

INTERNATIONAL TRAINING COLLEGE - LINGUA

Towards Educational Excellence

NCFE Reg. No: R0014

NQA Accreditation No: 000244



DEPARTMENT OF EDUCATION

LIFE SKILLS TEST

QUALIFICATION : JUNIOR PRIMARY EDUCATION LEVEL 4

SUBJECT/COURSE : INTRODUCTION TO LIFE SKILLS

EXAMINER : MR MORWE

MODERATOR : MS. LIMWENA

TOTAL MARKS : 50

DURATION : 1 HOUR

MARKS

_____ = _____ %

50

INSTRUCTIONS

- ❖ Write your name and student number in the space provided.
- ❖ Answer all questions in the space provided below.
- ❖ Write neatly and clearly
- ❖ Marks are indicated at the **END** of each question.
- ❖ All **Cell phones** must be switched off during exam sessions.

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only)

(Please Tick one box

Student Name : _____

Student Surname: _____

Student Number: _____

Date : _____

SECTION A
QUESTION 1
TRUE AND FALSE QUESTIONS:

(50 MARKS)
(20 MARKS)

State whether the following is true or false

- 1.1. Life Skills are coping skills. _____
- 1.2. Peer Pressure enable a peer to build strength through difficult circumstances with other peers. _____
- 1.3. Bullying behavior can lead to Peer Pressure. _____
- 1.4. Holistic Wellness only includes spiritual health. _____
- 1.5. HIV is a syndrome, but AIDS is a virus. _____
- 1.6. People with HIV/AIDS should be isolated in hospitals to get good medicinal treatments. _____
- 1.7. An STD can lead to HIV/ AIDS.
- 1.8. It is easy to detect when one is infected with HIV/AIDS, especially when they cough a lot. _____
- 1.9. You may have sex with multiple partners, as long as you are using condoms.

- 1.10. STDs stands for Sexually Transmitted Disease. _____
- 1.11. Positive Behavior is a High Level Skill. _____
- 1.12. Critical Thinking is a General Skill. _____
- 1.13 Empathy is an Essential Life Skills. _____
- 1.14 Asking questions is a Thinking Skill. _____
- 1.15 Thinking Skills are of 4 types. _____
- 1.16 Communication and Interpersonal Skills are one and the same. _____
- 1.17 The overall personality of a child is taken into consideration in Life Skills. _____
- 1.18. Holistic Wellness is an approach to _____
- 1.19. Emotional Wellness is part of Holistic Wellness. _____
- 1.20 Sexuality and Sexual Values are meaning the same. _____

SECTION B

20 MARKS

QUESTION 2

ONE/ TWO WORD QUESTIONS:

2.1 Mention the 2 types of life skills which need to be taught to students (2)

2.1.1 _____

2.1.2 _____

2.2 Mention 2 examples of General Skills (2)

2.2.1 _____

2.2.2 _____

2.3 Mention 2 examples of High Level Skills. (2)

2.3.1 _____

2.3.2 _____

2.4 Name any 2 objectives of development of life skills. (2)

2.4.1 _____

2.4.2 _____

2.4.3 _____

2.4.4 _____

2.5 Mention any 5 Essential Skills everyone should know. (5)

2.5.1 _____

2.5.2 _____

2.5.3 _____

2.5.4 _____

2.5.5 _____

2.6 There are 4 types of Thinking Skills. Name them. (4)

2.6.1 _____

2.6.2 _____

2.6.3 _____

2.6.4 _____

2.7 Interpersonal skills are basically the

a. _____

b. _____

develop Interpersonal skills, one needs to start one's day with an

c. _____

**skills and
skills To
approach. (3)**

QUESTION 3

(10 MARKS)

PARAGRAPH-TYPE QUESTIONS:

3.1 What do you understand under Holistic Wellness?

(5)

3.2 What is HIV/ AIDS? Discuss.

(5)
