**BEHAVIORAL SCIENCE DENTAL 4TH SEMESTER**

**Mid-term Assigment Paper.**

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**Q.1 How the use of facebook our long-term memory ?**

**Ans:**  As we know that social media is emerging in the world with great impact and every 3rd person in the world is connected with social media. Facebook is one of the social media software that is use is millions of people in the world. If our concern is its impect on our long term memory so we conclude if in our sentence that Facebook it has reinforced our long term memory . How?

The answer is facebook is designed in such away that it never spoils uploaded material so if you want to recall the things you forgot simply visit facebook and look it.

When you are on facebook , you are making it harder to keep the things that are online in your brain that you need , when you try to process sensory information like speech or video you are going to need partly the same system of working memory so you are reducing your own working memory capacity , And when you try to store many things in your working memory your get less good at processing information. The brain requires idle time to transfer data from short-term memory to long-term memory so trying to do many mental tasks only leads to information overload, which can reduce brains efficiency in the long run.

**Q.2 Due to the current stressful condition of lockdown which types of coping strategies are useful?**

**Ans. Coping strategies ;**

These are the strategies which can help in coping the stressful situation of lockdown .

**1. Being Busy:**

The first strategy is to keep yourself busy. How by doing different domestic works in the your home . like gardening, cooking, cleaning activities surfing playing games studying reciting the holy Quran, gossiping with your family members watching movies dramas educational video playing on your sellphone enjoying the internet and browing the social media like facebook whatsapp twitter etc. and the most important in the prayers which is just like an exercise is well .

**2. Sleeping :**

This strategy is a bit weak but it can help you cope with the stress.

**3. Gaming:**

You can play different game like cricket badminton etc. which can help you busy and can reduce the stress.

**4. Surfing :**

This well not only allow you to do adventure of different areas and well also keep you busy.

**5. cooking:**

It can keep you busy by trying different new reciepies

**6. Calmness:**

This is one of the best strategy to cope with the stressful condition .

**7. Gossip:**

This is the best strategy but need other people rest of people at home become very stress full is well but if you gossip with other people so you can relieve your stress and you can cope with the situation.

**Q.3 Case presentation : A college student has just completed his higher secondary education (F.Sc) and wishes to get medical college. But at the some time he is confused and anxious that if he gets fail in getting admission, then what will happen next . Now keeping in mind the steps of decision making strategies, how will you make the possible plan for this student?**

**Ans.** This is very difficult situation for a student after completing FSc and want to get admission in medical college. If a student gets fail from getting admission in a medical college there are several other ways for not to be axious and takes some another way for his life.

I would like to suggest him to get admission in microbiology and go ahead because the field microbiology was too advanced after medical and the whole world are searching for finding the microbiology and advised him to not taking any tension to be become a medical student it not district his way of life .

The field microbiology defend him in every way of life for example searching different microorganism and in labotries and finding the solution for several diseases and advising the doctors for that treatment which is find and it is not the medical student to do such thing. Rather advising microbiology.

A also give suggestion of getting admission in CSS PMS which is a high scope and demand and is a source great income and respect and also making him to helpful to the poor through passing CSS and PMS . I suggest my such student who loses getting admission in medical college to not lose the hope and continue his studies in several other fields and be happy in every field of life. This all above would be my suggestion to my student.