

# LIFE ORIENTATION GRADE 10 PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 the act of exchanging information through speaking, writing, or other means?**
  - A. Self-awareness
  - B. Communication
  - C. Power
  - D. Moral
  
- 2. Identify three factors that influence a teenager's decision-making under peer pressure and provide a strategy to counter each.**
  - A. Academic performance, sports involvement, and family expectations; strategies: plan ahead, seek guidance, set goals.
  - B. Peer norms, fear of exclusion, desire for approval; strategies: isolate yourself from friends.
  - C. Peer norms, fear of exclusion, desire for approval; strategies: surround yourself with supportive friends; practice saying no; align actions with personal values.
  - D. Time management, study habits, and nutrition; strategies: skip meals to study.
  
- 3. How can learners demonstrate responsible citizenship in school and community safety initiatives?**
  - A. Volunteer, report unsafe situations, participate in safety committees; model responsible behavior.
  - B. Ignore safety; stay silent.
  - C. Only discuss safety outside school.
  - D. Lead a safety campaign with false information.
  
- 4. Which term describes the broad category into which different careers fall, such as engineering, teaching, or nursing?**
  - A. Career
  - B. Career field
  - C. Gender
  - D. Domination

5. Which term is used to describe the threshold that separates those who have enough resources from those who do not?
- A. Global
  - B. Time Management
  - C. Poverty Line
  - D. Health
6. What term refers to a principle to which a person attaches great value and which gives direction?
- A. Values
  - B. Beliefs
  - C. Ethics
  - D. Attitudes
7. 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
8. What is the work that you do which is paid?
- A. Job
  - B. Occupation
  - C. Profession
  - D. Values
9. Which term refers to a spiritual guide to your inner life that influences your principles or beliefs?
- A. Spiritual
  - B. Religion
  - C. Spiritual Convictions
  - D. Culture



**10. Which practice supports gender equality in the workplace?**

- A. Promoting unequal pay for equal work
- B. Limiting women's access to senior roles
- C. Providing flexible working hours only to men
- D. Ensuring equal pay for equal work

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## **Answers**

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

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## **Explanations**

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**1. Which term describes the act of exchanging information through speaking, writing, or other means?**

- A. Self-awareness
- B. Communication**
- C. Power
- D. Moral

*Communication is the process of exchanging information through speaking, writing, or other means. It involves a sender, a message, a channel, and a receiver, and often feedback to check understanding. For example, talking with someone, writing a note, or posting an update online all count as communication. This term fits best because it directly captures sharing information across different modes. The other terms describe different ideas: self-awareness is about knowing your own thoughts and feelings; power refers to influence or control over others; and moral relates to questions of right and wrong conduct. So, the concept that describes exchanging information is communication.*

**2. Identify three factors that influence a teenager's decision-making under peer pressure and provide a strategy to counter each.**

- A. Academic performance, sports involvement, and family expectations; strategies: plan ahead, seek guidance, set goals.
- B. Peer norms, fear of exclusion, desire for approval; strategies: isolate yourself from friends.
- C. Peer norms, fear of exclusion, desire for approval; strategies: surround yourself with supportive friends; practice saying no; align actions with personal values.**
- D. Time management, study habits, and nutrition; strategies: skip meals to study.

*When teens face peer pressure, their decisions are most influenced by what their group considers normal, by the fear of being left out, and by the strong wish to be approved by others. Peer norms shape what you think is acceptable behavior in a given setting; if your friends act in a certain way, you may feel pulled to go along even if you're unsure. The strategy to counter this is to surround yourself with supportive friends who share healthy values, because a positive peer circle raises the standard for behavior and provides encouragement to make safer choices. The fear of exclusion makes you worry about being isolated if you don't go along, which pushes you toward conformity. A practical way to handle this is to practice saying no and plan what you'll say ahead of time, so you can respond calmly and confidently when pressure arises. The desire for approval drives you to act in ways that earn others' praise, even if you'd rather not. Aligning your actions with your personal values and long-term goals helps you stay true to yourself, reducing the pull of immediate approval in favor of what you believe is right. This approach directly addresses how social influence operates and gives concrete steps you can take in the moment. The other options either focus on unrelated factors, suggest unhealthy or impractical countermeasures, or don't directly target the social dynamics of peer pressure.*

