**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 No 1:** As we know that hippocampus is part of long term memory which store the information, in social Networking like Facebook can adverse effect on long term memory by scrolling up and down in Facebook a lot of ideas come to our mind it can filled our mid and the mind become double minded means we can’t focus on one ideas it become double minded ideas, in which we can’t decide that what is necessary for us? , thus it affect our long term memory.

**Ans No 2:** Some important strategies which can explain this condition.

**1.BIOFEEDBACK**

We have to control our inside physiology to adjust our self with respect to surround, if any kind of stress comes towards us it can definitely affect our physiology and at become abnormal. so first of all we have to normal our inside physiology then we can easily survive in this condition.

**2.Time management:**

Stress comes if we have had no proper planning of time and its most important to manage our time properly during this condition, for example plying games, study can manage our time very well inside home. And we can’t bore to go outside. We have to improve our decision strategies; thus we can stay away our self from stress.

**3.DEFINING PRIORITIES:**

We can to types of life personal and professional if they both run properly we can adjust our self and this stressful condition we can comes to personal life, which can disturb our physiology we have to manage these two in proper way to end the stress, we have to put professional life also in personal life and adjust our self.

**4.RELAXATION TECHNIQUES:**

As we know that stress can also put us in anxiety. Relaxation is a training means exercise if we have proper hygiene of exercise to protect our mind. And boost our immune system to ready for any task come towards us.

**Ans No 3:**

First we have to proper decision making skills, then we can out our self from any hard task let we have discussed all these in this condition. If some students not get admission in Gov. they can apply private and complete their wish. But if someone not get admission in these two. they have to decide, As we know that medical felid is a professional field so in this situation they need to think properly and select other professional field and got admission in that. The meaning of this whole sentence if there is a lot of professional fields like MBBS, and even low fee structures so they have to select other field same as MBBS,just like BDS and Bs dental.