

LIFE ORIENTATION GRADE 12 2024

TOPIC	ASSESSMENT STANDARDS	PORTFOLIO ASSESSMENT TASKS
PHASE 1 (13 November 2023 – 8 March 2024)		
Development of the self in society	Identify stressors, levels of stress and stress management.	Task 1: Written task: Due date: 15 February
	Conflict resolution skills.	
	Initiating, building and sustaining positive relationships.	
	Factors that influence effective communication.	
	Adapting to growth and change.	
	Transition between school and post-school.	
Study skills	Personal lifestyle plan to promote quality of life.	Task 2: Physical Education: ongoing throughout the term
	Process of assessment and examination writing skills.	
	Importance of School Based Assessment.	
Careers and career choices	Importance of obtaining the NSC: develop a study plan. Principles of Learning	
	Commitment to a decision taken: job or course application.	
	Reasons for and impact of unemployment.	
	Innovative solutions to counteract unemployment.	
PHASE 2 (11 March 2024 – 31 May 2024)		
Democracy and Human Rights	Responsible citizenship: dealing with discrimination and human rights violations, Bill of Rights.	Task 3: Project: Due date: 5 May
	Role of the media in a democratic society.	
	Ideologies, beliefs and worldviews on recreational and physical activity across cultures and genders.	
Social and Environmental responsibility	Community responsibility to provide environments and services that promote safe and healthy living.	Task 4: Physical Education: ongoing throughout the term
	Formulating a personal mission statement for life.	
	Impact of vision on actions/behaviour in life.	
PHASE 3 (3 June 2024– 18 October 2024)		
Development of the self in society	Human factors that cause ill-health, accidents, crises and disasters.	Task 5: Control Test 15 July
	Commitment to participate in physical activities for long-term engagement.	
Careers and career choices	Core elements of a job contract, worker rights and obligations, conditions of service.	Task 6: Physical Education: ongoing throughout the term
	How work gives meaning to life.	
Study skills	Preparing for success in the Grade 12 examinations.	Task 7 Final Examination: Set by DBE (date to be confirmed)
Careers and career choices*	Admission requirements for the intended field of study	

Trial Exam 2014 Life Orientation

**Nils Kohn, Carmen Morawetz, Jiajin
Yuan, Mathias Weymar, Florin Dolcos**



Trial Exam 2014 Life Orientation:

Promoting Student Happiness Shannon M. Suldo, 2016-07-22 Grounded in cutting edge research this book shows how interventions targeting gratitude kindness character strengths optimistic thinking hope and healthy relationships can contribute to improved academic and social outcomes in grades 3-12 It provides a 10 session manual for promoting subjective well being complete with vivid case examples that can be implemented with individuals small groups or whole classes Factors that predict youth happiness are discussed evidence based assessment tools presented and ways to involve teachers and parents described In a large size format for easy photocopying the volume includes 40 reproducible handouts and forms Purchasers get access to a companion website where they can download and print these materials plus online only fidelity checklists and parent and teacher notes This book is in The Guilford Practical Intervention in the Schools Series edited by Sandra M Chafouleas

Amyotrophic Lateral Sclerosis Francesco Pagnini, Zachary Simmons, 2018-02-16 Amyotrophic Lateral Sclerosis ALS is a devastating neurodegenerative disorder with a progressive and fatal course with no known medical therapies that can reverse the disease or halt its progression Palliative care is the mainstay of disease management aimed at maximizing Quality Of Life QOL for the patient and caregiver Clinicians caring for patients with ALS need to understand complex psychological issues in the patient and caregiver including depression anxiety hopelessness and wish for hastened death physician assisted suicide They also need to confront the psychological implications of rapidly advancing genetic research the impact of cognitive and behavioural dysfunction in a sizable minority of ALS patients and caregiver burnout Healthcare providers can optimize care by better understanding not only these factors but by learning how to facilitate their management with problem solving coping techniques and with psychologically based approaches such as mindfulness and other non pharmacological approaches aimed at maximizing QOL Amyotrophic Lateral Sclerosis Understanding and Optimizing Quality of Life and Psychological Well Being provides a detailed review and evaluation of ALS presented in a comprehensive and integrated fashion The book achieves this through detailed and up to date information about the current state of knowledge in this field It also offers new insights regarding future directions for research This book will provide clinicians with a comprehensive description of the psychological aspects of ALS and their management and incorporates chapters written by recognized scholars in their respective fields

