements for a specific programme.

1.1.2 Regular participation in physical activity is important because it …

A improves the way in which the body and mind work together to handle the challenges of life.
B develops the specific agility skills needed to reach a high level in sports.
C removes the risk of experiencing any form of stress and anxiety that may cause ill health.
D may guide a person to choose a diet they prefer to support their lifestyle.

1.1.3 When learners plan their responses to high-order questions, the most effective strategy is to …

A focus on theoretical definitions instead of the details provided in scenarios.
B structure their answers according to the action verb while adhering to the mark allocation.
C paraphrase the core problem to demonstrate their understanding of the content.
D respond to the action verb by writing down all the facts about that topic.

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1.1.4 An editor's position best reflects a democratic society when the content …

A combines a range of viewpoints, including those of minority groups.
B includes critical viewpoints, emphasising those of influential groups.
C presents multiple viewpoints, focusing more on popular opinions.
D covers specific viewpoints, highlighting those of disadvantaged groups.

1.1.5 Endurance training may help you in your daily life because it …

A focuses mainly on physical mobility, improving flexibility levels.
B helps to build muscle mass, increasing metabolic functioning.
C delays the onset of fatigue, sustaining physical energy levels.
D strengthens the heart muscle, improving overall body posture.

(5 x 1) (5)

1.2 Give ONE word/term for EACH of the following descriptions. Write only the word/term next to the question numbers (1.2.1 to 1.2.3) in the ANSWER BOOK.

1.2.1 The deliberate withdrawal from a disagreement instead of addressing the issue directly

1.2.2 A one-year NQF vocational qualification providing foundational skills for entry-level employment or further specialisation (1)

1.2.3 An independent body established by the Labour Relations Act (LRA), 1995 (Act 66 of 1995), to resolve workplace disputes fairly (1)

1.3 Answer the following questions by writing the answer next to the question numbers (1.3.1 to 1.3.3) in the ANSWER BOOK. Write your answers in full sentences.

1.3.1 Define the term *personal mission statement* in relation to your life goals. (1 x 2) (2)

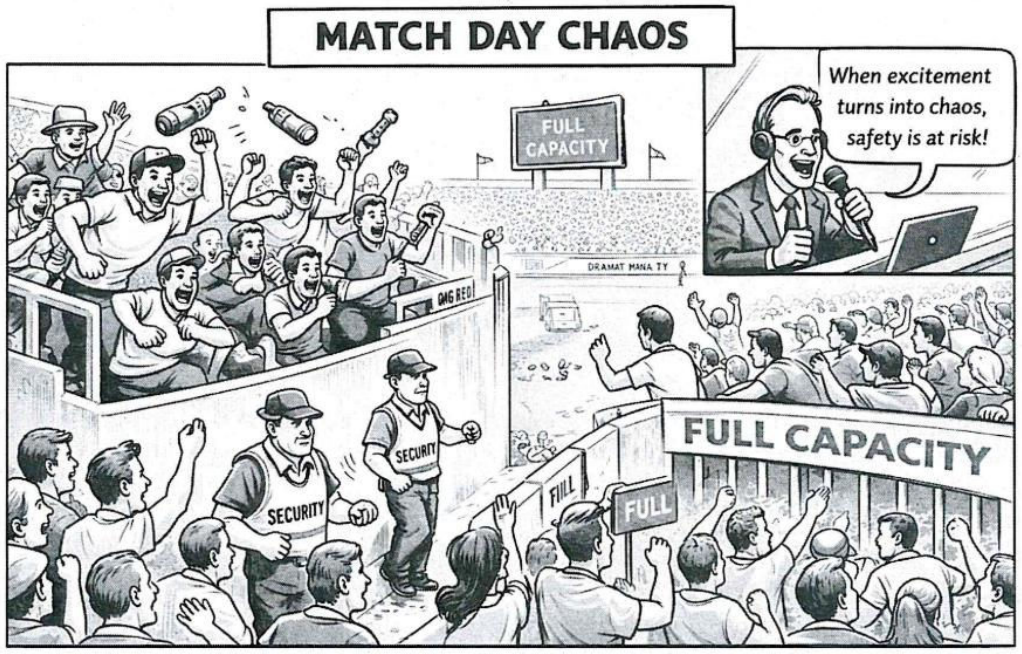
1.3.2 Explain how participation in team sports could improve your leadership skills. (1 x 2) (2)

