

## **LIFE ORIENTATION GRADE 10 (TRANSLATED)**

### **Question 1**

**Multiple choice questions. There are four options listed as possible answers. Only write the letter (A-D) next to the question number (1.1 – 1.10) down, example 1.11A.**

- 1.1 The definition of a conventional career is:**
  - A. Practical career**
  - B. Investigate and do research over matters**
  - C. Work on creative and original ways**
  - D. Logical diagnosis of information**
  
- 1.2 The definition of an artistic career is:**
  - A. Practical career**
  - B. Investigate and research matters**
  - C. Work on creative and original projects**
  - D. Logical diagnosis of information**
  
- 1.3 The definition of a realistic career is:**
  - A. Practical career**
  - B. Investigate and research matters**
  - C. Work on creative and original issues**
  - D. Logical diagnosis of information**
  
- 1.4 Why is it important to be healthy and do exercises regularly?**
  - A. Because it builds your body**
  - B. Because it gives you big muscles**
  - C. Because it will make you stronger**
  - D. Because it will make your body stiff**
  
- 1.5 The best description of stereo typing is:**
  - A. To have control over another person**
  - B. To have a specific idea of a gender**
  - C. To have a perception over someone based on their religion, culture, race or physical appearance**
  - D. To have certain perceptions towards a gender.**

# Life Orientation Previous Trial Exam Question Paper For 2013

**G Thomas**



### **Life Orientation Previous Trial Exam Question Paper For 2013:**

**Handbook of Assessment in Mindfulness Research** Oleg N. Medvedev, Christian U. Krägeloh, Richard J. Siegert, Nirbhay N. Singh, 2025-08-03 This handbook provides comprehensive coverage of assessment instruments used in mindfulness research. It discusses traditional and modern approaches used to develop psychometric measures and to establish their reliability and validity such as classical test theory, item response theory, and Rasch model, generalizability theory, facet benchmarking, and network analysis. The handbook provides information on conceptual foundations, development, and psychometric properties of assessment instruments used to measure mindfulness in children, adolescents, and adults. In addition, it provides similar information on scales used in specific contexts and for various purposes. It reviews behavioral, cognitive, and psychophysiological assessment measures of mindfulness. The handbook examines a broad range of psychological, physical health, and mental health and related measures that are used in mindfulness research. This reference work enables researchers to choose appropriate measurement tools for a broad range of mindfulness research. Key areas of coverage include: Nature and theoretical foundations of assessment; Origins and definitions of mindfulness; Mindfulness scales for children and adolescents; Mindfulness scales for adults; Mindfulness scales for specific contexts and purposes; Mindfulness and Buddhist related scales; Behavioral assessments of mindfulness; Cognitive and psychophysiological assessments of mindfulness. The Handbook of Assessment in Mindfulness Research is an essential reference for researchers, professors, and graduate students, as well as clinicians, therapists, and other mental health practitioners in clinical psychology and affiliated medical and mental health disciplines, including complementary and alternative medicine, social work, occupational and rehabilitation therapy.

**Positive Psychotherapy** Tayyab Rashid, Martin P. Seligman, 2018-07-17 For over a century the focus of psychotherapy has been on what ails us, with the therapeutic process resting upon the assumption that unearthing past traumas, correcting faulty thinking, and restoring dysfunctional relationships is curative. And indeed they are, but in the rush to identify and reduce symptoms of mental disorder, something important has been overlooked: the positives. Should enhancing well-being and building upon character strengths and virtues be explicit goals of therapy? Positive Psychotherapy provides therapists with a session-by-session therapeutic approach based on the principles of positive psychology, a burgeoning area of study examining the conditions and processes that enable individuals, communities, and institutions to flourish. This clinician's manual begins with an overview of the theoretical framework for positive psychotherapy, exploring character strengths and positive psychology practices, processes, and mechanisms of change. The second half of the book contains 15 positive psychotherapy sessions, each complete with core concepts, guidelines, skills, and worksheets for practicing skills learned in session. Each session also includes at least one vignette, as well as discussion of cross-cultural implications. Mental health professionals of all orientations will find in Positive Psychotherapy a refreshing alternative to symptom-based approaches that will endow clients with a sense of purpose and meaning that many have found lacking in more traditional

therapies      *Electric Transportation For The City of New York In The 21st Century Volume 2* Bob Diamond,2015-11-13 New American Urban Electric Transportation And Freight Delivery Systems For The 21st Century Original PCC streetcar design and engineering documents Building a new standard American streetcar for the 21st century      **Cardiorespiratory**