Living with Multiple Sclerosis Silvia Bonino, Martina Borghi, Emanuela Calandri, Federica Graziano, 2025-09-30 Connecting theory research and intervention Living with Multiple Sclerosis offers an effective innovative and comprehensive group based psychological support intervention specifically aimed at people newly diagnosed with Multiple Sclerosis LiMS The book explains the theoretical foundations of the intervention based on developmental psychology in the life cycle and considering the illness as a challenge to personal development It analyzes the psychological aspects addressed in the intervention the redefinition of identity the sense of coherence the sense of self efficacy in coping with the illness the emotional experiences the relationship between

thoughts and emotions and the effective communication strategies Describing all session by session activities that are carried out in group meetings it allows for timely replication of the intervention whilst still accommodating possible adaptations to specific local and cultural contexts It gives a concrete positive perspective of personal fulfilment for people living with MS Furthermore it illustrates the central role of research in the project and presents new perspectives in research and intervention focused on parenthood The book is valuable reading for psychologists researchers and health professionals such as occupational or rehabilitation therapists working with people with MS as well as students specializing in clinical health or developmental psychology

The nocebo effect and its consequences for clinical trials and clinical practice

Karolina A. Wartolowska, Luana Colloca, Martina Amanzio, 2023-02-06 *Positive Technology: Designing E-experiences for Positive Change* Andrea Gaggioli, Daniela Villani, Silvia Serino, Rosa Banos, Cristina Botella, 2019-09-23 In recent years there has been a growing interest in the potential role that digital technologies can play in promoting well being Smartphones wearable devices virtual augmented reality social media and the internet provide a wealth of useful tools and resources to support psychological interventions that facilitate positive emotions resilience personal growth creativity and social connectedness Understanding the full extent of this potential however requires an interdisciplinary approach that integrates the scientific principles of well being into the design of e experiences that foster positive change This book provides an overview of recent advances and future challenges in Positive Technology an emergent field within human computer interaction that seeks to understand how interactive technologies can be used in evidence based well being interventions Its focus of analysis is two fold at the theoretical level Positive Technology aims to develop conceptual frameworks and models for understanding how computers can be effectively used to help individuals achieve greater well being At the methodological and applied level Positive Technology is concerned with the design development and validation of digital experiences that promote positive change through pleasure flow meaning competence and positive relationships

The Next Step in Developmental Embodiment Research: Integrating Concepts and Methods

Melanie Krüger, Vanessa Lux, Gustaf Gredebäck, Amy L. Non, 2022-12-12 [Resilience Resources in Chronic Pain Patients: The Path to Adaptation, 2nd Edition](#) Carmen Ramírez-Maestre, Madelon Peters, John Andrew Sturgeon, Rocio de la Vega, 2020-11-20 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org/about/contact

Fuster and Hurst's The Heart, 15th Edition

Valentin Fuster, Jagat Narula, Prashant Vaishnava, Martin B. Leon, David J. Callans, John S. Rumsfeld, Athena Poppas, 2022-04-29 The landmark text that belongs in the hands of every cardiologist fully

