

Life Orientation Grade 10 Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which term best describes a person's sense of self-worth and value?**
 - A. Self-awareness**
 - B. Self-esteem**
 - C. Self-development**
 - D. Power**

- 2. Which term means the worldwide extent of something?**
 - A. Violence**
 - B. Global**
 - C. Health**
 - D. Resources**

- 3. Which term means unfair treatment towards people because they are different from you?**
 - A. Discrimination**
 - B. Prejudice**
 - C. Bias**
 - D. Tolerance**

- 4. Which term refers to having enough nutritious food to be healthy and active?**
 - A. Global**
 - B. Food Security**
 - C. Health**
 - D. Poverty Line**

- 5. Which term means a reserve of assets or materials used to achieve goals?**
 - A. Violence**
 - B. Resources**
 - C. Health**
 - D. Global**

- 6. Which term describes the roles and responsibilities created for men and women in families, societies, and cultures, and how a person views their femininity or masculinity?**
- A. Gender**
 - B. Gender stereotyping**
 - C. Subordination**
 - D. Domination**
- 7. Which term means the capacity to focus on a task for an extended period?**
- A. Concentration**
 - B. Attention**
 - C. Focus**
 - D. Mindfulness**
- 8. Which term corresponds to participating in your community?**
- A. Communication**
 - B. Community**
 - C. Participation in your community**
 - D. Power**
- 9. Which term describes a system of faith and a way of worship?**
- A. Spirituality**
 - B. Religion**
 - C. Philosophy**
 - D. Rituals**
- 10. Which term relates to completing tasks and projects?**
- A. Completion of tasks and projects**
 - B. Self-development**
 - C. Self-awareness**
 - D. Moral**

Answers

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1. B
2. B
3. A
4. B
5. B
6. A
7. A
8. C
9. B
10. A

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Explanations

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1. Which term best describes a person’s sense of self-worth and value?

- A. Self-awareness
- B. Self-esteem**
- C. Self-development
- D. Power

This question is about how a person judges their own worth. Self-esteem describes that sense of value you hold about yourself. Self-awareness is about recognizing your thoughts, feelings, and traits; it doesn’t necessarily measure how worthy you feel. Self-development is about improving yourself and growing, not about your perceived value. Power relates to control or influence, not to self-worth. So, self-esteem is the best fit because it captures the confidence and sense of value people have about themselves.

2. Which term means the worldwide extent of something?

- A. Violence
- B. Global**
- C. Health
- D. Resources

Understanding terms that describe the scope of something helps you pick the word that means worldwide reach. Global is the best fit because it specifically describes something that involves or affects the whole world, spanning across countries and continents. When we talk about global issues, we’re referring to topics that cross borders and require international attention and cooperation. Violence describes acts of harm, not how wide something is. Health refers to the state of well-being, not geographic reach. Resources mean materials or assets available for use, not the extent across the world.

3. Which term means unfair treatment towards people because they are different from you?

- A. Discrimination**
- B. Prejudice
- C. Bias
- D. Tolerance

Unfair treatment based on differences is discrimination. It describes when someone is treated less favourably because of who they are or the group they belong to—such as race, gender, age, religion, or disability. This focuses on the action or policy, not just feelings. Prejudice is a negative attitude toward a group, which may influence behavior but is about belief. Bias is a tendency to favor or disfavor something, often unconscious, which can lead to discrimination if acted upon. Tolerance means accepting and respecting differences, not treating people unfairly. So the term that best captures unfair treatment toward people because they are different is discrimination.

4. Which term refers to having enough nutritious food to be healthy and active?

A. Global

B. Food Security

C. Health

D. Poverty Line

The idea being tested is having regular access to enough nutritious food to stay healthy and active. The term that fits this description is food security. It means people can consistently get safe, nutritious food in the right amounts to maintain energy and well-being. It also covers four important parts: there is enough food (availability), people can obtain it (access), the food eaten supports health (utilization), and this situation lasts over time without sudden shortages (stability). Other terms don't fit as precisely. Global refers to something worldwide, not to an individual's food situation. Health describes overall well-being, not specifically the access to nutritious food. Poverty line is a financial threshold used to measure poverty, not the direct measure of whether someone has enough nutritious food to be healthy.

