

# Grade 9: Life Orientation

## Term 1 Class Test 1

Topic: Goal-Setting Skills & Personal Lifestyle Choices



### Section A: Multiple Choice Questions

5 marks

10 marks

Circle the correct answer.

- Which of the following is an example of an external factor that influences personal lifestyle choices?
  - Self-discipline
  - Religion
  - Personal goals
  - Self-motivation
- What is the role of the media in shaping personal lifestyle choices?
  - It has no influence on people's behaviour
  - It only promotes negative influences
  - It can create unrealistic expectations and influence behaviour
  - It ensures that teenagers make informed choices
- What does self-discipline mean?
  - Being responsible after making decisions
  - Making decisions with confidence and standing by them
  - Resisting temptations to take the easy way
  - Always following your interests



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  - Personal goals

(1)

# Life Orientation Test Grade 1 november 2014

**Richard Kelly**



## Life Orientation Test Grade 1 November 2014:

Positive Educational Approaches to Teaching Effectiveness and Student Well-being Hans Henrik Knoop, Mirna Nel, Sufen Chen, Rebecca Shankland, Llewellyn Ellardus Van Zyl, Matthew Cole, 2022-11-08 **Ebook: Adolescence**  
Steinberg, 2016-04-16 **Ebook Adolescence** **Resources in Education**, 1982 **More Urban Myths About Learning and Education** Pedro De Bruyckere, Paul A. Kirschner, Casper Hulshof, 2019-10-18 **More Urban Myths About Learning and Education** Challenging Eduquacks Extraordinary Claims and Alternative Facts examines common beliefs about education and learning that are not supported by scientific evidence before using research to reveal the truth about each topic The book comprises sections on educational approaches curriculum educational psychology and educational policy concluding with a critical look at evidence based education itself Does playing chess improve intelligence Should tablets and keyboards replace handwriting Is there any truth to the 10 000 hour rule for expertise In an engaging conversational style authors Pedro De Bruyckere Paul A Kirschner and Casper Hulshof tackle a set of pervasive myths effectively separating fact from fiction in learning and education **The Nature of Business Transformation** Richard Kelly, 2022-03-17 This book is a practical guide for business professionals to develop and improve business intelligence and collective decision making within their organisation It proposes a progressive reconfiguration of the traditional business operating system using a nature inspired framework called swarm facilitation that enables and facilitates collective decision making Organisations have followed the same rigid formula of problem solving and decision making for over 100 years It is dominated by centralised governance and pyramid decision making Such an approach is no longer fit for purpose in an environment of employee disengagement artificial intelligence AI superintelligence and Covid 19 fallout By the end of this book readers will be able to solve organisational problems and challenges collectively using swarm intelligence upgrade and future proof business operating systems to reflect a more collective decision making approach fit for the new connected economy and Industry 4 0 embrace mindset quotients that support people working in a more networked self organising and collective environment The book is important reading for leaders and managers who are focused on building organisational capital and engagement and gaining value from the emerging technology by evolving their business operating system into a digital ecosystem as part of an ongoing digital transformation strategy It will also appeal to experts working in the field of organisational change and development both within the organisation and as consultants *Marine Ecosystem Restoration (MER) - Challenges and New Horizons* Brian Silliman, Avigdor Abelson, Christine Angelini, Gesche Krause, Megan Irene Saunders, Tjisse Van Der Heide, 2023-10-23 Worldwide marine ecosystems have been lost and degraded due to anthropogenic disturbances For example oyster reefs have declined by at least 85% coral reefs by 19% seagrasses by 29% North American salt marshes by 42% and mangroves by 35% from the early 19th century Deepwater reefs and deep sea vents are not immune and have also been reduced in extent in many areas Factors driving these losses include habitat destruction pollution invasive species

overfishing trawling mining and more recently climate change effects such as ocean warming species range changes and acidification These habitat declines are occurring at a time when marine waters are being used at or near their maximum productive capacity to meet the contemporary needs of an ever increasing human population Because coastal and marine ecosystems generate some of the richest biodiversity hotspots on Earth and provide critical ecosystem services including storm protection fisheries production and carbon storage over 1 billion US dollars have been spent globally in an attempt to halt and reverse observed declines Early conservation efforts aimed at protecting these valuable and threatened habitats focused on reducing human impacts and physical stressors However with habitat degradation continuing and sometimes increasing in rate it is now clear conservation alone will not be sufficient to protect and reestablish coastal ecosystems Habitat restoration although in existence for many decades has recently been elevated as a new primary strategy to stem and even reverse coastal habitat loss The call for increasing investment in restoration efforts has emerged with significant advances in propagule rearing and dispersion of habitat forming organisms e g oysters seagrasses corals In addition restoration resources are increasingly allocated by governments and or large corporations with the aim to for example i fix past landscape engineering efforts that had unintended environmental consequences Such investments are being made to i provide jobs for those unemployed during economic downturns ii restore ecosystems destroyed by natural disasters and stressors iii increase coastal defense in response to increased frequency of intense storms and or iv compensate for pollution and development driven habitat degradation Conservation practitioners have traditionally been skeptical to invest heavily in restoration at large scales because of the high cost per area 10 000 5 000 000 US ha for coastal vs 500 5 000 US ha for terrestrial systems to replant coastal ecosystems and or the high chance that the restored ecosystems will not live long e g outplanted corals For restoration to be effective and employed as a primary method of coastal conservation at relevant scales we must improve its efficiency lower costs and rapidly share and incorporate advances One crucial step will be to identify when and where restoration attempts have been carried out according to state of art ecological theory and gauge their success Another is generating synthesis studies that focus both within and across ecosystems to identify efficiencies adaptations and innovations Work that shows theoretical and methodological innovations in specific ecosystems as well as across systems will be critical to pushing all fields of MER forward Although there is rapidly increasing interest and investment the field of marine ecosystem restoration is just beginning to undergo synthesis Therefore the aim of this Research Topic is to bring together research contributions to help address this synthesis need provide a spotlight for recent innovations enhance our understanding of successful methods in marine ecosystem restoration and promote integration of ecological sociological and engineering theory into restoration practices

**Education in Vietnam** Martin Hayden, Thi Le Tran, 2024-08-02 Offering insights into the current and projected future state of the education system in Vietnam this edited volume is an authoritative sourcebook for scholars policy analysts academic staff and students Vietnam is well on its way to

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