**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: …Usama Siraj……………………………ID 14991…………………………….**

**Note:**

**Attempt all questions from this section, all questions carry equal marks.**

**Answer Briefly and to the point, avoid un-necessary details**

How The Use Of Facebook Affects Our Long-Term Memory? (10 Marks)

Answer No 1 : Memory: The process of maintaining information over time.

Long term memory: It is the final stage of multi – store memory

 What is the Facebook ?

Facebook is a website that allows users to find and connect with friend, its allows users to share there picture, video, and article, there thought with friend, in a phage ,or group .

How facebook affect our long term memory :

When we open the facebook and start its using. so we want to get a lot of information in a short time duration . so therefore we quickly scroll or up and down the facebook website. So we thing that, that we well get more information in short time. it is our mistake because by this the brain unintentionally develop a phenomena by which the brain does not give attention to the information. So if we set for study or other type of learning, reading, leasing, or other situation .we will not able to develop the long term memory due to lack or no attention.

If you are not give to attention to something so you will not able to develop a long term memory. Because the attention is necessary for long term memory.

2 : Stressful Condition Due To The Current Of “Lockdown”, Which Types Of Coping Strategies Are Useful? Explain In Detail (10 Marks)

**Answer NO 2** : Coping strategies : Coping strategies is the specific efforts, both behavioral and psychological , that people employ to reduce, or minimize stressful events.

**Lock down**: A lock down is refer to taking refuge in home , office, class room, or hospital to isolate the person from an exterior threat:

**Current stressful condition of “lockdown”**:the situation that we faced now a day is very stressful: the stress is this that every person isolate in home so the normal routine is disturb of every person. so their stress is high day by day because the lockdown is increase over time by time and he think that how we well reset the normal routine of itself.

I advise some coping strategies that are very helpful to decrease the stress of people that are :

1. Read Quran every morning .and study other books of Islam, and past stories.
2. Follow the guideline that are said by a medical doctor.
3. Made a school at home for your children and parents work is a teacher.
4. Stay close to your normal routine. it is very helpful for you
5. Be thinking positive about the outbreak.
6. Clean the house.
7. Do three thinge a day one practical, one physical, and one creative.
8. Practice breathing exercise.
9. Think something funny.
10. See the Picture your “happy place”.
11. Take care of your portents, elder brother, sister, and children.
12. Make a list of thing that you do after lock down.
13. Spend time of home plantation or greenery.
14. Play with chider at home.

**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)

Answer NO 3:

If a student wishes that I get admission in medical college. if he called to you that you give to me a suggestion so your responsibility is that you give him a decision that give him guesser and you called them that your admission is possible, and say them you must be go to medical college. if he say to you that I am confused about fail that what I do.? So you say that you go for what purpose. if he say that I am going for help of human. So you called them that there are many way that you help other E.G CSS officer, advocate, teacher, scientist, or a politician.

Decision making strategies:

1) First of all I think that why I am taking decision.

2) Second you will think that what are alternatives to this decision.

3) Then I should imagine and visualize that if his admission is not done in this college or university, which one is our next choice?

4) Then I collect all the academic information of the student. I should collect the data or information from my senior or student of the college or from Google, about the colleges or universities in which he is eligible for admission.

5) Then I think what rick are coming to me about this admission.

6) Then I manage that how many time are left before the last date of form submission because time is very important in successful decision. if time limit is different for colleges then I decide the condition.

7) In last .I will suggest any other alternate which is related to medical profession and where his admission is done very easily.