



Life Orientation – Grade 8

Welcome to your Conquesta Olympiad. When you have decided which of the answers is correct, scratch out the letter in the matching square on your answer sheet. Example:- If the answer to question 4 is c, then scratch out the letter c in the square containing c next to the number 4 (see example 1 below). If you've made a mistake and b should have been the answer, neatly cross out the mistake and then scratch out b (see example 2 below).

Example 1:- 4. a b ~~c~~ d

Example 2:- 4. a ~~b~~ ~~c~~ d

1. **Self-concept is the way**
 (a) you feel and think about yourself.
 (b) others feel and think about you.
 (c) you let others influence you.
 (d) you talk to others about yourself.


2. **Relationships play an important role in developing who we are. Throughout our lives we will have many relationships with different people. Some will last and grow, and others will simply disappear. Healthy relationships are those that**
 (a) grow and help us to grow.
 (b) offer good communication, caring advice and support.
 (c) Both (a) and (b).
 (d) None of the above.

3. **People with realistic personality types can become**
 (a) fire fighters. (b) cartoonists.
 (c) teachers. (d) postal workers.

4. **Your abilities and talents that can be developed for future success is your**
 (a) self-esteem. (b) maturity.
 (c) potential. (d) self-concept.

5. **..... responsible for the physical changes during puberty.**
 (a) Sexuality is (b) Culture is
 (c) Genitals are (d) Hormones are

6. **To adapt means you have the ability to**
 (a) imagine how others feel.
 (b) change when circumstances change.
 (c) be good, positive and helpful.
 (d) initiate relationships.

7. **Which organisation offering support and care for addicts and their families, does the emblem below represent?**

 (a) Narcotics Anonymous.
 (b) Lifeline.
 (c) SANCA.
 (d) Alcoholics Anonymous.

8. **..... are based on general principles of fairness and justice.**
 (a) Moral rights (b) Financial rights
 (c) Legal rights (d) Social rights

9. **The three keys to appropriate behaviour in a relationship are**
 (a) being possessive, controlling and critical.
 (b) talking openly, spending all your free time together and listening.
 (c) being supportive, impressing the other person and having mutual trust.
 (d) being trustworthy, having respect for each other and sharing.

10. **Dealing with problems is something people do very often. Some problems are minor, but there are times when the problems you are faced with require serious thought. The first step in problem solving is to**
 (a) identify the problem.
 (b) think about different solutions to the problem.
 (c) decide on what the consequences of those solutions might be.
 (d) evaluate if it worked.

11. **Which thinking skills are associated with an investigative career category?**
 (a) Divergent. (b) Rigid.
 (c) Think analytically. (d) Imaginative.



12. Abilities learnt through experience and training are your

- (a) talents. (b) skills.
- (c) uniqueness. (d) motivation.

13. rights are laid down in law and can be defended in a court of law.

- (a) Financial (b) Social
- (c) Legal (d) Moral

14. New skills which extend your personal potential include

- (a) reading, putting in effort and making decisions.
- (b) using the media, increasing your number of friends and copying your peers.
- (c) knowing others, goal setting and changing your behaviour.
- (d) motivating yourself, having a religion and acting on your decisions.



15. If you like movement and concentrate better when doing something, your learning style is

- (a) aural. (b) visual.
- (c) reading and writing. (d) kinaesthetic.

16. Conventional careers include

- (a) Architect, Interior Designer and Author.
- (b) Business Owner, Hotel Manager and Travel Agent.
- (c) Bookkeeper, Receptionist and Data Capturer.
- (d) Dietician, Psychologist and Teacher.



17. Self-concept is what you understand about yourself. Self-concept can be divided into categories. These are

- (a) personal, physical and social.
- (b) social self-concept.
- (c) self-ideals or psychological.
- (d) All of the above.

18. Who of the following is an example of a negative relationship in sport?

- (a) Coach. (b) Parents.
- (c) Steroid dealer. (d) Peers.

20. Career categories (working environments) are called

- (a) career fields.
- (b) career trends.
- (c) career competencies.
- (d) None of the above.

19. Drugs and alcohol can damage your body and organs, such as

- (a) skin, teeth and throat.
- (b) your immune system.
- (c) brain, liver and lungs.
- (d) All of the above.

21. Which of the following is not a performance enhancing drug?

- (a) EPO. (b) Antibiotics.
- (c) Steroids. (d) Stimulants.

22. School subjects related to the social career category may include

- (a) IT, Agriculture and Dramatic Arts.
- (b) Languages, Consumer Studies and Tourism.
- (c) CAT, Economics, Geography.
- (d) Physical Science, Mathematics and Music.



23. Substance abuse is linked to an increase in

- (a) rape, aggression and achieving well at school.
- (b) judgement, response time and car accidents.
- (c) HIV transmission, domestic violence and death.
- (d) crime, expulsion from school and sport involvement.

24. Your are things you enjoy doing.

- (a) talents (b) skills
- (c) abilities (d) interests



25. Which of the following does not influence our self-concept?

- (a) Realistic goals. (b) Family.
- (c) Religion. (d) Community.

