

LIFE ORIENTATION

GRADE 12

BASELINE ASSESSMENT QUESTIONS

2025

DATE: 17/01/2025

EDUCATOR: B.KHANYILE

1. 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. ✓
5. 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?
10. Differentiate between conflict avoidance, competing, compromising, accommodating, and 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

Life Orientation Provintial Task

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Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Life Orientation Provintial Task** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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