**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: SHAHBAZ ALI**

**ID : 14787**

**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? **Answer** : Because ,When we use the facebook we want to get more information in short-term memory. Therfore,we quickly scroll down,so by this the brain can unintentionally develope a phenomena by which the brain does not give attention to the information, so when we set for the study or other learning purpose or situation , we will not be able to develop long-term memory due to the no attention.
2. Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful? Explain in detail. **Answer** : Due to this current situation of lockdown every person become panic and stressful, Because the normal routine of life is disturbed, So to decrease the stress of people, I advised the the some coping strategies that will be helpful to decrease the stress of people, that are: (a). first of all to make strong contact with Allah by the Holy Quran and pray all of the five times in a day. (b). Spend more time on reading of best books. (c). Spend time in greenery or home plantation. (d). Play physical games. (e). Follow the precautiond or guidelines that are said by experts or doctors. (f). Avoid the unwanted or unnecessary use of social media and not take the every news too much serious besause it may be fake.
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? **Answer** : First of all i will try to make him for any situation that are the good or bad for this purpose , then i will be try to keep this in his mind " All is well".
4. I need to collect all the relevant data or academic information, then i will make the list of colleges or universities in which he is eligible for the admission.
5. Then I should imagine and visualize that if his admission is not done in this college or university, which one is our next choice?
6. So according to his academic information I should collect the data or information about the colleges or universities in which he is eligible for admission.
7. I ccarefully manage the time and task, because both are very important for his admission.
8. In case of failure in taking 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.