Life Orientation /Grade 12		Source-based task	MDoE / 31 January 2025
1.1	Define the term quality of life and mention TWO factors in your		
		d lower your quality of life.	
1.2	1.2 State FOUR social factors that may negatively impact grade 12s'		
	attempts to reach th	eir academic goals.	(4x1) (4)
1.3	1.3 Indicate the benefits of being able to adapt to the academic		
	demands of grade 1	2.	(2x1) (2)
1.4	Differentiate between	en positive and nega	itive stress, as
	determinants of qual	lity of life.	(2X2) (4)
1.5	Clarify how being able to make healthy personal lifestyle choices		
	could benefit you em	otionally.	(2x2) (4)
	could benefit you em	iotionally.	(2x2) (4)

<u>Life Orientation Grade 12 Written Task Nsc Memo</u>

Lingsheng Yao

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