

LIFE ORIENTATION



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

MEMO-2024

LIFE ORIENTATION

COMMON ASSESSMENT TASK

SEPTEMBER 2024

PERSONAL FITNESS AND HEALTH GOALS



Committing to a consistent
work-out routine, lifestyle and nutritional plan
will not only build your body.
It will also build your mind.

(Adapted from www.stockphoto.com. Accessed on 18 July 2024.)

- 1.4.1 Describe ONE social benefit of including recreational activities in a personal lifestyle plan. (1 x 2)
- 1.4.2 Explain how following a consistent exercise routine could contribute to your mental well-being. (1 x 2)
- 1.4.3 Discuss ONE possible advantage of following a balanced nutritional plan on a person's long-term physical health. (1 x 2)

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Sexual Diversity and the Sochi 2014 Olympics H. Lenskyj, 2014-02-07 This book examines Russia's 2013 anti gay laws and their implications for the Sochi 2014 Olympics. Lenskyj argues that Putin's Russia and the International Olympic Committee wield power in similar ways as evident in undemocratic governance, fraudulent voting processes, hypocrisy and absence of accountability.

Pagan Ethics Michael York, 2015-08-05 This book is the first comprehensive examination of the ethical parameters of paganism when considered as a world religion alongside Christianity, Islam, Judaism, Hinduism and Buddhism. The issues of evil, value and idolatry from a pagan perspective are analyzed as part of the Western ethical tradition from the Sophists and Platonic schools through the philosophers Spinoza, Hume, Kant and Nietzsche to such contemporary thinkers as Grayling, Mackie, MacIntyre, Habermas, Levinas, Santayana etc. From a more practical viewpoint, a delineation of applied pagan ethics is then presented in connection with current moral issues such as same sex union, recreational drugs, environmental awareness, abortion and terrorism. Finally, overviews of sectarian pagan ethics: Shinto, Santeria, Heathenism, Druidry, Romuva, Slavic Kemetism, Classical and Wicca provide both the general and pagan reader with an understanding of the provocative range and differentiation of pagan ethical thought. The book approaches the Western ethical tradition as an historical development and a continuing dialogue. The novelty of this approach lies in its consideration of paganism as a legitimate voice of religious spirituality rather than a satanic aberration or ridiculous childish behavior. The book is aimed at both the contemporary Western pagan and anyone with an interest in the moral dilemmas of our times and the desire to engage in the global ethical discussion. Among the more important features of the book are its presentation of a re-evaluation of idolatry, the notion of the virtue value, the richness of the pagan tradition and the expansion of Western ethics beyond its Christian heritage.

The Campus Rape Frenzy KC Johnson, Stuart Taylor, Jr., 2018-05-22 In recent years, politicians led by President Obama and prominent senators and governors have teamed with extremists on campus to portray our nation's institutions of higher learning as awash in a violent crime wave and to suggest preposterously that university leaders, professors and students are indifferent to female sexual assault victims in their midst. Neither of these claims has any bearing on reality. But they have achieved widespread acceptance thanks in part to misleading alarms from the Obama administration and biased media coverage led by The New York Times. The frenzy about campus rape has helped stimulate and has been fanned by ideologically skewed campus sexual assault policies and lawless commands issued by federal bureaucrats to force the nation's all too compliant colleges and universities essentially to presume the guilt of accused students. The result has been a widespread disregard of such bedrock American principles as the presumption of innocence and the need for fair play. This book uses hard facts to set the record straight. It explores among other things nearly two dozen of the cases since 2010 in which students who in all likelihood would have or have subsequently been found not guilty in a court of law have in a lopsided process been hastily and carelessly branded as sex criminals and expelled or otherwise punished by their colleges.

