



**Adult Education and Training (AET)
Site-Based Assessment
Portfolio of Evidence**

Life Orientation: NQF Level 1
Total: 50 marks
Duration: 4 hours
Task 3: Assignment

Learner Information

Name : _____
Surname : _____
**Identity/
Passport Number** : _____
Employee Number : _____
Company : _____
Centre : _____
Date : _____

Declaration

I declare that this portfolio of evidence is my own work: _____

Signature



INSTRUCTIONS

1. This task consists of **TWO ACTIVITIES**.
2. Answer ALL questions.
3. Learners should work on this assignment as individuals. This assignment will take the learners almost four hours to complete, which can be spread over a period of a week



ACTIVITY 1: SELF-ESTEEM AND RELATIONSHIPS

Read the case study below and answer the questions that follow:

Our self-esteem and self-awareness affect the way we approach life. If we feel good about ourselves, we are likely to be more confident in the things we do. People with low self-esteem generally lack confidence.

(own creation)

- 1.1 Discuss in detail **FIVE** (5) ways in which a person with a high self-esteem usually behaves in the workplace or in the community.

TOTAL MARKS FOR QUESTION 1.1

(10)



1.2 Identify **THREE** (3) positive experiences in your own life that may have influenced your self-esteem.

TOTAL MARKS FOR QUESTION 1.2 (6)

1.3 List **FOUR** (4) ways in which negative experiences can be turned into something positive.

TOTAL MARKS FOR QUESTION 1.3 (4)

TOTAL MARKS FOR ACTIVITY 1 [20]



ACTIVITY 2: HEALTH AND WORKPLACE

Read the statement below and answer the questions:

Ill-health and injuries pose a threat to sustainability as well as competitiveness in the workplace. As a result, businesses and companies suffer additional costs.

(own creation)

2.1 Explain **FIVE** rights of people living with incurable diseases as stated in the South African Constitution.

TOTAL MARKS FOR QUESTION 2.1

(10)



2.2 Discuss **FIVE** ways in which ill-health or injuries may impact negatively on businesses and companies.

TOTAL MARKS FOR QUESTION 2.2 (10)

2.3 State **TEN** methods for coping with HIV/AIDS infections.



TOTAL MARKS FOR QUESTION 2.3 (10)

TOTAL MARKS FOR ACTIVITY 2 [30]

GRAND TOTAL FOR TASK 3 [50]



Total for Task 3: 50 Marks

Task	Activity	Maximum Mark	Learner's Mark	Moderated Mark
Task 3	Activity 1	20		
	Activity 2	30		
	Total: Task 3	50		

