Life Orientation

Grade 10

Term 2

**Study skills**

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| 1. | Define the term “study skills” | | |
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| 2. | How can you improve your reading skills? | | |
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| 3. | Define the term “Concentration” | | |
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| 4. | List your top 6 time “wasters” when you have to study or do homework | | |
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|  | 1. | | |
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|  | 3. | | |
|  | 4. | | |
|  | 5. | | |
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| 5. | How would you deal with things that distract you when you have to study? | | |
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| 6. | Do you take notes during classes; if yes how do you take notes; if not why? | | |
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| 7. | How does a mind map help you? | | |
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| 8. | Define the term “similarity” | | |
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| 9. | Define the term “compare” |
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| 10. | Define the term “Critical thinking” |
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| 11. | Define the term “assessment” |
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| 12. | What is the difference between an formal and informal assessment? |
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| 13. | What would you find on an annual study plan? |
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**Social & environmental responsibility**

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| 14. | Define the term “Poverty”? |
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| 15. | Define the term “Environmental justice”? |
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| 16. | Define the term “Social justice”? |
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| 17. | Poverty leads to a lack of ……….. |
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| 18. | When you live in poverty you have less choices, list 3 examples? |
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| 19. | Environmental injustice happens when? |
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|  | 2. |
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| 20. | Social injustice happens when? |
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|  | 1. |
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|  | 2. |
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| 21. | Crime has the harmful effect of making people….. |
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|  | 1. |
|  | 2 |
|  | 3. |
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| 22. | Crime & violence lead to:? |
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| 23. | Define the term “post-traumatic stress disorder”? |
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| 24. | What can cause post-traumatic stress disorder? |
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| 25. | People who suffer from post-traumatic stress disorder experience daily challenges like? |
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|  | 1. |
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| 26. | What does the term “corruption” mean? |
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**HIV & AIDS**

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| 27. | HIV & AIDS involves all of us; how? |
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| 28. | List a few facts that you have learned about HIV & AIDS |
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| 29. | How can we prevent the spread of HIV & AIDS? |
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|  | 1. |
|  | 2. |
|  | 3. |
|  | 4. |
|  | 5. |
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| 30. | A friend or a family member close to you have been diagnosed with HIV & AIDS how would you support them? (think of things like medication, doctors’ appointments, emotion aspects etc.) |
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|  | 1. |
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|  | 2. |
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| **Social issues and their harmful effects** | |
| 31. | What does the term “poverty” mean? |
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| 32. | Poverty is linked to? |
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| 33. | Define the term “food security”? |
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| 34. | Define the term “malnutrition”? |
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| 35. | What are basic health services? Give 3 examples |
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| 36. | What can we do about poverty? |
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| 37. | What can you and your family do to save water”? |
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| **Social constructive and critical thinking skills** | | |
| 38. | Define the term “social thinking skills”? |
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| 39. | Define the term “constructive thinking skills”? |
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| 40. | Define the term “logical thinking”? |
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| 41. | Define the term “critical thinking skills”? |
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| **Youth & Civic organizations** | | |
| 42. | Define the term “volunteer”? |
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| 43. | Civic responsibility means? |
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| 44. | List the benefit of volunteering |
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| 45. | Where do you volunteer / or where would you like to volunteer? Please explain in a few sentences why? |
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