

# 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 describes your belief in yourself and your abilities?**
  - A. Self-awareness**
  - B. Self-confidence**
  - C. Self-esteem**
  - D. Power**
  
- 2. What is a primary benefit of early HIV management?**
  - A. It cures HIV**
  - B. It increases transmission**
  - C. It has no impact**
  - D. It prevents progression and reduces transmission**
  
- 3. Which rights protect learners in schools under the South African Constitution?**
  - A. Right to bear arms**
  - B. Right to equality, right to dignity, right to education, freedom from discrimination, and right to privacy**
  - C. Right to healthcare, right to housing, right to education**
  - D. Right to privacy only**
  
- 4. Which statement best explains the purpose of including a short-term goal in a Grade 10 career plan?**
  - A. To have something to show teachers**
  - B. To avoid changing the plan later**
  - C. To provide a clear, actionable path and enable progress tracking**
  - D. To lock into a single career path regardless of interest**
  
- 5. Which term describes a social group of people that either live in the same environment or share a common interest?**
  - A. Group**
  - B. Society**
  - C. Network**
  - D. Community**

- 6. Which term best describes the ability to use time effectively in work tasks?**
- A. Time Management**
  - B. Study Skills**
  - C. Food Security**
  - D. Global**
- 7. Which description correctly distinguishes needs from wants and explains why prioritizing matters?**
- A. Prioritizing has no impact on budgeting**
  - B. Needs are essential (food, shelter); wants are non-essential (luxuries); prioritizing helps manage money and avoid debt**
  - C. Wants should always be funded first**
  - D. Needs are always optional; wants are essential**
- 8. Which of the following resources can students access for help with gender-based violence?**
- A. Only police**
  - B. Only teachers**
  - C. School counselors, helplines, safe spaces, and reporting channels**
  - D. Social media groups**
- 9. Which statement best defines budgeting, saving, and credit, with a simple example?**
- A. Budgeting is unnecessary; saving is optional; credit is free money**
  - B. Budgeting plans income and expenses; saving sets aside money; credit involves borrowing with interest. Example: save R50 weekly for a bike, and borrow R200 with repayment plan**
  - C. Budgeting is about debt; saving is spending; credit is a gift**
  - D. Budgeting is about investments only; saving is about debt; credit is about earned interest**

**10. Which option best describes two daily practices to prevent non-communicable diseases?**

- A. Regular physical activity**
- B. A balanced diet**
- C. Regular medical check-ups every hour**
- D. Regular physical activity and a balanced diet**

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## Answers

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

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## **Explanations**

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**1. Which term describes your belief in yourself and your abilities?**

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

Belief in your own abilities is self-confidence. It means you trust you can succeed at tasks, handle challenges, and keep going even when things get tough. This idea focuses on what you think you can do, not just how you feel about yourself overall or your awareness of your feelings. Self-awareness is about recognizing your emotions, strengths, and weaknesses; self-esteem is your overall sense of worth as a person; power refers to the capacity or authority to influence others, not the belief in your own abilities. When you have self-confidence, you're more likely to try new things, set goals, and persevere.

**2. What is a primary benefit of early HIV management?**

- A. It cures HIV
- B. It increases transmission
- C. It has no impact
- D. It prevents progression and reduces transmission**

Starting HIV treatment early is about controlling the virus before it causes serious harm. When antiretroviral therapy is started soon after diagnosis, the viral load drops to undetectable levels and the immune system is protected, helping to prevent illnesses that come with HIV progression. A key point is that keeping the virus suppressed also dramatically lowers the chance of passing HIV to others. So the main benefit is that early management helps prevent disease progression and reduces transmission. The idea that it cures HIV isn't correct because the virus isn't erased from the body, it's just kept under control. It also isn't true that treatment increases transmission or has no impact, since early, ongoing treatment both protects health and reduces spread.

**3. Which rights protect learners in schools under the South African Constitution?**

- A. Right to bear arms
- B. Right to equality, right to dignity, right to education, freedom from discrimination, and right to privacy**
- C. Right to healthcare, right to housing, right to education
- D. Right to privacy only

In schools, learners are protected by several fundamental rights that guide fair treatment, privacy, and access to education. The right to equality and the right to freedom from discrimination work together to ensure learners aren't treated unfairly because of race, gender, disability, or other factors, while the right to dignity reinforces respectful treatment in all school interactions. The right to education guarantees access to a basic, quality education for every learner, and the right to privacy protects personal information and the confidentiality of records and communications. Together, these rights cover what learners need in the school environment—equal treatment, respect, access to learning, and control over their personal information. The other options either bring in rights not specifically about schooling or focus on a single aspect, which doesn't fully capture how the Constitution protects learners in everyday school life.

**4. Which statement best explains the purpose of including a short-term goal in a Grade 10 career plan?**

- A. To have something to show teachers**
- B. To avoid changing the plan later**
- C. To provide a clear, actionable path and enable progress tracking**
- D. To lock into a single career path regardless of interest**

Having a short-term goal in a Grade 10 career plan provides a clear, actionable path and a way to track progress. By turning the big idea of your future into small, concrete steps with timelines, you know exactly what to do next—what courses to take, what experiences to pursue, and what skills to develop. This makes it easier to stay focused, measure improvement, and adjust plans if new interests or information appear, without losing sight of the overall aim. It's not just about having something to show teachers, and plans should be flexible rather than locked into one path, since interests and opportunities can change.

