

# Life Orientation Grade 11 Revision Notes

Life Orientation · Practice Test · 30 Questions

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## 1. What are goals?

- A) Things we wish for
- B) Plans and aims we can actively pursue
- C) Dreams that are unattainable
- D) Ideas that are not actionable

## 2. Which of the following is NOT a component of SMART goals?

- A) Specific
- B) Meaningful
- C) Achievable
- D) Time-based

## 3. A goal to be achieved within the next 6 months is considered:

- A) Short-term
- B) Medium-term
- C) Long-term
- D) Immediate

## 4. What is the first step in the five-step method for planning and goal-setting?

- A) Make an action plan
- B) Evaluate if you have achieved your goal
- C) Write down your goal
- D) Check to see if it is a SMART goal

## 5. What is the first step in problem-solving skills?

- A) Gather information
- B) List possible solutions
- C) Think of the effects of each solution
- D) Explain the problem

## 6. What are values?

- A) Things we want to achieve
- B) Principles we think are important in life
- C) Dreams and wishes
- D) Actions we take

**7. Which type of relationship is with people related by blood or marriage?**

- A) Casual
- B) Friends
- C) Family
- D) Formal

**8. What is an example of a natural development that can change relationships?**

- A) Accidents
- B) Death of a family member
- C) Moving to another area
- D) Job loss

**9. Which quality is NOT listed as making good relationships?**

- A) Caring
- B) Selfish
- C) Mutual respect
- D) Good listener

**10. What is gender stereotyping?**

- A) The traditional roles of men and women
- B) Thinking someone behaves a certain way because of their gender
- C) The ability to have power in a relationship
- D) The process of marriage

**11. Which of the following is a type of qualification?**

- A) High School Certificate
- B) Vocational Training Certificate
- C) Bachelor's Degree
- D) Apprenticeship

**12. What does FET stand for?**

- A) Further Education and Training
- B) Foundation Education and Technology
- C) Future Employment Training
- D) Formal Education and Teaching

**13. What is the purpose of the NQF framework?**

- A) To regulate prices of education
- B) To combine education and training in South Africa
- C) To set standards for sports
- D) To create new holidays

**14. What is an Admission Point Score (APS)?**

- A) A score for extracurricular activities
- B) Points for marks obtained in NSC examinations
- C) A score for physical fitness
- D) A score for artistic talent

**15. How many compulsory subjects are there in the NSC?**

- A) 2
- B) 3
- C) 4
- D) 6

**16. What is the minimum rating required for 3 subjects to qualify for a National Senior Certificate?**

- A) 1 (0-29%)
- B) 2 (30-39%)
- C) 3 (40-49%)
- D) 4 (50-59%)

**17. What is the minimum rating required for English or Afrikaans to meet the language requirement for tertiary education?**

- A) 1 (0-29%)
- B) 2 (30-39%)
- C) 3 (40-49%)
- D) 4 (50-59%)

**18. What is SAQA?**

- A) Student Assistance and Quality Assurance
- B) South African Qualifications Authority
- C) Skills Acquisition and Advancement
- D) Student Aptitude and Qualification Assessment

**19. Which of the following is a type of financial assistance for studies?**

- A) Work study program
- B) Scholarship
- C) Part-time job
- D) Allowance

**20. What is public participation?**

- A) Being involved with others in doing something
- B) Voting in elections only
- C) Attending community meetings only
- D) Paying taxes only

**21. What is a petition?**

- A) A formal request to the government
- B) A type of election
- C) A protest march
- D) A public speech

**22. What is good governance characterized by?**

- A) Secrecy and lack of transparency
- B) Corruption and inefficiency
- C) Accountability and transparency
- D) Excluding the public from decisions

**23. What is proportional representation?**

- A) Parties get seats based on population size
- B) Parties get seats according to the percentage of votes they get
- C) Each constituency has one representative regardless of votes
- D) People vote for individual candidates only

**24. Which of the following is NOT a principle of the rule of law?**

- A) Government accountability
- B) Absence of corruption
- C) Security, order, and fundamental rights
- D) Arbitrary government decisions

**25. Which government structure consists of municipalities?**

- A) National Government
- B) Provincial Government
- C) Local Government
- D) Parliament

**26. What is the role of the National Assembly?**

- A) To make laws for provinces only
- B) To be the supreme law-making body in the RSA
- C) To approve local government budgets
- D) To manage international relations

**27. How can sport support nation building?**

- A) By promoting division and conflict
- B) By building tolerance, understanding, and unity
- C) By excluding certain groups
- D) By focusing only on individual achievements

**28. What is the primary function of the brain in learning?**

- A) To only remember facts
- B) To become less active with practice
- C) To create connections between neurons and develop pathways
- D) To stop learning after a certain age

**29. What is the SQ3R method for studying?**

- A) Survey, Question, Read, Recite, Review
- B) Study, Question, Read, Record, Revise
- C) Survey, Query, Read, Repeat, Remember
- D) Study, Quote, Read, Recall, Revisit

**30. Which of the following is a key examination question word and its meaning?**

- A) Analyze - to ignore
- B) Apply - to only think about
- C) Assess - to judge or estimate the value of something
- D) Comment - to only agree