

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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SA Adler



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