

LIFE ORIENTATION NOVEMBER EXAM SCOPE 2025

GRADE 11

TERM 1

- **Development of the Self in Society**
 - Decision-making, problem-solving and goal setting (SMART Goals)
 - **Health, Social and Environmental Responsibility**
 - Risky behaviour and its impact on personal well-being
 - Strategies to protect self and others
 - Peer pressure and making informed choices
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TERM 2

- **Careers and Career Choices**
 - Socio-economic factors influencing career choices (poverty, inequality, education)
 - Goal setting
 - Exam preparation
 - Growth Mindset
 - Study Skills
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TERM 3

- **Careers and Career choices**

- Studying advertisements, writing an application letter and completing application forms
- What are some other places that you might hear about a job opening – Local Newspaper, etc.
- Writing and building a curriculum vitae (CV):
- What should be included in a cv/ your cv
- Interview skills: Personal appearance, conduct and preparation for typical questions
- Work ethics: Responsibility and accountability
- Personal expectations and knowledge about self in relation to the demands of the world of work and socio-economic conditions
- Additional and higher education studies required for different careers

- **Development of self in society**

- Healthy and balanced lifestyle choices - Maintaining physical, psychological, social, emotional and spiritual health
- Healthy and balanced lifestyle choices
- Poor decision-making skills.
- Emotional factors & Peer pressure
- Social media and its influence on decision making
- Risky behaviour and situations
- Substance abuse
- Factors that impact positively on lifestyle choices

TERM 4

- **Democracy and Human Rights**

- Moral Dilemma
- Contemporary Moral Dilemmas

- **Study Skills**

- Revision and Consolidation
- Personal Development goals: Study, Health and Fitness

TERMINOLOGY

- Career Field
- Goal Setting
- Growth Mindset
- Moral Dilemma – A moral dilemma occurs when someone faces a choice between conflicting moral values or principles, where both options seem valid but cannot be fully honoured. It's like being caught between a rock and a hard place, trying to decide what's right when there's no clear answer.
- Risky Behaviour
- Positive Role Model
- Time Management – To manage time effectively. This enables a person to become more confident, organised, and learn more efficiently. Effective time management skills are particularly essential for learners.
- Revision – Revision is when content is revised and the process of rereading content that is previously done to extend or improve your knowledge on a subject. Revision is usually taken up with the sole purpose of preparing for examinations. The importance of revision can be seen in the fact that without revision, learners often score low grades in examinations. That is why revision is important for learners. It enables you to be more thorough in the subject matter.
- Socio-economic Factors
- SMART GOALS
- Substance Abuse -Substance abuse refers to the **harmful or hazardous use of legal or illegal substances** (such as alcohol, tobacco, drugs, or medication) for purposes other than their intended medical use. It involves the **excessive and repetitive use** of these substances, leading to **addiction, health problems, and negative effects** on a person's physical, mental, social, and emotional well-being.

REMEMBER: You must answer in full sentences and ensure you practice using the **Statement, Qualifier, Outcome** method, which you will be required to use when answering the essay topics. Some questions will require you to provide two statements and two qualifiers. Read your questions carefully. All the best 😊