**3. How can learners demonstrate responsible citizenship in school and community safety initiatives?**

A. Volunteer, report unsafe situations, participate in safety committees; model responsible behavior.

B. Ignore safety; stay silent.

C. Only discuss safety outside school.

D. Lead a safety campaign with false information.

*Demonstrating responsible citizenship in safety means taking active, constructive steps to protect people and follow shared rules in school and the wider community. The best option combines personal initiative with collaboration: volunteering, reporting unsafe situations, and participating in safety committees, while also modeling responsible behavior. Volunteering shows a willingness to contribute time and effort to keep others safe. Reporting unsafe situations helps prevent harm by ensuring problems are addressed quickly. Participating in safety committees demonstrates shared responsibility and influence over safety decisions. Modeling responsible behavior—like following guidelines, respecting others, and helping peers—sets a positive example for the whole school community. The other options don't fit because they miss core responsibilities: ignoring safety and staying silent leaves people at risk; discussing safety only outside of school neglects the school's role in everyday safety; leading a safety campaign with false information undermines trust and safety efforts.*

**4. Which term describes the broad category into which different careers fall, such as engineering, teaching, or nursing?**

A. Career

B. Career field

C. Gender

D. Domination

*The concept being tested is how we group different jobs into a broad category. A career field is the wide umbrella that includes related occupations, so engineering, teaching, and nursing each sit within their own broad field of work. In other words, a career field helps you see the big grouping, while a specific career would be a particular job within that field (like engineer, teacher, or nurse). The other options don't fit because they describe either a single job, an unrelated concept, or something not about job categorization.*

**5. Which term is used to describe the threshold that separates those who have enough resources from those who do not?**

A. Global

B. Time Management

C. Poverty Line

D. Health

*The threshold is defined by the poverty line. It represents the minimum level of income or resources a person needs to meet basic living requirements such as food, shelter, clothing, and essential services. This line divides those who have enough resources from those who do not, making it a practical tool for measuring poverty, targeting aid, and tracking changes over time or across regions. Other terms don't describe a cutoff for resource sufficiency: global relates to worldwide scope, time management is about organizing tasks, and health concerns well-being rather than a specific financial boundary.*

**6. What term refers to a principle to which a person attaches great value and which gives direction?**

**A. Values**

B. Beliefs

C. Ethics

D. Attitudes

*Values are the guiding principles a person holds about what matters most, and they give direction to decisions and actions. They shape how you prioritize goals, how you treat others, and how you respond when choices are difficult. Values tend to be deeply held and relatively stable, growing from family, culture, experiences, and reflection, so they act like a personal compass across different situations. Beliefs are about what you think is true or real; they influence your understanding of the world but don't necessarily specify how you should act. Ethics describe shared standards of right and wrong within a group or profession, providing external guidelines rather than the individual compass. Attitudes are evaluations or feelings toward something, which can affect behavior but aren't the enduring, value-based direction that guides a person's life.*

**7. 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.*

**8. What is the work that you do which is paid?**

**A. Job**

B. Occupation

C. Profession

D. Values

*Paid work in a specific role is described by the term job. A job is the particular paid position you hold, with defined duties and hours, that earns you money in return. It's the concrete work you do for pay at a certain time or place. An occupation, by contrast, is the broad category of work someone is trained to do—for example, healthcare or teaching—and can include several different jobs within that field. A profession is a more specialized form of occupation that typically requires formal training, certification, and professional standards, like medicine or law. Values are personal beliefs about what matters most in life and don't describe work at all. So the correct term is the one that refers directly to the paid work you perform in exchange for money.*

**9. Which term refers to a spiritual guide to your inner life that influences your principles or beliefs?**

A. Spiritual

B. Religion

C. Spiritual Convictions

D. Culture

*You're being asked to name an internal, spiritually grounded guide that shapes your principles. Spiritual Convictions fit because they are firmly held beliefs rooted in your sense of spirituality—personal beliefs you're willing to act on and let guide your choices. They reflect your inner life and influence how you live, even beyond formal rules or external rituals. Religion refers to organized beliefs and practices shared by a group, while culture is about the shared norms of a community. Being spiritual describes a connection to something larger, but it doesn't specify a particular set of beliefs. So the term that best captures an inner, spiritually guided set of beliefs that shape your principles is Spiritual Convictions.*

**10. Which practice supports gender equality in the workplace?**

A. Promoting unequal pay for equal work

B. Limiting women's access to senior roles

C. Providing flexible working hours only to men

D. Ensuring equal pay for equal work

*Paying people equally for the same job is a direct way to promote gender equality in the workplace. When women and men perform the same role with the same responsibilities and effort, they should receive the same pay; this removes gender-based bias in compensation and shows that the value of work isn't tied to gender. This principle, equal pay for equal work, addresses fairness at the core of employment practice and helps close pay gaps that fuel inequality. Other practices undermine equality: paying unequal wages for the same work keeps unfair differences in place; limiting women's access to senior roles blocks opportunities and reinforces stereotypes about leadership; giving flexible hours only to men privileges one gender and sidelines the other. Embracing equal pay for equal work creates a fair foundation for everyone to succeed.*



## 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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