



**PAMIBIA UNIVERSITY**  
**OF SCIENCE AND TECHNOLOGY**  
**FACULTY OF COMMERCE, HUMAN SCIENCES AND EDUCATION**

**DEPARTMENT OF TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING**

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<b>FIRST OPPORTUNITY EXAMINATION QUESTION PAPER</b>	
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<b>INSTRUCTIONS</b>
1. Answer ALL the questions. 2. Write clearly and neatly. 3. Number the answers clearly.

**THIS QUESTION PAPER CONSISTS OF 8 PAGES (Including this front page)**

Read the following passage and answer all questions that follow.

### The Science behind Self Confidence

1. Confidence is not a fixed attribute; it's the outcome of the thoughts we think and the actions we take. No more; no less. It is not based on your actual ability to succeed at a task but your belief in your ability to succeed. For instance, your belief in your ability to speak in front of an audience; your belief in your ability to learn a new technology; your belief in your ability to lead a team; your belief in your ability to handle confrontation or manage conflict; and your belief in your ability to change job or career, exit a relationship, or start a business.

2. Of course, confidence can wax and wane throughout our lives. It is boosted when we experience a win or receive praise. It takes a hit when our efforts fall short of the mark, we are criticized, rejected or simply feel a lack of external recognition. We are only human after all. It is therefore vital not to become overly reliant on external affirmation to prop up our self-worth, but to take ownership for taking the worthwhile actions needed to sustain it. Which begs the question of how one can build the confidence needed to overcome challenges and achieve goals, particularly when faced with challenging life experiences. The single most powerful way to build confidence is to act with the confidence you aspire to have.

3. Alex Malley, bestselling author of *The Naked CEO* shared with me, "The only way to build self-confidence is to take a risk and take action despite your fear of failure, messing up or embarrassment. If things work out, then you now know you can do more than you think. If things don't work out, you now know that you can handle more than you think. Either way, you're better off." As CEO of CPA Australia, a leading global accounting body over 150,000 members globally, Malley has seen far too many people stay in the same role for too long because they have bought into the confidence-shrinking (and career-limiting!) belief that they can't do anything else. Someone achieves a modicum of career success only to become unwilling to do anything that might put it at risk. So they start spending more time in their comfort zone where there is minimal risk of failure and little threatens their confidence. At least in the short term! But when we stop reaching we stop learning and when we stop learning, we stop growing our knowledge and skills, value, resilience, influence, self-efficiency and confidence in our ability to make things happen.

4. Rather than playing to win and forging new ground, people become driven by a fear of losing the ground they already have. Their unwillingness to lay their reputation and security on the line in the short term results in missing out bigger opportunities down the road; opportunities that go to those who've never stopped stretching, growing, learning and strengthening their confidence along the way. "Think of something you have always wanted to do but have avoided because you fear it could be embarrassing," advises Malley. "Now clear your mind and give it a go." It's not only vital to your future success, but failing to take a risk and "have a go" can ultimately put the confidence you have now at risk. That is... If you don't use it, you lose it!

5. Think of someone you greatly admire who radiates a quiet sense of confidence, and think about what they would do or say if they were facing your current challenges and opportunities. Channel their self-confidence, certitude and bravery. What you put your attention on amplifies in your reality. Focus on things that make you anxious, and you'll become more anxious. Focus on things

that inspire you, and you'll feel more powerful. So instead of terrifying yourself by focusing on what you don't want to happen, focus on what you'd love to make happen and never discount the cost of inaction. As world champion surfer Layne Beachley says: "Focus on what inspires you, not on what scares you."

6. Visualization is a highly effective tool for building confidence. It can activate the same neural circuitry in the brain as doing something in reality. So to help you ACT AS IF, try imagining yourself doing (or saying) whatever it is you want to do with a quiet but unshakeable belief in your ability to do it well. If it's a conversation you need to have, practice having it a few times before hand. It will make a difference. Like all emotions, confidence breeds confidence. So whether you're in the C-suite or a sales rep, make the conscious and courageous decision not to give self-doubt the power to keep you from pursuing a bold ambition, have a tough conversation, or lay your pride on the line for a cause bigger than your ego. As Katty Kay and Claire Shipman wrote in *The Confidence Code*, "Confidence is hard to define but easy to recognize. With it, you can take on the world; without it, you live stuck at the starting block of your potential."

Adapted from: <https://www.forbes.com/sites/margiewarrell>

1. According to the author what is not confidence? (1)
2. How does the author define confidence. (1)
3. Mention one way in which confidence is uplifted. (1)
4. In what manner does rejection and criticism have an effect on an individual? (2)
5. Some people may believe that there is nothing else they can do in certain situations, how does this belief affect them? (2)
6. Explain two ways how taking risks is a good thing whether the outcome is positive or negative. (4)
7. According to the passage, the term "confidence-shrinking" (par.) means: (1)
  - A. to remain stagnant in life
  - B. the inability to grow/ progress in life
  - C. to maintain the level of confidence
  - D. Both A and B
  - E. Both B and C
8. According to the passage, the term "...forging new grounds" (par. 4) means: (1)
  - A. to cultivate in different area
  - B. to venture on something fresh
  - C. to do something all over
  - D. Both A and B
  - E. Both B and C

