

IQRA NATIONAL UNIVERSITY
DEPARTMENT OF ALLIED HEALTH SCIENCES
Mid-Term Assignment
Course Title: Behavioral Science (DT 4th) Instructor: Mr. Shahzad Anwar

Max Marks: 30

Time: 48 hours

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Note:

- Attempt all questions from this section, all questions carry equal marks.
- Answer Briefly and to the point, avoid un-necessary details

1. How the use of Facebook affects our long-term memory? (10 marks)
2. Due to the current stressful condition of "Lockdown", which types of coping strategies are useful? Explain in detail (10 marks)
3. **Case presentation:** A college student has just completed his higher secondary education (F.Sc) and wishes to get admission in medical college. But at the same 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 best possible plan for this student? (10 marks)

Ans:1. When we using Facebook we want to get more information in short time therefore, we quickly scroll down the arrow and not take attention, so by this the brain can unintentionally develop a phenomenon which describes that not taking attention to the information.

So when we start study and wish to get some information we will not be able to build our long term memory because our brain has a phenomenon that not take attention to information.

Ans:2. Due to the current stressful situations of lock down every one can become panic and stressed, because the normal routine (homeostasis) of life is disturbed, so to decrease the stress of people I advised some coping strategies that will help in decreasing the stress of people.

- ★ First of all make strong contact with ALLAH by repentance and pray five times a day and recite the holy Quran more.
- ★ Secondly I suggest that avoid the unnecessary social media and not take the news too much

serious because they may be fake.

- ★ Spend more time on reading best books.
- ★ Engaged yourself with physical activities.
- ★ Spend time on home plantation.
- ★ Follow the precaution that are said by experts and only believe and trust on ALLAH.

Stay home stay live.

- ★ **Ans:3** First of all I will try to make him for any situations that are bad or good, for this purpose I will try to keep this logic in his mind that is " **All is well**".
- ★ Then I need to collect his all academic information, then I would like to make a list of colleges in which he is eligible for admission.
- ★ Then I should imagine and visualize that if his admission is not done in this college, which one is our next choice?.
- ★ So according to his academic information I should collect data and information about the colleges in which he is eligible for admission.
- ★ I carefully manage the time and task, because both are very important for his admission.
- ★ If he fail in doing admission in medical college or university, I will suggest any other alternate which is related to medical profession and where his admission is done very easily.