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crucial for making informed decisions about their health and lifestyle your life your parents your friends your life experiences your access to media and your conscience for you to become a mature adult you need to develop your own value system it is the code by which you live your life why is it important to have a mission statement it gives control and structure or purpose to your life here is a collection of subject specific resources for life orientation to help gr 12 learners with curriculum and assessment requirements we have selected these resources for your matric success study guides 2022 gr 12 subject support life orientation this means that there are 66 hours available for the teaching of life orientation in grades 10 and 11 and 56 hours in grade 12 the content is grouped in section 3 of this document and is paced across the 40 weeks 80 hours of the school year to ensure coverage of the curriculum and examinations apply a range of life skills required to adapt to change as part of ongoing healthy lifestyle choices stressors change and quality of life identify and define stress and stressors physical emotional





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this means that there are 66 hours available for the teaching of life orientation in grades 10 and 11 and 56 hours in grade 12 the content is grouped in section 3 of this document and is paced across the 40 weeks 80 hours of the school year to ensure coverage of the curriculum and examinations



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a topic that

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