



**NetLEARN**  
E-LEARNING THE WAY FORWARD

*... changing your ambitions into realities!*

# Life Orientation

# Life Orientation

## Used for FET College – NC (V) Level 2

This quality course engages learner interest with its informative and rich presentation and demonstration of life lessons making it interesting and engaging. Life Orientation is designed to develop knowledge and skills that will enable young people to engage socially, to be responsible citizens, living healthy and productive lives. This course is also about adopting a positive attitude towards physical activity, fitness and recreation.

### For the Lecturer

This course will provide the lecturer with the medium to facilitate successful debate and engage the learners to participate actively in the provided activities

### For the Learner

Learners will be able to participate and collaborate. They will be given opportunities to engage with one another, to discuss and debate the life issues that challenge them the most.

## Topics Covered

### Goal Setting and Planning

#### Setting goals

- Goals, objectives and aims
- Identify criteria to evaluate a goal
- Personal SWOT analysis
- Goals in relation to personal context
- Achievement of goals

#### Prioritise time and activities

- Planning, timeframes and time management
- Principles of time management
- Simple time management tools
- Short, medium and long-term basis

#### Relationships and pursuing goals

- Positive relationship
- Characteristics of a positive relationship
- Positive relationships & personal
- How goals affect relationships

### Health and Wellness

#### Clean and healthy habits

- Healthy lifestyle
- Key habits of a healthy lifestyle
- Developing a healthy lifestyle
- Poor hygiene and unhealthy habits

## **Functions of human body organs**

- Body organs and personal hygiene
- Skeletal & Muscular System
- Circulatory & Nervous System
- Respiratory & Digestive System
- Excretory & Endocrine System
- Reproductive & Lymphatic/Immune System
- The Skin
- Kidneys & Liver

## **Food requirements**

- Five main food groups
- Healthy body
- Special foods

## **Opportunistic Infections**

- Opportunistic infections
- How opportunistic infections occur
- Prevent opportunistic diseases

## **Types of Opportunistic Infections**

- Thrush
- Crypto
- Meningitis
- Dementia
- Herpes
- Hepatitis
- HPV (warts)
- Kaposi Sarcoma
- CMV
- Shingles

## **STIs & HIV/AIDS**

- Sexually transmitted infections
- Support services
- HIV/AIDS

## **Substance abuse/addiction**

- Addiction
- Types of addictions
- Symptoms of addiction
- Support services
- Addiction on the body
- Addiction on the mind

## **Consequences of drug abuse**

- Negative effect of drugs
- Instructions for medication
- Effect of drugs on feelings and behaviours

## **Healthy lifestyle**

- Activities that develop well-being
- Physical, emotional, spiritual, mental well-being
- Benefits of sport

## **Career Planning**

### **Sources of job advertisements**

- Personal career choices
- Job advertisements

### **Respond to job advertisements**

- Personal career choices
- Job advertisements
- Job correspondence
- Job application correspondence

### **Interviewing techniques**

- Practical demonstration
- Different interviewing techniques

### **Work responsibilities**

- Self-motivation, commitment and responsibility
- Positive & negative behaviour (work environment)
- Work context

### **Career development plans**

- Lifelong learning
- Creating career development plans
- Personal and professional development

### **Personal development plan**

- Personal development plan
- Personal development plan elements
- Value of a personal development plan
- Simple portfolio format
- Portfolio format
- Curriculum Vitae (CV)
- Reflections
- Evidence of Competence
- Personal Statement

## **Personal Development**

- Concepts of personal development
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- Attitudes, values and skills
- Personal development factors
- Work ethics and morality

## Powerful Reporting

The Learner Management System (LMS) provides a comprehensive set of powerful real-time reports so that you can measure your investment and view learner usage and progress.

**Course Usage Report:** This report allows you to extract basic usage data on courses that have been accessed in the system.

**User Usage Report:** This report shows a single Learner's tracking data inside a course.

## System Requirements

### Minimum System Requirements:

#### **Server Hardware: (Multi user - Intranet environment)**

- 1) 1 GHz Intel or AMD equivalent for +-20 active user connections. Consider a more powerful server for more user connections.
- 2) 512Mb RAM.
- 3) 100 Mbps TCP/IP network connection (Ethernet) or +256Kbps per client connection.
- 4) 150Mb + 70Mb per course free Hard Disk space.

#### **Server Software: (Multi user - Intranet environment)**

- 1) Windows 2000 server, XP professional, 2003 Server.
- 2) Open TCP/IP port 2501 and 8080
- 3) Internet Explorer 6 or later.

#### **Client Hardware:**

- 1) 500 MHz Intel Pentium 3 or AMD equivalent.
- 2) 256Mb RAM.
- 3) TCP/IP network connection +256Kbps minimum.
- 4) 100Mb Free Hard Disk space (Temporary Internet Files).

#### **Client Software:**

- 1) Windows 2000 professional, 2000 server, XP Home, XP Professional, 2003 server
- 2) Internet Explorer 6 or later
- 3) Macromedia Flash Player 8 or later (included on CD)
- 4) Windows Media Player 7 or later (included on CD) Windows XP has version 8 pre-installed.

### Considerations

#### **Firewall:**

InfoServer uses Windows Sockets for client - server communication.  
The server needs an open port (default 2501) to accept (listen) for client connections.  
The client needs to be able to open a port (default 2501) to the server. Please configure firewalls appropriately.

#### **Installation:**

You need to logon as an administrator to run the installation file.

#### **Macromedia Flash Player 8:**

A player auto detection script runs when accessing the content. After installing or updating the Flash Player it is important to CLOSE all open Internet Explorer windows.

#### **Windows Media Player 7:**

A player auto detection script runs when accessing the content. After installing or updating the Window Media Player it is important to RESTART the computer.

#### **SCORM 1.2**

The LMS supports SCORM version 1.2.

API conforms to RTE level 3. All Mandatory and optional data elements supported.

**Contact NetLearn Update cc**

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