**5. Which term describes a social group of people that either live in the same environment or share a common interest?**

- A. Group**
- B. Society**
- C. Network**
- D. Community**

Think about people coming together because they share a place or a purpose. A community describes this sense of belonging and interaction, whether neighbors who live in the same environment or members who share a common interest and work toward shared goals. It captures both being in the same environment and having a shared interest, which is why it fits best. A group is just any collection of people; a network focuses on connections between people; a society refers to a larger, more complex system of people and institutions. So the term that best describes a social group linked by place or interest is community.

**6. Which term best describes the ability to use time effectively in work tasks?**

**A. Time Management**

**B. Study Skills**

**C. Food Security**

**D. Global**

Using time effectively to complete work tasks is about planning and organizing how you spend your hours. It means deciding what needs to be done, in what order, and how long each task will take, then sticking to a plan so you finish on time. This involves setting priorities (what's urgent or important), making a simple schedule or to-do list, estimating how long tasks will take, avoiding distractions, and checking your progress to adjust when needed. When you handle tasks this way, you're more productive, less stressed, and more reliable because deadlines are more likely to be met. The other terms don't fit because study skills cover strategies for learning and studying effectively, not specifically how you pace and manage time for work tasks; food security is about having reliable access to enough nutritious food; and global is a broad term that doesn't describe the act of organizing time.

**7. Which description correctly distinguishes needs from wants and explains why prioritizing matters?**

**A. Prioritizing has no impact on budgeting**

**B. Needs are essential (food, shelter); wants are non-essential (luxuries); prioritizing helps manage money and avoid debt**

**C. Wants should always be funded first**

**D. Needs are always optional; wants are essential**

Understanding needs versus wants is key to smart budgeting. Needs are the essentials you must have to live and function safely—food to eat, shelter, basic clothing, and basic healthcare. Wants are things that would be nice to have but aren't necessary for daily life, like extras, luxuries, or entertainment. Prioritizing means allocating your money to needs first before spending on wants. This approach keeps you covered on the basics, helps you stay within your income, and reduces the risk of debt. It also leaves room to save for emergencies or future goals. The option that fits best states that needs are essential and wants are non-essential, and prioritizing helps manage money and avoid debt. The other ideas either downplay the impact of prioritizing or reverse the importance of needs and wants, which doesn't support sound budgeting.

**8. Which of the following resources can students access for help with gender-based violence?**

- A. Only police**
- B. Only teachers**
- C. School counselors, helplines, safe spaces, and reporting channels**
- D. Social media groups**

When students face gender-based violence, they need resources that are accessible, confidential, and capable of providing both support and action. School counselors offer trained, confidential listening and guidance; helplines give immediate, round-the-clock support and information; safe spaces provide a non-judgmental, secure environment to speak up; and reporting channels ensure concerns are formally recorded and can lead to protective measures and connections to further help. Alternatives like relying only on police or only on teachers miss the ongoing emotional support and structured, confidential guidance these combined resources provide, while social media groups can be unsafe and unreliable for handling such serious issues.

**9. Which statement best defines budgeting, saving, and credit, with a simple example?**

- A. Budgeting is unnecessary; saving is optional; credit is free money**
- B. Budgeting plans income and expenses; saving sets aside money; credit involves borrowing with interest. Example: save R50 weekly for a bike, and borrow R200 with repayment plan**
- C. Budgeting is about debt; saving is spending; credit is a gift**
- D. Budgeting is about investments only; saving is about debt; credit is about earned interest**

Understanding budgeting, saving and credit helps you manage money wisely. Budgeting is about making a plan for your income and expenses so you can cover what you need now and still set aside money for goals or emergencies. Saving means setting aside money today so you have funds available later. Credit is borrowing money now and paying it back later, usually with interest that adds to the amount you repay. The example shows this well: saving R50 every week to buy a bike is saving—you're putting money aside over time to reach a goal. Borrowing R200 with a repayment plan illustrates credit—you get the money now but agree to repay it over time, often with interest. A budget would help someone decide how much to save toward the bike and how the loan repayment fits into monthly expenses. Other statements mix up these ideas or treat them as free money or gifts, which isn't accurate.

**10. Which option best describes two daily practices to prevent non-communicable diseases?**

- A. Regular physical activity**
- B. A balanced diet**
- C. Regular medical check-ups every hour**
- D. Regular physical activity and a balanced diet**

Engaging in regular physical activity and eating a balanced diet are two daily lifestyle practices that work together to prevent non-communicable diseases. Regular activity helps control weight, strengthens the heart and lungs, improves blood pressure and insulin sensitivity, and boosts overall metabolic health. A balanced diet provides essential nutrients, supports a healthy weight, and helps limit risks from high blood pressure, high cholesterol, and high blood sugar. When these two habits are followed daily, they address multiple risk factors at once and reinforce each other, giving the strongest protection against conditions like heart disease, diabetes, stroke, and certain cancers. Focusing on only one habit misses the broad protective benefits, and treating daily medical check-ups as the key daily practice isn't practical or targeted for everyday prevention.

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## 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](mailto: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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