often after being tarred and feathered by their fellow students And it shows why all students and eventually society as a whole are harmed when our nation s universities abandon pursuit of truth and seek instead to accommodate the passions of the mob As detailed in the new Epilogue some encouraging events have transpired since this book was first published in October 2016 A majority of the judicial rulings in dozens of lawsuits by male students claiming their schools treated them unfairly and discriminated against them based on their gender have rebuked the schools for their handling of these cases And Education Secretary Betsy DeVos called for fairness to accused students and accusers alike revoked most of the guilt presuming Obama era policies and began a protracted rule making process designed to compel procedural fairness and nondiscrimination

Complicit Reah Bravo,2024-06-18 A brave book that imbues MeToo era discourse with a fresh voice Kate Bolick New York Times bestselling author this is a thoroughly researched and deeply personal examination of how women unintentionally condone workplace abuse and what we can do to change things for the better When Reah Bravo began working at the Charlie Rose show the open secret of Rose s conduct towards women didn t deter her from pursuing a position she thought could launch her career in broadcast journalism She considered herself more than capable of handling any unprofessional behavior that might come her way But she soon learned a devastating truth we don t always react to abusive situations as we imagine we will When we live in a society where many feminist ideals are mainstream and women hold positions of power how is it possible that sexual misconduct remains prevalent When many employers mandate trainings to prevent harassment of all kinds why is workplace abuse still so rampant Weaving her own experience with those of other women and insights from experts Bravo reveals the psychological and cultural forces that make us all enablers of a sexist and dangerous status quo At a critical time in the ongoing fight for gender and racial justice Bravo has written an empathic and concise book that will inspire the next generation of voices courageous enough to rage against the machine Rebecca Carroll author of *Surviving the White Gaze*

Outclassed Joan C. Williams,2025-05-20 An eye opening urgent call to mend the broken relationship between college and non college grads of all races that is driving politics to the far right in the US Is there a single change that could simultaneously protect democracy spur progress on climate change enact sane gun policies and improve our response to the next pandemic Yes changing the class dynamics driving American politics The far right manipulates class anger to undercut progressive goals and liberals often inadvertently play into their hands In *Outclassed* Joan C Williams explains how to reverse that process by bridging the diploma divide while maintaining core progressive values She offers college educated Americans insights into how their values reflect their lives and their lives reflect their privilege With illuminating stories from the Portuguese admiral who led that country s COVID response to the lawyer who led the ACLU s gay marriage response and more Williams demonstrates how working class values reflect working class lives Then she explains how the far right connects culturally with the working class deftly manipulating racism and masculine anxieties to deflect attention from the ways far right policies produce the economic conditions disadvantaging the working

class Whether you are a concerned citizen committed to saving democracy or a politician or social justice warrior in need of messaging advice Outclassed offers concrete guidance on how liberals can forge a multi racial cross class coalition capable of delivering on progressive goals

What the Hell Do You Have to Lose? Juan Williams,2018-09-25 The bestselling author political analyst and civil rights expert delivers a forceful critique of the Trump administration s ignorant and unprecedented rollback of the civil rights movement In this powerful and timely book civil rights historian and political analyst Juan Williams denounces Donald Trump for intentionally twisting history to fuel racial tensions for his political advantage In Williams s lifetime crusaders for civil rights have braved hatred violence and imprisonment and in so doing made life immeasurably better for African Americans and other marginalized groups Remarkably all this progress suddenly seems to have been forgotten or worse undone The stirring history of hard fought and heroic battles for voting rights integrated schools and more is under direct threat from an administration dedicated to restricting these basic freedoms Williams pulls the fire alarm on the Trump administration s policies which pose a threat to civil rights without precedent in modern America What the Hell Do You Have to Lose makes a searing case for the enduring value of our historic accomplishments and what happens if they are lost