9. State the two main supporting ideas expressed in paragraph 4. (2x2)
10. According to the "confidence -code" what is the disadvantage of lack of confidence? (2)
11. The passage expresses the science behind self-confidence, give 4 main ideas reflected in the passage referring to these sciences. (4)
12. Match the the underlined words in paragraph 3 to their definition hereunder: (4)

	DEFINITION
12.1	The possibility of something not good happening
12.2	Small amount of something
12.3	The sence of belief or trust in one's ability
12.4	To be able to bounce back from a difficulty

13. State whether the following statements are **TRUE** or **FALSE** (3)
- 13.1 Confidence is nan attribute people are born with and all it takes is to activate it within.
- 13.2 Risk taking could be difficult, most confident people are risk takers.
- 13.3 In life, it is important to direct attention towards things that inspires you, not the opposite.

## SECTION B: GRAMMAR

[30]

Read the passage below and answer all the questions that follow:

### KICK THE LONELINESS HABIT

- Loneliness is a belief and feeling that you have no-one to confide in, no-one who will listen, and no-one to hang out with. People who are lonely often tell themselves "There is something wrong with me," or "I'm the only one who feels like this." This type of negative thinking only reinforces lonely behaviour such as staying in your room, not saying "Hello," and not trying new things. The ultimate result is continued thoughts, feelings, and behaviours of loneliness. You can kick this loneliness habit and here is how: Resist the urge to isolate and stop jumping to critical conclusions!
- Expand your social network. tarting new friendships involves you taking a risk and reaching out. Start with people you naturally have things in common with like you live on the same floor or go to the gym at the same time as you. Practice your social skills by making a daily effort to always sit beside someone in lectures and say hello to them. Get involved in sport, music, art, religion or clubs on campus, these are great places to meet people. The sport or activity provides a natural icebreaker to overcome any initial awkwardness.
- Not everyone you meet will become your instant "bestie,"if someone isn't interested in making friends with you, don't take it personally, it's not necessarily a judgment about you. See your early

attempts to talk to people as just a "practice session." This will make their response less of an issue. You'll be less anxious and more your natural self. In addition, if you take the risk you may be rewarded by friendship.

4. Challenge your critical thoughts and perceptions. It is easy to assume everyone else has friends, especially when you see groups of people around school and at social gatherings. Yet, we often see only what we are looking for. If you look hard enough, you will also see lots of people by themselves just like you. Challenge feeling discouraged, turning a chance encounter into a friendship takes time, and can not be rushed. Be patient. Take courage in the friends you had before because what you have done it before, you can do it again!

Adapted from: <https://www.usf.edu/student-affairs>

1. Look at the underlined words in paragraph 1 and state what kind of pronouns they are. (5)
- A. Who
  - B. Themselves
  - C. Something
  - D. Your
  - E. This

2. Study the sentence below (paragrapg2) and identify the part of speech of each underlined word as per its function. (5)

*Practice your (a) social skills by (b) making a daily effort to always sit (c) beside someone in lectures (d) and say hello to (e) them.*

3. State what tense the underlined sentence in paragraph 3 is. (2)
- This will make their response less of an issue.

4. Write the the sentence identified in question 3 in the following tenses:
- 4.1 Past perfect tense (2)
  - 4.2 Present continuous tense (2)
  - 4.3 Past perfect continuous tense (2)
  - 4.4 Present perfect tense (2)

5. You were taught 4 different types of sentence stucture, state the following sentence structures undelined in paragraph 4.
- A. Challenge your critical thoughts and perceptions. (2)
  - B. If you look hard enough, you will also see lots of people by themselves just like you. (2)
  - C. Take courage in the friends you had before because what you have done it before, you can do it again! (2)

6. Read the sentence below and write it in the following forms:

*The sport or activity provides a natural icebreaker to overcome any initial awkwardness.*

- 6.1 Negative form (2)
- 6.2 Question form (2)

Analyse the essay below and then answer all the questions that follow.

**SECTION C: ESSAY AND PARAGRAPH ANALYSIS****Dangerous driving**

1 **A** Most people have no idea that they are risking their lives each and every day by doing the simplest of tasks, and one of them includes riding and or driving a car. **B** Nowadays more drivers have begun to develop excessively dangerous driving habits. **C** Traveling by car is actually a lot more jeopardous than flying on a plane or taking a train or boat or anything else. **D** Not many people know, but you are more probable to die in a car wreck than in any other type of transportation mishap due to many different levels of reckless driving, such as multitasking while driving, inappropriate speed and ignoring traffic signs and signals.

