

**LIFE ORIENTATION NOVEMBER EXAM SCOPE 2025****GRADE 10****◆ CAPS TOPICS & CONTENT BREAKDOWN****✓ Term 1 – Democracy and Human Rights**

- Human rights and the South African Constitution
- Bill of Rights
- Concepts: equality, discrimination, prejudice, stereotypes
- Social justice and diversity
- Freedom of religion
  
- PEPUA (Promotion of Equality and Prevention of Unfair Discrimination Act)

**✓ Term 2 – Careers and Career Choices**

- Career vs job
- Work environments (primary, secondary, tertiary sectors)
- Career fields and entrepreneurship
- Lifelong learning and skills development
- Career flexibility and networking

**✓ Term 3 – Development of the Self in Society**

- Adolescence and puberty
- Menstruation and reproductive health
- Self-concept, identity, and self-esteem
- Emotional development and mood swings
- Resilience, peer pressure, coping strategies
- Gender inclusivity and empathy

**✓ Term 3 & 4 – Health, Social & Environmental Responsibility**

- Physical and mental health
- Nutrition and healthy living
- HIV/AIDS awareness and prevention
- Environmental responsibility and sustainability
- Substance abuse prevention

### ✔ Term 4 – Study Skills

- Study timetables and time management
- Revision techniques and goal setting
- Concentration and learning styles

## ◆ WORD BANK / GLOSSARY OF KEY TERMS

(Use this to prepare for **Section A** of the exam)

Topic	Key Terms
<b>Democracy &amp; Human Rights</b>	Constitution, Bill of Rights, Human rights, Equality, Discrimination, Prejudice, Stereotype, Social justice, Diversity, Freedom of religion
<b>Careers &amp; Career Choices</b>	Career, Job, Work environment, Primary sector, Secondary sector, Tertiary sector, Career field, Skills development, Lifelong learning, Flexibility, Entrepreneurship, Diverse jobs, Networking
<b>Development of the Self</b>	Adolescence, Puberty, Menstruation, Identity, Self-concept, Self-esteem, Emotions, Mood swings, Resilience, Coping strategies, Peer pressure, Empathy, Well-being, Gender inclusivity
<b>Health, Social &amp; Environmental</b>	Health responsibility, Nutrition, Healthy lifestyle, Substance abuse, Environmental responsibility, Sustainability, HIV/AIDS awareness
<b>Study Skills</b>	Time management, Study timetable, Learning style, Revision, Goal setting, Concentration


- **Human rights** – Basic freedoms everyone deserves
  - **Equality** – Fair treatment for all
  - **Discrimination** – Unjust treatment based on differences
  - **Career** – Long-term professional path
  - **Resilience** – Bouncing back from difficulties
  - **Sustainability** – Using resources without harming the future
  - **Study timetable** – A plan to organise study time
- (Use glossary booklet or flashcards to revise these)*

## ◆ LIFE ORIENTATION EXAM PAPER STRUCTURE


Your exam will be divided into **three sections**:

---


### ◆ SECTION A – Multiple Choice & Terminology-Based Questions

- **Marks:** 20
  - **Question Type:**
    - Definitions
    - Match the column
    - Fill in the blanks
    - One-word answers
  - **Focus Areas:** All key terms and basic definitions from all terms
  -  **Tip:** Study the glossary and quick definitions list!
- 

### ◆ SECTION B – Short to Medium-Length Responses

- **Marks:** ~30
  - **Instructions:** Answer **2 out of 3** questions
  - **Focus:**
    - Give examples
    - Explain concepts
    - Refer to documents (e.g. Constitution, Acts)
  -  **Tip:** Practice past short questions and paragraph-style answers.
- 

### ◆ SECTION C – Long / Scenario-Based Questions

- **Marks:** ~30
  - **Instructions:** Answer **2 out of 3** questions
  - **Focus:**
    - Scenario analysis
    - Real-life application
    - Problem-solving
    - Argument-based answers
  -  **Tip:** Structure answers clearly (Intro – Main Idea – Supporting Facts – Conclusion)
- 



## FINAL EXAM PREP TIPS:

- Use this document as a checklist while studying.
  - Practise writing out definitions in your own words.
  - Review all your class notes, tests, and Life Orientation textbook.
-

- Create flashcards for the glossary terms.
  - Don't forget to time yourself when practising questions.
-