Debating Yoga and Mindfulness in Public Schools Candy Gunther Brown,2019-03-27 Yoga and mindfulness activities with roots in Asian traditions such as Hinduism or Buddhism have been brought into growing numbers of public schools since the 1970s While they are commonly assumed to be secular educational tools Candy Gunther Brown asks whether religion is truly left out of the equation in the context of public school curricula An expert witness in four legal challenges Brown scrutinized unpublished trial records informant interviews and legal precedents as well as insider documents some revealing promoters of Vedic victory or stealth Buddhism for public school children The legal challenges are fruitful cases for Brown s analysis of the concepts of religious and secular While notions of what makes something religious or secular are crucial to those who study religion they have special significance in the realm of public and legal norms They affect how people experience their lives raise their children and navigate educational systems The question of religion in public education Brown shows is no longer a matter of jurisprudence focused largely on the establishment of a Protestant Bible or nonsectarian prayer Instead it now reflects an increasingly diverse American religious landscape Reconceptualizing secularization as transparency and religious voluntarism Brown argues for an opt in model for public school programs

Index Medicus ,2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings *The Douglas Murray Collection* Douglas Murray,2022-07-07 Enjoy two Sunday Times bestsellers in one in The Douglas Murray Collection two controversial and devastatingly honest depictions of our world today The Strange Death of Europe This book is not only an analysis of demographic and political realities but also an eyewitness account of a continent in self destruct mode It includes reporting from across the entire continent from the places where migrants land to the places they end up from the people who appear to welcome them in to the places which cannot accept them Told from this first hand perspective and backed

with impressive research and evidence the book addresses the disappointing failure of multiculturalism Angela Merkel's U turn on migration the lack of repatriation and the Western fixation on guilt Murray travels to Berlin Paris Scandinavia Lampedusa and Greece to uncover the malaise at the very heart of the European culture and to hear the stories of those who have arrived in Europe from far away He ends with two visions of Europe one hopeful one pessimistic which paint a picture of Europe in crisis and offer a choice as to what if anything we can do next *The Madness of Crowds* A TIMES AND SUNDAY TIMES BOOK OF THE YEAR In this devastating book Douglas Murray examines the twenty first century's most divisive issues sexuality gender technology and race He reveals the astonishing new culture wars playing out in our workplaces universities schools and homes in the names of social justice identity politics and intersectionality Readers of all political persuasions cannot afford to ignore Murray's masterfully argued and fiercely provocative book in which he seeks to inject some sense into the discussion around this generation's most complicated issues He ends with an impassioned call for free speech shared common values and sanity in an age of mass hysteria

What does the Bible Really Teach About Homosexuality? Denmark Hill,2015-04-17 In just a few short years massive shifts in public opinion have radically reshaped society's views on homosexuality Feeling the pressure to forsake long held beliefs about sex and marriage some argue that Christians have historically misunderstood the Bible's teaching on this issue But does this approach do justice to what the Bible really teaches about homosexuality In this timely book award winning author Kevin DeYoung challenges each of us the skeptic the seeker the certain and the confused to take a humble look at God's Word Examining key biblical passages in both the Old and New Testaments and the Bible's overarching teaching regarding sexuality DeYoung responds to popular objections raised by Christians and non Christians alike offering readers an indispensable resource for thinking through one of the most pressing issues of our day

The UN Convention on the Rights of Persons with Disabilities in Practice Lisa Waddington,Anna Lawson,2018-05-24 Introduced in 2008 the UN Convention on the Rights of Persons with Disabilities has existed for nearly a decade This comprehensive study examines how courts in thirteen different jurisdictions make use of the Convention The first sustained comparative international law analysis of the CRPD Waddington and Lawsons ground breaking text illuminates the intersection between human rights law disability law and international law through an examination of the role of courts The first part of the book contains chapters specific to each jurisdiction The second part consists of comparative chapters which draw on the rich analysis of the jurisdiction specific chapters These chapters reflect on emerging patterns of judicial usage and interpretation of the CRPD and on the wider implications for human rights theory and the nascent field of international comparative human rights law This volume is a vital and thought provoking addition to the literature on comparative international law and disability rights

