



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
EDUCATION

VHEMBE EAST DISTRICT

MEMORANDUM

GRADE 8

LIFE ORIENTATION
TERM 1 2023

MARKS: 70
TIME: 60 MINUTES

This Memorandum consists of 4 pages including the cover page.

MEMORANDUM:

SECTION A

Question 1. (5 marks)

- 1.1. c. Self-concept ✓
- 1.2. a. Self- motivation ✓
- 1.3. c. Magazine and television ✓
- 1.4. c. Peers ✓
- 1.5. b. Feedback ✓

Question 2 (5 marks)

- 2.1. True ✓
- 2.2. True ✓
- 2.3. False ✓
- 2.4. False ✓
- 2.5. True ✓

Question 3 (5 marks)

- 3.1 Kinaesthetic learner ✓
- 3.2 Abstinence ✓
- 3.3 Negative self –talk ✓
- 3.4 Relationship at home ✓
- 3.5 Conflict ✓

Question 4

(10) Marks)

Define the following concept:-

- 4.1. **Self- concept** is how you see yourself and what you feel about yourself. ✓✓
- 4.2. **Assertiveness** is to be able stand firm and be able to say NO if you do not want. ✓✓
- 4.3 **Ambitious** having a strong desire to succeed. ✓✓
- 4.4 **Role-module** people who inspired others or people in the community who are admired and copied and look up to. ✓✓
- 4.5. **Romantic relationship**: based on concept of love, intimacy and commitment. ✓✓

