



## Thank You, Teacher!

JumpStart believes that teaching, more than any other profession, influences who we are and the societies we live in. This makes you, the teacher, a most important member of the JumpStart team.

## What Is JumpStart?

JumpStart is the perfect channel through which to awaken learners to the messages of life orientation. It is also a super supportive aid for school-leavers trying to bridge the uncertain gap between school and life.

## What Is Life Orientation?

Life orientation is the study of the self in relation to others and to society. It is the personal, social, intellectual, emotional and physical growth and development of learners and the way in which these dimensions relate to each other and express themselves in everyday life.

The focus of life orientation is the development of self-in-society. As such, life orientation encourages a balanced and confident learner who will contribute to a just and democratic society, an effective and productive economy and an improved South Africa.

## What Are Life Skills?

Research confirms that academic achievement is no guarantee of employment or career progress and there seems to be agreement that life skills are the missing link.

Life skills prepare learners for life – for its responsibilities and possibilities. They empower learners to make informed decisions and choices and to take appropriate actions to live meaningfully and successfully in a dynamic society.

Finally, life skills are a valuable empowerment tool with the potential to yield wise, knowledgeable and independent decision-makers.

**Please use this book to empower yourself, make teaching easier and more fulfilling and guide South Africa's school-leavers towards greatness!**

## JumpStart is an excellent way to:

- promote personal, community and environmental wellbeing;
- foster self-awareness, social competency and healthy living among learners;
- encourage learners to meet challenges using new knowledge, values, skills and strategies;
- help learners to exercise their rights and fulfil their civic and social responsibilities; and
- prepare learners for success, by encouraging informed decision-making as to career and education choices.

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