The Wiley Handbook of Early Childhood Development Programs, Practices, and Policies Elizabeth Votruba-Drzal,Eric Dearing,2017-04-17 The first and only comprehensive review of current early childhood development theory practices policies and the science behind them This unique and important

book provides a comprehensive overview of the current theory practices and policies in early childhood development within the contexts of family school and community and society at large. Moreover, it synthesizes scientifically rigorous research from an array of disciplines in an effort to identify the most effective strategies for promoting early childhood development. Research into childhood development is booming and the scientific knowledge base concerning early childhood development is now greater than that of any other stage of the human life span. At the same time, efforts to apply that knowledge to early childhood practices, programs and policies have never been greater or more urgent. Yet surprisingly, until *The Handbook of Early Childhood Development: Programs, Practices and Policies*, there was no comprehensive critical review of the applied science in the field. The book begins with in-depth coverage of child and family approaches. From there, it moves onto a consideration of school and community-based strategies. It concludes with a discussion of current social policies on health and development in early childhood and their implications. Provides a comprehensive overview of the state of the knowledge base along with guidance for the future of the field. Examines the underlying theory and basic science guiding efforts to promote early childhood development. Critically reviews the strength of the empirical support for individual practices, programs and policies. Explores key opportunities and barriers policymakers and practitioners face when implementing various approaches. Pays particular attention to socioeconomically disadvantaged and other disenfranchised populations. *The Handbook of Early Childhood Development: Programs, Practices and Policies* is a valuable resource for practitioners, scholars, graduate students and advanced undergraduate students across the social sciences who are interested in strengthening their understanding of current strategies for promoting early childhood development and the science informing those strategies.

Beyond Jewish Identity Jon A. Levisohn, Ari Y. Kelman, 2019-12-31 There is something deeply problematic about the ways that Jews, particularly in America, talk about Jewish identity as a desired outcome of Jewish education. For many, the idea that the purpose of Jewish education is to strengthen Jewish identity is so obvious that it hardly seems worth disputing and the only important question is which kinds of Jewish education do that work more effectively or more efficiently. But what does it mean to strengthen Jewish identity? Why do Jewish educators, policy makers and philanthropists talk that way? What do they assume about Jewish education or about Jewish identity when they use formulations like "strengthen Jewish identity"? And what are the costs of doing so? This volume, the first collection to examine critically the relationship between Jewish education and Jewish identity, makes two important interventions. First, it offers a critical assessment of the relationship between education and identity, arguing that the reification of identity has hampered much educational creativity in the pursuit of this goal and that the nearly ubiquitous employment of the term obscures significant questions about what Jewish education is and ought to be. Second, this volume offers thoughtful responses that are not merely synonymous replacements for identity, suggesting new possibilities for how to think about the purposes and desired outcomes of Jewish education, potentially contributing to any number of new conversations about the relationship.

between Jewish education and Jewish life *The New Climate Activism* Jen Iris Allan, 2020-12-07 At the 2019 UN climate change conference activists and delegates from groups representing Indigenous youth women and labour rights were among those marching through the halls chanting Climate Justice People Power In *The New Climate Activism* Jen Iris Allan looks at why and how these social activists came to participate in climate change governance while others such as those working on human rights and health remain on the outside of climate activism Through case studies of women's rights labour alter globalization health and human rights activism Allan shows that some activists sought and successfully gained recognition as part of climate change governance while others remained marginalized While concepts key to some social activists including gender mainstreaming just transition and climate justice are common terms human rights and health remain fringe issues in climate change governance *The New Climate Activism* explores why and how these activists brought their issues to climate change and why some succeeded while others did not **The Impact of Religion, Personality, Values and Worldviews on Attitudes Towards Human Rights**

Modestus Chiedozie Adimekwe, 2024-09-04 This book provides a rigorous investigation into the adoption and culture of human rights in Nigeria with a focus on the human rights attitudes of Nigerian students Exploring the perceived paradox of enthusiastic endorsement of human rights instruments and their poor application in Nigeria the author uses an empirical theological research design to understand how young people in Nigeria evaluate human rights and which factors trigger their evaluation In doing so this book is the first to empirically examine the predictors of human rights attitudes among Nigerians and provides new insights into the degree of social significance of the religiosity of adolescents in the country It also offers a compelling quantitative analysis differences in human rights attitudes among Nigerian youth along religious lines Given the importance of a culture of human rights in our increasingly diverse societies and the salience of religion on this matter in Nigeria and across the African continent this book provides a valuable perspective on the interrelationships between religion value orientations personality traits socio political context and human rights Being concerned with the future of human rights in Nigeria the author argues that it is crucial to understand the religious factor among Nigerian students today This book is therefore recommended to educators especially teachers of Religion Education and scholars working in educational settings but will also be of interest to researchers in social sciences public administrators and policymakers *Tackling Terrorism in Britain* Steven Greer, 2021-10-14