2 There are numerous multitasking habits among drivers of all age groups that contribute to car accidents that happen daily on the roads. One of these bad and dangerous driving habits is eating while driving. It may be tempting to try to multitask and have a snack, or a full meal, while driving, but this is not recommended. Trying to eat while keeping control of your car is a difficult, if not impossible task. Furthermore, many people use cell phones while driving to keep in touch with family, friends and work associates. The problem is that it's very difficult to keep your eyes on the road while talking on a cell phone. If you feel that you need to be accessible while driving, set your phone to hands-free and use the speaker feature. Car speakers add value to music sound quality while driving. Also, some women, when pressed for time, continue with their morning rituals while on their way to work. More than one person has been observed trying to apply cosmetics when her attention should have been on the road. When you are behind the wheel of your vehicle. Your full attention should be on what is happening around you on the road. Although many of us survive these situations, some do not.

3 In addition, driving a car at the wrong speed is another level of dangerous driving that motorists do not take into consideration. Driving at an excessive rate of speed is quite common. This practice is especially dangerous when driving through a residential neighbourhood or a school zone. Posted speed limits are not meant to be suggestions; ignore them and you run the risk of being stopped and ticketed by police. Similarly, slow drivers become distracted and do not realize where they are driving and drive at the same speed on the highway as they do in a residential area. A better strategy is to look at the posted speed limits and adjust your speed accordingly to avoid traffic congestion on highways. Driving while under the influence also contributes to car accidents. You do not have to travel far to see people driving at wrong speeds.

4 Finally, ignoring traffic signs and signals results in dangerous drivers of all ages killing people and destroying properties everyday. For example, when a driver does not use the turn signals that their vehicle is equipped with properly, it does not give notice to other people on the road of their intention to change lanes or make a turn. Failing to do so may cause an accident, and may also be at the root of situations where a motorist has experienced the consequences of road rage. In addition, signs and signals help to keep order in traffic, and they are also designed to reduce the number and severity of traffic accidents. When someone neglects to obey them, they are putting themselves at risk, as well as other drivers, their passengers and pedestrians. The consequences can be tragic, and the negligent driver may be held accountable. Men are faster drivers when compared to women.

5 Reckless driving habits, driving at inappropriate speed and violation of traffic rules can be seen on highways, on residential streets, and in parking lots. Even if you catch yourself being guilty of one

of these dangerous driving habits, you can make changes to your driving routine to improve them. **Make a point of focusing only on the road when you are driving, if you need to eat, apply cosmetics, or make a phone call, pull over first.** Being aware of what you are doing when you are behind the wheel is the first step to preventing carnage on the roads.

Adapted from: <https://studymoose.com/>

1. Which of the sentences numbered A to D in Paragraph 1 is the thesis statement of this essay? (2)

2. Fill in the following statement by choosing the correct answer from the options given below.

The strategy that is used to introduce the topic under discussion in this essay is.....

- A using an anecdote
- B moving from general to specific
- C using a famous quote
- D none of the strategies above. (1)

3. List down two main ideas presented in the body paragraphs of the essay above. Do not copy full sentences; use meaningful key words only. (2)

4. Identify and write down two irrelevant sentences in the body paragraphs of the essay above. (2)

5. Identify two transitional words or phrases that are used to link ideas between paragraphs. (2)

6. Identify two transitional words that are used to connect ideas within Paragraph two. (3)

7. Choose the most appropriate answer from the options given below.

7.1 The first sentence that is underlined in Paragraph 3 is

- A. a topic sentence.
- B. the first supporting sentence.
- C. development of the first supporting sentence.
- D. the second supporting sentence. (1)

7.2 The second sentence that is underlined in Paragraph 3 is

- A. a topic sentence.
- B. the first supporting sentence.
- C. the second supporting sentence.
- D. development of the second supporting sentence. (1)

8. Analyse Paragraph 4 carefully and illustrate how it is structured by listing its three key components. (3)

9. List down two main ideas presented in Paragraph 2. Do not copy full sentences; use meaningful key words only. (2)

10. What is the function of the sentence “The consequences can be tragic, and the negligent driver may be held accountable” in Paragraph 4? (1)
11. Decide whether the sentence written in bold in Paragraph 5 is a fragment, run-on or comma splice. (1)
12. Rewrite and grammatically correct the sentence identified in question 11. (2)
13. Identify a sentence error in Paragraph 2 and specify what type of an error it is. (2)
14. The sentence below was taken from Paragraph 3. Rewrite it to indicate the topic and the controlling idea, e.g.
- Sentence:** Driving a car at the wrong speed is another level of dangerous driving that motorists do not take into consideration.
- Topic:..... (1)
- Controlling idea:..... (1)
15. Identify a sentence in Paragraph 5 that best summarises the ideas presented in the essay above. (2)
16. Among the three types of essays that were taught in this course, what type is the essay above? (1)

**SECTION D: PARAGRAPH WRITING [10]**

Choose any one of the prompts hereunder and write a body paragraph of about 100-150 words. Pay attention to structure, coherence, punctuation, and language. Begin the paragraph with a clear and suitable topic sentence.

1. Most learners want to end up in the University after matrix. Describe your life as a university student.
2. I wish I knew what I know now. Give a detailed description.
3. Online education is a new mode of learning for most students. Explain how it feels like to study via online mode.
4. Most first-year students missed classes during the first weeks of the semester. Discuss how you missed most classes during the first week of the semester.
5. Mobile phones have become a very popular means of communication. Describe how mobile phones have impacted lives

-THE END-