Education)

LIFE ORIENTATION

GRADE 12

BASELINE ASSESSMENT QUESTIONS

2025

DATE: 17/01/2025

EDUCATOR: B.KHANYILE

- Differentiate between stress and stressors.
- 2. How change may impact your quality of life by causing stress.
- 3. Propose ways in which stress related to change could be successfully managed.
- 4. Identify physical, emotional, social and environmental factors causing stress.
- Differentiate between abuse, vocational stress, life crises, personality and social pressure.
- 6. Differentiate between signs, symptoms of stress Positive and Negative stress.
- 7. What is involved in stress management?
- 8. Distinguish between interpersonal conflict and intrapersonal conflict.
- 9. What is conflict resolution?
- Differentiate between conflict avoidance, competing, compromising, accommodating, an collaboration.
- 11. Discuss the important of initiating, building and sustain positive relationships.
- 12. What is communication and why it is important.
- 13. How to communicate feelings and understanding?
- 14. How beliefs and attitude could affect communication?
- 15. Indicate factors that may Influence communication

Grade 12 Life Orientation Past Papers

Emilie Sanchez

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