5. Which term means a reserve of assets or materials used to achieve goals?

A. Violence

B. Resources

C. Health

D. Global

The idea being tested is identifying a term that refers to a stock of assets or materials that can be used to reach goals. Resources are exactly that—things you can draw on to plan and complete tasks, solve problems, or respond to needs. They can be money, tools, supplies, time, skills, or natural materials, all of which enable you to achieve objectives. When you have resources, you have what you need ready to use to move toward a goal. The other options don't fit this sense of having a stock to draw from. Violence describes harmful action, not a reserve of assets. Health refers to well-being, not an inventory of usable assets. Global relates to the worldwide scale of something, not a stored set of assets. So the term that best matches the idea of a reserve of assets or materials used to achieve goals is resources.

6. Which term describes the roles and responsibilities created for men and women in families, societies, and cultures, and how a person views their femininity or masculinity?

A. Gender

B. Gender stereotyping

C. Subordination

D. Domination

Gender describes the socially created roles and responsibilities assigned to men and women in families, societies, and cultures, and it also covers how a person views their own femininity or masculinity. This concept explains why certain expectations exist for behavior, work, and relationships based on being male or female, and it also includes a person's internal sense of being male, female, or something else, along with how they prefer to present themselves. This is different from gender stereotyping, which is about fixed beliefs or assumptions about how people should behave based on gender, and from subordination or domination, which relate to unequal power dynamics rather than the roles and self-view associated with gender.

7. Which term means the capacity to focus on a task for an extended period?

A. Concentration

B. Attention

C. Focus

D. Mindfulness

Concentration is the capacity to sustain mental effort on a task over time, staying with it despite distractions or fatigue. This makes it the best term for describing how long you can keep working on something. Attention is the broader act of noticing or attending to something in the environment; it can be quick and fleeting. Focus is directing your attention toward a specific goal, but it can refer to short bouts as well as longer periods. Mindfulness is about being fully present and aware in the moment, which can help you improve your ability to concentrate, but it's more about a mindset or practice than the specific ability to work for a long time. So, the ability to keep a task in mind and push through without losing it is concentration. To improve it, reduce interruptions, set clear work blocks, and take regular breaks to recharge.

8. Which term corresponds to participating in your community?

A. Communication

B. Community

C. Participation in your community

D. Power

Active involvement in community life is what this item is testing. The term that describes this action most effectively is "Participation in your community" because it literally names the act of taking part, contributing time and effort, and engaging with local activities. This goes beyond just belonging to a group (community), exchanging information (communication), or having influence (power). By focusing on participation, you're highlighting active, everyday involvement as a member of the community.

9. Which term describes a system of faith and a way of worship?

- A. Spirituality**
- B. Religion**
- C. Philosophy**
- D. Rituals**

The main idea tested is understanding what a religion is. A religion describes an organized system of beliefs about the sacred and a corresponding way of worship. It includes not just what people believe about ultimate questions, but also the rituals, ceremonies, prayers, places of worship, sacred texts, moral codes, and community life that express those beliefs. This makes religion a structured framework for faith and worship shared by a group. This concept is different from spirituality, which is more about a personal feeling or connection to something greater and may not involve an organized group or formal rituals. It's also different from philosophy, which focuses on thinking and reasoning about life and existence and isn't necessarily tied to specific worship practices. While rituals are part of religion, rituals alone don't capture the whole idea of an organized system of faith and worship.

10. Which term relates to completing tasks and projects?

- A. Completion of tasks and projects**
- B. Self-development**
- C. Self-awareness**
- D. Moral**

Completing tasks and projects is about following through and bringing work to a finish. It means you start a job, plan the steps, manage your time, and deliver a finished product or result. This shows reliability and accountability because others can depend on you to finish what you've started and to meet deadlines. The other terms describe growing as a person, understanding yourself, or judging behavior, not the act of finishing work. So the phrase that best fits finishing work is the completion of tasks and projects.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://lifeorientationgrade10.examzify.com>

We wish you the very best on your exam journey. You've got this!

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