

Life Orientation

The National Curriculum Statement defines Life Orientation thus:

“Life Orientation is the study of self in relation to others and to society. It applies a holistic approach. It is concerned with the personal, social, intellectual, emotional, spiritual, motor and physical growth and development of learners and the way in which these dimensions are interrelated and expressed in life.”

Life Orientation contributes towards the holistic development of learners and is designed to be interdisciplinary. It is concerned with developing self-knowledge and skills that will enable young people to engage socially, be responsible citizens and to live healthy, productive lives. Life Orientation helps to equip young people to respond positively to the demands of life by engaging on a ‘*personal, psychological, neuron-cognitive, motor, physical, moral, spiritual, cultural, socio-economic and constitutional levels*’ (RNCS: 2002, p. 10)

The holistic development of learners is central to this learning area. It is driven by a vision of individual growth that is part of the creation of a democratic society, a productive economy and improved quality of life for all. In the Life Orientation area skills, knowledge, values and attitudes are developed to empower learners to make informed, responsible decisions.

CAREER GUIDANCE.

- The programme “Discover your Career” written by Dr. Lanette Snyman and Debbie de Jong is followed in Grade 9. A **parent’s information meeting** is organized for Grade 9 parents before subjects for Grade 10 are chosen.
- A “Career’s Information Exhibition” is organized annually.
- Learners are encouraged to attend Career exhibitions and information days organized by other organizations.
- **Big Sister’s project:**
Past pupils are regularly invited to address the Grade 12 girls as to what the “world of work” is really like. We hope to develop this project and encourage past pupils to mentor St. Dominic’s girls through their tertiary education and in the workplace. Any past pupils who would like to be part of this project must please contact either Mrs. Vollmer or Mrs. Cullen.

OUTREACH.

- An outreach project is compulsory in the Grade 10 year. This is done with the hope that by exposing our learners to the needs of others on a personal level, they will develop deeper compassion for those less fortunate than themselves and that service above self will become a way of life for all St. Dominic’s girls.

PHYSICAL EDUCATION.

- Physical education lessons form part of the Life Orientation Curriculum and progress is assessed on a continual basis.

EXTERNAL CERTIFICATE TASKS

- **Study skills** All Grade 8’s will attend a study skills course in 2011.
- **Self awareness** An internationally recognized course will be conducted for Grade 10’s in 2011
- **First Aid** Every Grade 11 is given the opportunity to becoming a level 1 First aid practitioner.
- **Leadership** A three day leadership course facilitated by “Spirit of Adventure” is offered in Grade 11.
- **Rape wise** This very intense 5 hour course is offered in Grade 12.

These external certificate tasks form part of the Life Orientation portfolio which is the basis of assessment in grade 12.