**Physiotherapy: Adults and Paediatrics** Eleanor Main,Linda Denehy,2016-06-07 The fifth edition of this seminal textbook continues to provide those who are studying or are in practice with comprehensive evidence based coverage of all the main aspects of respiratory and cardiac physiotherapy throughout the whole lifespan neonates infants children adolescents and adults with the patient at centre and advocating a problem based approach For the new edition Jennifer Pryor and Ammani Prasad hand the baton of editorship and their lasting legacy over to Eleanor Main and Linda Denehy With a team of over 60 international expert authors the new editors have incorporated major changes reflecting current cardiorespiratory physiotherapy education and practice These changes are heralded by a new title Cardiorespiratory Physiotherapy Adults and Paediatrics formerly Physiotherapy for Respiratory and Cardiac Problems Adults and Paediatrics and a significant restructure of the content with a new set of chapters A new key chapter on anatomy and physiology of the respiratory system lays the foundation which is then followed by a chapter on clinical assessment of adults infants and children and acutely ill or deteriorating patients Additional new content includes a chapter on outcome measurement in practice and a large chapter describing rehabilitation in acute and chronic conditions in special populations including spinal cord injury oncology trauma and paediatrics The chapter on therapeutic interventions is comprehensive and reflective of evidence based practice Integrates evidence with clinical practice Case studies used to facilitate problem solving Boxes throughout highlighting key issues and points Emphasizes the need for a holistic approach to patient care Bank of 350 images on Evolve Resources Log on to <https://evolve.elsevier.com> Main cardiorespiratory and register to access Newly appointed editors Eleanor Main UK and Linda Denehy Australia Content restructure and overhaul with contributions from over 60 world leading experts Chapters on Anatomy and physiology of the respiratory system Clinical assessment of the adult infant child and the acutely ill deteriorating patient Outcome measurement in practice Therapeutic interventions Managing special populations Over 180 new figures including additional full colour photographs

**Addiction Medicine E-Book** Bankole Johnson,2019-12-12 Integrating scientific knowledge with today s most effective treatment options Addiction Medicine Science and Practice 2nd Edition provides a wealth of information on addictions to substances and behavioral addictions It discusses the concrete research on how the brain and body are affected by addictions improving your understanding of how patients develop addictions and how best to personalize treatment and improve outcomes This essential text is ideal for anyone who deals with patients with addictions in clinical practice including psychiatrists health psychologists pharmacologists social workers drug counselors trainees and general physicians family practitioners Clearly explains the role of brain function in drug taking and other habit forming behaviors and shows how to apply this biobehavioral framework to the delivery of evidence based

treatment Provides clinically relevant details on not only traditional sources of addiction such as cocaine opiates and alcohol but also more recently recognized substances of abuse e g steroids inhalants as well as behavioral addictions e g binge eating compulsive gambling hoarding Discusses current behavioral and medical therapies in depth while also addressing social contexts that may affect personalized treatment Contains new information on compliance enhancing interventions cognitive behavioral treatments behavioral management and other psychosocial interventions Includes neurobiological molecular and behavioral theories of addiction and includes a section on epigenetics Contains up to date information throughout including a new definition of status epilepticus a current overview of Lennox Gastaut syndrome and updates on new FDA approved drugs for pediatric neurological disorders Features expanded sections on evidence based treatment options including pharmacotherapy pharmacogenetics and potential vaccines Addresses addiction in regards to specific populations including adolescents geriatric pregnant women and health care professionals Includes contributions from expert international authors making this a truly global reference to addiction medicine

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