

# Grade 7 Life Orientation Worksheet

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## Subject choices

At this stage of your life, you will start giving serious thought to subject choices and thinking about future career choices. You hear a lot about identifying your personal traits or qualities because that can help you focus your career search. But how do you begin to do this? Try this fun activity and see if it can help you get to know yourself a little bit better.

### Personal traits and qualities

Your personal traits and qualities are developed in childhood and through life experiences.

Complete this activity on your own and then ask a classmate who knows you well to see if they agree with your choices. Sometimes our friends or family members recognise personal traits that we do not.

Go through the table below and highlight the traits and qualities that are most like you. Add to the list if you do not find the word that describes you best.

ATTITUDE	PERSONAL STYLE
Positive Action-oriented Straightforward Open-minded Realistic Objective Caring Imaginative Dependable  Other:	Assertive Motivated Energetic Independent Responsible Persevering Flexible Creative Calm Bossy  Other:
INTERPERSONAL STYLE	WORK, STUDY, PLAY OR TEAM HABITS
Humorous Tactful Adventurous Enthusiastic Cooperative Team player Competitive  Other:	Efficient Dependable Resourceful Detail-oriented Take initiative Team player Leader Decisive Risk-taker

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	Other:
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- Now choose only 5 of the words you have highlighted. These five words should describe you best.
- Write these words in your workbook and write a short paragraph about why the words fit or describe you best.

Your teacher will assess your participation in this activity using the rubric below.

	<b>Description</b>
8 - 10	<p>The learner has listed the 5 words that best describe him/her.</p> <p>The paragraph starts with a topic sentence.</p> <p>The paragraph deals very well with the topic of personal traits.</p> <p>The paragraph is logical and coherent.</p> <p>Relevant supporting examples are provided.</p> <p>The paragraph ends with a short conclusion.</p> <p>There are only one or two spelling and grammatical errors.</p>
5 - 7	<p>The learner has listed some words that describe him/her.</p> <p>The paragraph deals reasonably well with the topic of personal traits.</p> <p>The paragraph is coherent.</p> <p>Some relevant examples are provided.</p> <p>There are fewer than five spelling and grammatical errors.</p>
Less than 5	<p>The learner has not provided a list of applicable words.</p> <p>The learner has not dealt adequately with the topic of personal traits.</p> <p>The paragraph is incoherent.</p> <p>No relevant examples are provided.</p> <p>There are more than five spelling and grammatical errors.</p>

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### Suggested Solutions

Item number	Possible marks	Solution
1	10	Use the rubric in the Appendix of Assessment Tools to assess learners' participation in this activity.

### Appendix of Assessment Tools

	Description
8 - 10	<p>The learner has listed the 5 words that best describe him/her.</p> <p>The paragraph starts with a topic sentence.</p> <p>The paragraph deals very well with the topic of personal traits.</p> <p>The paragraph is logical and coherent.</p> <p>Relevant supporting examples are provided.</p> <p>The paragraph ends with a short conclusion.</p> <p>There are only one or two spelling and grammatical errors.</p>
5 - 7	<p>The learner has listed some words that describe him/her.</p> <p>The paragraph deals reasonably well with the topic of personal traits.</p> <p>The paragraph is coherent.</p> <p>Some relevant examples are provided.</p> <p>There are fewer than five spelling and grammatical errors.</p>
Less than 5	<p>The learner has not provided a list of applicable words.</p> <p>The learner has not dealt adequately with the topic of personal traits.</p> <p>The paragraph is incoherent.</p> <p>No relevant examples are provided.</p> <p>There are more than five spelling and grammatical errors.</p>