

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

Tayyab Rashid, Martin P. Seligman

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 Executive Function(s): Conductor, Orchestra or Symphony? Towards a Trans-Disciplinary Unification of Theory and Practice Across Development, in Normal and Atypical Groups Lynne A. Barker,Nicholas Morton,2018-08-30 There are several theories of executive function s that tend to share some theoretical overlap yet are also conceptually distinct each bolstered by empirical data Norman and Shallice 1986 Shallice Stuss and Alexander 2007 Burgess Gilbert Burgess Miyake et al 2000 The notion that executive processes are supervisory and most in demand in novel situations was an early conceptualization of executive function that has been adapted and refined over time Norman Shallice 2001 Burgess Gilbert ii automatic orientation towards stimuli in the environment or internally driven thought Burgess Gilbert iii the automatically generated interface between tacit processes and strategic conscious thought Barker Andrade Romanowski Morton and Wasti 2006 Morton and Barker 2010 and iv distinct but interrelated executive processes that maintain update and switch across different sources of information Miyake et al 2000 One problem is that executive dysfunction or dysexecutive syndrome Baddeley Eslinger Barker Andrade Andr s Chevignard et al 2000 Cripe 1998 Fortin Godbout Lamberts Evans Barker Morton Morrison McGuire 2011 Complete elimination of environmental confounds runs the risk of generating results that cannot be generalized beyond constrained circumstances of the test environment Barker Andrade Burgess et al 2006 Finally translational issues also confound executive function research across different disciplines psychiatry cognitive science and developmental psychology and across typically developing and clinical populations including Autism Spectrum Disorders Head Injury and Schizophrenia Blakemore Taylor Barker Heavey McHale 2013 Consequently there is a need for unification of executive function approaches across disciplines and populations and narrowing of the conceptual gap between theoretical positions clinical symptoms and measurement

Why People Do the Things They Do Nicola Baumann,Miguel Kazén,Markus Quirin,Sander L. Koole,2018-05-07 A unique and comprehensive book by leading researchers looking at motivation and volition How can we motivate students patients employees and athletes What helps us achieve our goals improve our well being and grow as human beings These issues which relate to motivation and volition are familiar to everyone who faces the challenges of everyday life This comprehensive book by leading international scholars provides integrative perspectives on motivation and volition that build on the work of German psychologist Julius Kuhl The first part of the book examines the historical trail of the European and American research traditions of motivation and volition and their integration in Kuhl s theory of personality systems interactions PSI The second part of the book considers what moves people to action how needs goals and motives lead people to choose a course of action motivation The third part of the book explores how people once they have committed themselves to a course of action convert their goals and intentions into action volition The fourth part shows what an

important role personality plays in our motivation and actions Finally the fifth part of the book discusses how integrative theories of motivation and volition may be applied in coaching training psychotherapy and education This book is essential reading for everyone who is interested in the science of motivating people *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 *Understanding Emotions* Dacher Keltner,Keith Oatley,Jennifer M. Jenkins,2018-11-29 Emotions are an inescapable part of the human experience They motivate actions and reactions guide our interpersonal and business relationships inspire political and societal trends and influence our sense of self and well being Emphasizing the broad practical reach of this field of study *Understanding Emotions* draws from neuroscience psychiatry biology genetics the humanities economics and more to provide a strong foundation in core concepts An easy to follow narrative arc encompasses the entire life span while representative studies provide immediate insight into the real world implications of important findings This new Fourth Edition continues to provide clear and concise guidance toward the factors that drive emotion with new revised and expanded discussions that reflect the current state of the field Detailed coverage of social and anti social motivations moral judgment empathy psychological disorders the physiological components of emotion and many more equip students with the conceptual tools to probe deeper

into the material and apply methods and techniques to their own personal lives
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