updated and reorganized to make it more patient centric than ever A Doody's Core Title for 2023 World famous for its authority and clinical relevance Fuster and Hurst's The Heart is cardiology's longest continuously published reference book Written to meet the ever changing needs of cardiologists fellows and interns this trusted classic offers a solid foundation in cardiovascular medicine and complete coverage of all major cardiovascular topics This fifteenth edition presents a greater focus on the practicalities of patient care Additionally the content is ordered in a more methodical pattern from mechanism to management Reflecting the latest technical therapeutic and clinical advances Fuster and Hurst's The Heart provides invaluable concise summaries of major new trials and guidelines Authoritative Coverage and Unmatched Utility Central Illustrations New section on cardiovascular critical care New chapter Cardiovascular Disease and COVID 19 Chapter summaries ACC AHA ESC guidelines in all chapters 1 200 photos and illustrations Sections Include Risk Factors for Cardiovascular Disease Atherosclerosis and Coronary Heart Disease Diseases of the Great Vessels and Peripheral Vessels Valvular Heart Disease Rhythm and Conduction Abnormalities Heart Failure Diseases of the Pericardium Cardiopulmonary Disease Critical Cardiovascular Care Adult Congenital Heart Disease Special Populations and Topics in Cardiovascular Disease

Improving Wellbeing in Patients With Chronic Conditions: Theory, Evidence, and Opportunities

Andrew Kemp, Jeremy Tree, Fergus Gracey, Zoe Fisher, 2022-04-11 *The End of Trauma* George A. Bonanno, 2021-09-07

With groundbreaking research on the psychology of resilience Adam Grant a top expert on human trauma argues that we vastly overestimate how common PTSD is in and fail to recognize how resilient people really are After 9 11 mental health professionals flocked to New York to handle what everyone assumed would be a flood of trauma cases Oddly the flood never came In *The End of Trauma* pioneering psychologist George A Bonanno argues that we failed to predict the psychological response to 9 11 because most of what we understand about trauma is wrong For starters it's not nearly as common as we think In fact people are overwhelmingly resilient to adversity What we often interpret as PTSD are signs of a natural process of learning how to deal with a specific situation We can cope far more effectively if we understand how this process works Drawing on four decades of research Bonanno explains what makes us resilient why we sometimes aren't and how we can better handle traumatic stress Hopeful and humane *The End of Trauma* overturns everything we thought we knew about how people respond to hardship

Post-Traumatic Growth Emre Senol-Durak, Marialaura Di Tella, Annunziata

Romeo, 2023-08-17 **An Integrated Positive Psychology Approach Into Counseling in Different Settings** Christos Pezirkianidis, Anastassios Stalikas, Panagiotis Parpottas, 2023-06-01 **Facilitating Desistance from Aggression and**

Crime Calvin M. Langton, James R. Worling, 2022-06-29 In *Facilitating Desistance from Aggression and Crime Theory Research Strength Based Practices* Drs Calvin Langton and James Worling have gathered together internationally renowned authorities in the fields of psychology psychiatry criminology social work and law to critically examine desistance as a construct process and outcome as well as the place of strengths work in correctional and forensic mental health settings

Integrating theory empirical evidence and applied practices this timely volume is an essential scholarly resource with a clear practical emphasis for policy makers researchers practitioners and graduate students *Alternatives to Suicide* Andrew Page, Werner Stritzke, 2020-01-26 *Alternatives to Suicide Beyond Risk and Toward a Life Worth Living* demonstrates how fostering resilience and a desire for life can broaden and advance an understanding of suicide The book summarizes the existing literature and outlines a new focus on the dynamic interplay of risk and resilience that leads to a life focus approach to suicide prevention It calls for a treatment approach that enhances the opportunity to collaboratively engage clients in discussion about their lives Providing a new perspective on how to approach suicide prevention the book also lays out key theories on resilience and the interplay of risk and protective factors Finally the book outlines how emerging technologies and advances in data analytic sophistication using real time monitoring of suicide dynamics are ushering the field of suicide research and prevention into a new and exciting era Focuses on what attenuates the transition from thinking about suicide to attempting it Calls for a life focus treatment approach as opposed to risk aversion intervention techniques Demonstrates how fostering resilience can advance our understanding of pathways to suicide Discusses emerging technologies being used in current suicide research and prevention Outlines the differences between risk factors and risk correlates Covers real time assessment of dynamic suicide risk