1.3.3 Discuss how perseverance could help a learner deal with the rejection of a financial aid application. (1 x 2) (2)

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1.4 Study the cartoon below and answer the questions that follow.

HUMAN FACTORS THAT CAUSE CRISES AND DISASTERS



[Adapted from www.heraldonline.co.com. Accessed on 30 May 2026.]

1.4.1 Identify TWO environmental factors illustrated in the cartoon that could lead to a disaster at the event. (2 x 1) (2)

1.4.2 Discuss how the unacceptable behaviour of spectators at sports events could negatively affect nation building. (1 x 2) (2)

1.4.3 Suggest ONE precaution you should take to safeguard yourself from a crisis, in the event of chaos breaking out at a stadium. (1 x 2) (2)

TOTAL SECTION A: 20

SECTION B (COMPULSORY)

Answer ALL the questions in this section. Write your answers in full sentences.

QUESTION 2

Read the extract below and answer the questions that follow.

YOUTH AND THE CURRENT JOB MARKET IN SOUTH AFRICA

South Africa's job market is changing rapidly and young people are struggling to adapt. Employers are finding it increasingly difficult to fill positions that require specialised expertise, as scarce skills remain in short supply across the current job market. Hence, many job seekers are finding it difficult to adapt to an evolving digital job market.

Young workers also face a new challenge, that of digital burnout. Excessive hours connected to screens and digital platforms are becoming increasingly common among young workers, negatively impacting their work ethic.

In addition, strong problem-solving skills are essential in the modern workplace for a potential young entrepreneur. Those who are able to identify niche opportunities in the digital workspace are turning them into profitable e-businesses. Having a formal qualification could offer a strategic advantage to a potential young entrepreneur in today's competitive job market.

[Adapted from www.businesstech.co.za. Accessed on 5 January 2026.]

2.1 Define the term *scarce skills* in the current job market. (1 x 2) (2)

2.2 Describe how digital burnout could result in a young worker lacking a strong work ethic. (1 x 2) (2)

2.3 Explain why it is important for job seekers to adapt to an evolving digital job market. (1 x 2) (2)

2.4 Discuss why problem-solving skills are essential for a young entrepreneur in the current job market. (2 x 2) (4)

2.5 Examine how having a formal qualification could be an advantage for a young entrepreneur in a competitive job market. (2 x 2) (4)

2.6 Assess how young people could successfully identify niche opportunities in the digital job market. In EACH answer, also explain how it could lead to building a successful e-business. (2 x 3) (6)

[20]

QUESTION 3

Read the extract below and answer the questions that follow.

RELATIONSHIPS AND CONFLICT

Sustaining healthy relationships is one of the most important yet challenging aspects of growing up. For many South African youth, unresolved interpersonal conflict remains a common issue as it often leads to the breakdown of friendships.

Healthy communication is equally complex. Teachers and counsellors increasingly note that many young people struggle to express their true feelings in a respectful manner. While relationship experts emphasise active listening as a vital tool for sustaining healthy relationships, the need for peer acceptance regularly undermines it. This intense desire for group acceptance frequently drives youth to compromise their personal values in order to fit in, harming their self-esteem, which causes deep concern for parents and teachers alike.

Personality differences further complicate how young people handle conflict. Extroverts, for example, may make it difficult for others to freely express their views during disagreements. When social pressures and conflicts are not addressed, they could escalate dramatically. This is evident in the high incidences of violence among learners in schools; a crisis that highlights an urgent need for youth to begin accepting responsibility for their own actions.

