**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**

***Name: Shah Fahad. ID 14818. BS Dental.***

**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)***

***Answer No 1***

The use of Facebook affects our memory because when we use Facebook there are a lot of things which go into our memory and our memory get confused and become very weak. So it effects our memory. Facebook badly affects our sharp picking power memories ,through this social app we are keeping in touch with different sorts of people including singer, actre actress,politician,vloger and Fake Id’s and page's which can easily divert our mind towards the negative society. Facebook share blasphemous sketch which is unbear to any religion people are dependent to support their holy way make divulging to each other and this acts confused us and as a result anxiety is yield. Most of people consist of students spare their valuable time instead of homeworking they spoiled their time to used the Facebook, And thus our memory become affect.Different Ideas and opinion are share on Facebook which able us to think about, we merge in the river of thought as result of distress and confused. Our mind save a thing after repetition. There is different situation on Facebook that we cannot see picture again., we don't like to see it again. We search new picture on every moment. This habit can not relay on one thing .actually the page of Facebook is unneeded A lot of things play their role like a killer.

They kills our long term memory.

1. ***Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful?***

***Explain in detail (10 marks)***

***Answer No 2***

The corona virus is of cource the most dangerous stressor that oblige the government to announce lockdown in order to deal with the situation.

In order to deal with this problem , it is important to stay informed ,especially about what is happening around our community .

Stay away from unstable source's. So be at home if we are felling well .

We have to take such type of food that is best for our health.

Avoid all type of activities that away us from stressful condition and also away us from that condition that disturbed our mental power which result Anxiety..

***Craft***

Due to current stressful condition of lockdown we have to use following steps

We have to spend our time with reading, writing, and drawing some things.

***Use time management skill***

We have to make a time table in our home for different work and divided the time.

We have to spend time in different activities like Exercise , books reading and other activities..

***Relaxation technique***

We can use different technique for relaxation , for releasing stress and clam during this situation of lockdown.

We have also complete our remaining work and also use social media for awareness.

During lockdown we have also to Care about our health.

For example to wash our hands. Wear gloves and face mask..

We have also far our self from depression.

1. ***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)***

***Answer No 3***

The student has to follow the following steps According to Benjamin Bloom (1956).

1. The student has to search about different field of medical and also search the scope of these fields.
2. Then he should to decide that he is interested in which field.
3. The student must has to made an imagine about his selected field and also think about its future
4. Then he should take no risk and decide the suitable one, and then also think about his marks..
5. He has also take care about time because they have to think about the close of admition