In September 2001 the world witnessed the horrific events of 9 11 A great deal has happened on the counterterrorist front in the 20 years since While the terrorist threat has greatly diminished in Northern Ireland the events of 9 11 and their aftermath have ushered in a new phase for the rest of the UK with some familiar but also many novel characteristics This ambitious study takes stock of counterterrorism in Britain in this anniversary year Assessing current challenges and closely mirroring the four Ps of the official CONTEST counterterrorist strategy Protect Prepare Prevent and Pursue it seeks to summarize and grasp the essence of domestic law and policy without being burdened by excessive technical detail It also provides a rigorous context aware

illuminating yet concise accessible and policy relevant analysis of this important and controversial subject grounded in relevant social science policy studies and legal scholarship This book will be an important resource for students and scholars in law and social science as well as human rights terrorism counterterrorism security and conflict studies **The Oxford Handbook of Social Psychology and Social Justice** Phillip L. Hammack, 2018-02-15 The twentieth century witnessed not only the devastation of war conflict and injustice on a massive scale but it also saw the emergence of social psychology as a discipline committed to addressing these and other social problems In the 21st century however the promise of social psychology remains incomplete We have witnessed the reprise of authoritarianism and the endurance of institutionalized forms of oppression such as sexism racism and heterosexism across the globe Edited by Phillip L Hammack The Oxford Handbook of Social Psychology and Social Justice reorients social psychology toward the study of social injustice in real world settings The volume s contributing authors effectively span the borders between cultures and disciplines to better highlight new and emerging critical paradigms that interrogate the very real consequences of social injustice United in their belief in the possibility of liberation from oppression with this Handbook Hammack and his contributors offer a stirring blueprint for a new important kind of social psychology today Cumulated Index Medicus ,1976 **Confidence Culture** Shani Orgad, Rosalind Gill, 2021-12-06 In Confidence Culture Shani Orgad and Rosalind Gill argue that imperatives directed at women to love your body and believe in yourself imply that psychological blocks rather than entrenched social injustices hold women back Interrogating the prominence of confidence in contemporary discourse about body image workplace relationships motherhood and international development Orgad and Gill draw on Foucault s notion of technologies of self to demonstrate how confidence culture demands of women near constant introspection and vigilance in the service of self improvement They argue that while confidence messaging may feel good it does not address structural and systemic oppression Rather confidence culture suggests that women along with people of color the disabled and other marginalized groups are responsible for their own conditions Rejecting confidence culture s remaking of feminism along individualistic and neoliberal lines Orgad and Gill explore alternative articulations of feminism that go beyond the confidence imperative

Digital Entrepreneurship Nezameddin Faghieh, 2024-05-24 Focusing on emerging features of digital transformation digital economy digital innovation and digital entrepreneurship this edited volume highlights new aspects of digital transformation and research progress in the field Chapters cover a wide range of topics such as promoting the growth of the digital economy through the alertness of entrepreneurs predicting entrepreneurial performance through the lens of entrepreneurial orientation and digital adoption with a machine learning approach proposing a guide to emphasize the key aspects of social media analytics examining the digital pathology ecosystem and key drivers for investment in more efficient disease diagnosis and monitoring exploring how humane orientation contributes to the intention to use digital entrepreneurship with a gender perspective Concluding with a review of the extant digital economy literature the volume

proposes a future research agenda which will be useful not only for researchers and academics but also for entrepreneurs and policymakers

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Life Orientation Memo 2014 Dec** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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