[Adapted from www.everydayhealth.com. Accessed on 5 January 2026.]

3.1 How does unresolved interpersonal conflict lead to the breakdown of friendships? (1 x 2) (2)

3.2 Describe ONE reason why some youth may find it difficult to express their true feelings to others in a respectful manner. (1 x 2) (2)

3.3 Explain the importance of active listening in sustaining healthy relationships. (1 x 2) (2)

3.4 Discuss how compromising your values to fit into a peer group could harm your self-esteem. (2 x 2) (4)

3.5 Examine TWO strategies an extrovert could use to allow others to freely express their views during a disagreement. (2 x 2) (4)

3.6 Assess how learners could manage their own behaviour to help reduce incidences of violence in schools. In EACH answer, also indicate how this could assist them in accepting responsibility for their own actions. (2 x 3) (6)

[20]

TOTAL SECTION B: 40

SECTION C

Answer any TWO questions in this section.

Your responses must consist of **paragraphs**. Marks will ONLY be allocated for responses written in full sentences.

QUESTION 4

Read the extract below and answer the questions that follow.

FRAUD AND CORRUPTION

Corruption in South Africa is widespread, impacting the country's reputation both nationally and internationally. While governments and institutions bear the primary responsibility to address corruption, young people could be seen as a vital force in promoting transparency and a sense of accountability in society.

[Adapted from www.corruptionwatch.org.za. Accessed on 6 March 2026.]

Write paragraphs on ***fraud and corruption***.

Use the following as a guideline:

- Briefly state FOUR reasons why many people still engage in fraudulent activities, regardless of the laws in the country. (4 x 1) (4)
- Analyse how the high prevalence of corruption in South Africa could harm the country's international reputation. (2 x 4) (8)
- Discuss in detail TWO personal actions that young people could take to help reduce fraud and corruption in their communities. (2 x 4) (8)

[20]

QUESTION 5

Read the extract below and answer the questions that follow.

HIV AND AIDS

HIV and Aids still remain a major public health challenge globally. The withdrawal of international funding impacts on the treatment of people living with this disease in South Africa. The crisis is worsened by negative stereotyping that prevents young adults from disclosing their status to their families, while the rise in gender-based violence (GBV) increases the prevalence of HIV in the country.

[Adapted from www.who.int. Accessed on 5 January 2026.]

Write paragraphs on ***HIV and Aids as a lifestyle disease***.

Use the following as a guideline:

- Briefly state FOUR reasons why negative stereotyping of HIV and Aids may prevent young adults from disclosing their status to family members. (4 x 1) (4)
- Analyse how the withdrawal of international funding may impact on the treatment for people living with HIV and Aids in South Africa. (2 x 4)
- Discuss in detail the extent to which gender-based violence could increase the high prevalence of HIV in South Africa. (2 x 4)

[20]

QUESTION 6

Read the extract below and answer the questions that follow.

DANGERS OF USE AND ABUSE OF SOCIAL MEDIA

Laws, such as the Cybercrimes Act, 2020 (Act 19 of 2020), regulates the right to freedom of expression. However, unverified viral social media posts, fake news and harmful online communication continue to spread rapidly across different platforms. The reckless sharing of information online could also negatively impact a person's future career opportunities.

[Adapted from www.meyerattorneys.co.za. Accessed on 7 January 2026.]

Write paragraphs on the ***dangers of the use and abuse of social media***.

Use the following as a guideline:

- Briefly state FOUR ways in which inappropriate content shared about you online could harm your future career opportunities. (4 x 1) (4)
- Analyse how a young person could verify information before sharing it online, to avoid the spreading of fake news. (2 x 4)
- Discuss in detail how an understanding of the right to freedom of expression could help young people avoid harmful online communication. (2 x 4) (8)

[20]

TOTAL SECTION C: 40
GRAND TOTAL: 100

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