

GRADE 8

Answers for knowledge section and revision point

STRAND 1: SOCIAL STUDIES AND PERSONAL MANAGEMENT

Sub strand 1.1: Self-improvement

Knowledge test

1. a) Leadership or responsibility.
b) It helps people work together peacefully and achieve goals.
2. a) Hard work, cooperation, resilience and responsibility.
b) They can help him succeed in school and career activities.
3. a) Honesty
b) It helps people become trustworthy and respected.
4. a) Patience, tolerance or respect.
b) Listening carefully to others, respecting opinions and controlling emotions during discussions.
5. a) Kindness or empathy.
b) Counsellor, teacher or social worker.

Revision point

1. a) Qualities or characteristics that describe how a person behaves.
b) Something a person plans to achieve in future.
2. -Honesty
- Confidence
- Responsibility
3. -It helps learners identify their strengths and weaknesses.
- It helps learners build healthy relationships with others.
4. - Lion — Leadership and bravery
- Ant — Hard work and cooperation
- Dove — Peace and kindness
- Bee — Teamwork and discipline
5. a) Educational or career goal.
b) Study hard and remain disciplined.
6. – Respect
- Honesty
- Responsibility
7. - Values help people develop good character and behaviour.
- Values help individuals build healthy relationships with others.
8. It helps people become responsible, confident and successful in life.
9. - Setting realistic goals

- Practicing discipline
- 10. a) Respect or discipline.
- b) They help individuals build good character and maintain healthy relationships.

Sub strand 1.2: Self-esteem assessment

Knowledge test

1. - Encourage her to believe in herself, participate more in class activities and understand that making mistakes is part of learning. Also advise her to practice speaking confidently and seek encouragement from teachers and friends.
2. a) Healthy or positive self-esteem.
- b) Confidence in social interactions and achievement of personal and group goals.
3. a) Giving up on improving oneself and failing to achieve goals.
- b) Encouraging him to deal with failure and take feedback positively.
4. a) Confidence and willingness to learn from mistakes.
- b) It helps individuals improve skills and build good relationships.
5. a) Answer: Journaling and positive self-reflection.
- b) It helps build confidence and self-awareness.

Revision point

1. a) The way people feel and think about themselves.
- b) Growth in all areas of life including emotional, social, mental and physical development.
2. - Improves confidence
 - Promotes healthy relationships
 - Encourages active participation in activities
3. - It may lead to social isolation and poor relationships.
 - It may reduce confidence and participation in activities.
4. - Confidence
 - Positive thinking
 - Willingness to accept correction
5. a) Unhealthy or low self-esteem.
- b) Encouraging positive thinking and goal setting.
6. - Self-reflection
 - Journaling
 - Observing behaviour during social interactions
7. - Friends provide encouragement and support.
 - Positive friendships help learners feel accepted and valued.
8. Healthy self-esteem improves confidence, relationships and personal

productivity. It also enhances holistic development.

9. - Thinking positively

- Setting realistic goals

- Practising talents and abilities