**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:Faiz ur rahman

 **………classcode:14551………………………………………………………………………………………………….**

**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)

Ans:from the above question its clear that that the long term memory is about the memory that lasts for days to years and their duration depand upon rehearsal,facebook is totally about the social media 99% people of the word use facebook and share every one his own ideas and we can,t focused on one thing instead of a lot. Long term memory is about the memorizing of knowledge which is nrcessary for us ,facebook effect on our level of cognition ,facebook can effect on our long term memory because a lot of knowledge which is in our brain confused which idea is necessary for us we can,t focus on our necessary knowledge instead of alots .so that why use of facebook effect on 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)

Ans: the current lackdown is due to covid-19 which is spreading in most countries of the world and the whole world is suffered in this virus.so we have to follow the instruction of WHO and our countries health authorities.

1)we have to stay in our homes and we will be safe.

2)we have to prevent ourself from huge gathering event etc, because it is easily convert from one another.

3)we have to wash our hands at leasts for 20 seconds.

4)when we are coughing we have to covered our face with cloth or mask.

5) in open places we have to use the face mask.

How to avoid the current stressfull condition of lackdown

1)keep positive attitude.

2)accept that there is a virus covid-19 that can easly transfer from one anotherdue to huge gathering and events etc.

3)exercise regularly inside the home your body fight stress better when it is fit.

4)eat healty and well balanced meal.

5)lean to manage your time more effectively.

6)make time for sports, exercise,studies and enjoying.

7)get enough sleep and rest your body need time to recover from stressfull condition.

8)do not smoke cigrate the chances of corona will be less.

9)seek out social support,spend time with those on social media how make you fun.

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)

Ans:when a person complited his intermediate level(fsc) the person become mature that what I have to do now first he have to try hard to clear etea ,if he were not able to clear etea its no problem he has to chose different professional fields but the one thing is that he has to make the field professional( intresred in field)he will have to check his fanincial status as well as his home condition and then he will have to select the field

How to make your future plans

1)embrace a powerfull vision of student led learning.

2)align leadership ,managmant and resources with his goals.

3)assess where his school now.

4)identify the future ready skill to focus on him.

5)create a profeesional development plan for future reading skill to him.

6)grant student accesses to techonology and information.

7)develop assesmant to measure student progrees in future reading skills .

8)collaborate him with outside student partner and community.

9)plans collectively for him and strategically for his future.