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GRADE 12 BASELINE ASSESSMENT ACTIVITIES:

Instructions:

- Choose any questions from the list given below.
- Learners will indicate the word "baseline assessment" where they usually indicate "homework" or "classwork".
- These activities do not replace homework and or classwork.
- For each week, there has to be an informal assessment activity administered.
- Each assessment activity should, preferably, treat mid and higher order questions.
- For the HW and CW, the questions should be developed in line with the 2021 Examination guideline of the grade 12.

1. Differentiate between stress and stressors

- Stress** is your hormonal response to a perceived threat, danger, or other stimuli. Stress can involve emotional reactions like panic, irritability, or worry.
- Stressors** are what trigger this reaction. Stressors are the experiences that prompt those feelings.
- Stressors** are situations that are experienced as a perceived threat to one's well-being or position in life, especially if the challenge of dealing with it exceeds a person's perceived available resources.
- Stress** is often triggered by an external cause, while anxiety often involves internal processes.
- Stressors** can be anything from a busy workday to a traumatic event or an ongoing difficult situation.

2. How change may impact your quality of life by causing stress

Change can impact your quality of life by causing stress in various ways. Some possible effects are:

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Z. Bromfield

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Learner's book Emilia Potenza,Jabu Mashinini,Sanchia Slater,2007 Spot on Life Orientation Z. Bromfield,2013
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