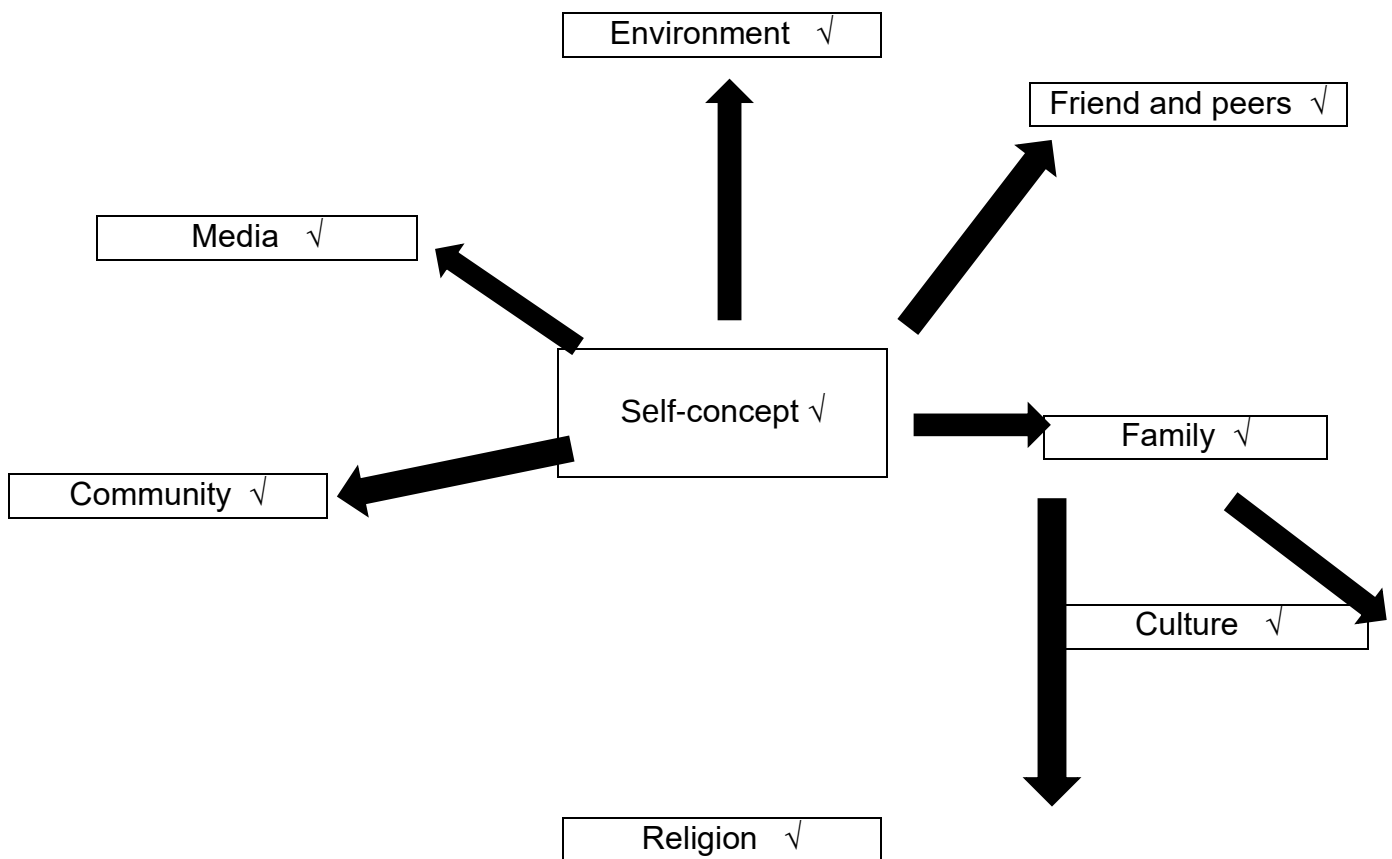
SECTION B TOTAL MARKS: 25

Question 5

Create a mind map on an A4 page about seven (7) factors that influence self-concept Formation. Follow the guidelines given.

- 5.1 Make the mind map in the centre of your mind map. Self-concept (1)
Heading in the centre of mind map ✓
- 5.2 Create your mind map by placing or writing the seven factors around the centre. (7)

(8 Marks)



5.3 (7 marks)

Relevant for positive or negative examples

Media : - Sharing of information that build general knowledge; ✓
- Create false impression of what is acceptable / good / right etc.

Environment:- Safe and healthy environment ✓
- Dirty, unhealthy environment

Friends and peers: - Feelings of acceptable of who you are. ✓
- influence to perform unacceptable behaviour /substance abuse etc.

Family: - Loving family creates acceptable of self and feelings of self -worth. ✓
- Dysfunctional family – violent, substance abuse. etc. is seen as norm

Culture: - Group identity based on beliefs, customs etc. ✓
- Negative group identity e.g. gangs

Religion: - Builds beliefs, moral values and good behaviour guidelines. ✓
- Can cause internal conflict if disagreement with religion e.g. homosexuality

Community: - Acceptance as part of a group in a specific geographical area. ✓
- Bias, stereotyping etc.

5.4 **Relevant goal that is e.g**
Specific – pass all my grade school subjects with measureable – a 60% average. ✓✓

5.5 Learner's own potential identified ✓

5.6 (2 marks)

Relevant strategy e.g.

- Work hard ✓
- Determination etc. ✓

Relevant reason that matches that specific potential's development.

5.7 (5 marks)

- Define the problem ✓
- Brainstorm the decision ✓
- Evaluate every decision ✓ (any five)
- Decide ✓
- Carry out the decision ✓
- Evaluate the decision ✓

SECTION C

TOTAL MARKS: 20

Choose any two questions from the three below:

Question 6 (10)

6.1. (2 marks)

- Values related, ✓
- love and relationship, ✓
- action and response to other, ✓
- Clothes we wear; ✓ (any two)
- How we think and feel about our bodies etc. ✓

6.2. (2 marks)

Relevant answer.

If you have a bad self-image about how you look it will negatively affect the way you think about your own sexuality. ✓✓

6.3 (6 marks)

- Media ✓✓
- community ✓✓
- peer pressure ✓✓

Question 7

7.1 (10 Marks)

Relevant answers

- | | | |
|----|-------------------------------|----|
| a) | Open communication | √√ |
| b) | Pay attention to other people | √√ |
| c) | Appreciate other people | √√ |
| d) | Support each other | √√ |
| e) | Offer free service- volunteer | √√ |

Question 8

8.1

- | | | |
|--|----|-----------------|
| a) Be yourself | √√ | (any five) (10) |
| b) Smile | √√ | |
| c) Show respect | √√ | |
| d) Be confident | √√ | |
| e) Voice out your opinion | √√ | |
| f) Call your peers by names | √√ | |
| g) Make eye contact while communicating. | √√ | |

TOTAL MARKS: 70