Imaging Cerebrovascular Reactivity: Physiology, Physics and Therapy James Duffin, Nicholas P. Blockley, Molly G. Bright, 2021-10-01 Topic Editor Prof James Duffin contributed to the development of an automated end tidal targeting device RespirAct™ and is employed by Thornhill Medical Inc Toronto Canada RespirAct™ is currently a non commercial research tool assembled and made available by TMI to research institutions to enable CVR studies All other Topic Editors declare no competing interests with regards to the Research Topic subject

Acceleration of the Biopsychosocial Model in Public Health Taukeni, Simon George, 2023-02-20 It is generally well established that the biomedical model is informed on the assumption that the occurrence of the disease is the result of biological molecules inside the body This is seen in the view of the biopsychosocial model that the biomedical model is excluding the importance of psychological social economic environmental spiritual and behavioral dimensions of the illness It is essential to create better awareness to accelerate the use of the biopsychosocial model focusing on the individual as a whole rather than the illness alone Acceleration of the Biopsychosocial Model in Public Health accelerates the inclusion of the biopsychosocial model in the public health sector in order to achieve universal health coverage It provides a better understanding of the role of various factors such as psychological social emotional economic and behavioral that are responsible for the development of diseases in order to develop comprehensive prevention and intervention measures Covering topics such as psychological well being public health awareness and system dynamics this premier reference source is an excellent resource for public health officials health therapists health educators health psychologists occupational therapists palliative care providers community healthcare providers hospital administrators health professionals medical students medical libraries researchers and

academicians **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 fora 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 **Cognitive Control of Emotions in Challenging Contexts, 2nd edition** Nils Kohn,Carmen Morawetz,Jiajin Yuan,Mathias Weymar,Florin Dolcos,2021-12-13 Publisher s note In this 2nd edition the following article has been updated Kohn N Morawetz C Weymar M Yuan J and Dolcos F 2021 Editorial Cognitive Control of Emotions in Challenging Contexts Front Behav Neurosci 15 785875 doi 10 3389 fnbeh 2021 785875 **Pediatric Health Conditions in Schools** Allison G. Dempsey,2019-10-28 Pediatric Health Conditions in Schools is a one stop go to resource for school personnel to learn about common medical conditions terms and associated challenges that students may face in the school setting **Key Topics in Sports Psychology** Springer Behavioral & Health Sciences,2022-11-12 This volume features cutting edge and impactful articles from across Springer s diverse journals publishing program In this curated collection our editorial team has brought together highly cited and downloaded articles on the topic of Sports Psychology into one single resource Moreover this book enables readers to review a broad spectrum of quality research on a specialized topic which we hope facilitates interdisciplinary and critical discussions of the topic at hand As part of the Key Topics in Behavioral Sciences book series this volume aims to serve as a quick reference for readers when writing or researching new topics or subject areas Other topics in the series will include Psychological Research Methods Health and Behavior Industrial and Organizational Psychology Sports Psychology and Consumer Behavior In the first section of the volume articles focus on such

topics as Organized Sport Sport Confidence Vealey s Conceptual Model Externalizing Football Internalizing Organized Physical Activity and Social Functioning Next the second section features research on Early Intervention Parent Implemented Intervention Social Validity Telepractice Appraisal Tendency Framework Emotion Facial Recognition Software Feedback Self Efficacy Grit and Performance Feedback Lastly in the final section of this collection Ability Self Concept Depressive Symptoms Expectancy Value Theory Person Centered Approach Sport Motivation Subjective Task Values Adolescence Body Image Eating Disorders Fear of Negative Evaluation Weight And Shape Concerns Mindfulness Self Determination Theory and Well Being are discussed

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