**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: Sultan zeb 14600…………………………………………………………………………………………….**

**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: The use of facebook affects our meory becouse when we open facebook there are a lot of our memory and our memory get confused and become very weak so it effect our memory.

E.g ; Corona viras meny people shere wrong news etc.

Ans 2: During this situation the following strategies can be used.

= Biofeed back:- Through bio feed back we can control our stress and headache .

= Time management :- We can spent time in different activities like excercising ,study , sports, some other activities so we will not feel stress.

= Relaxation Techniques :- We can use relaxation techniqu for releasiong stress, to be reaxad and calm during this situation of lock down.

Ans 3: This is vert difficut situation for a student after comleting fsc and want to get addmission in medical college,

The student must follow the following steps.

1= The student must search about different fields of medical and their scope.

2= Then he should decide that he is interested in which field.

3=The student must imagine about his chosen field and what will be the scope of it in future.

4= then he should take no risk and think about his marks.

5= He must take care about time because if admissions are closed all the planning will be lost.