# Name : NASEERUDDIN Id 14465 Paper behavior scince Bs Dt 4th semester

QUESTION NO 1

ANSWER:

Facebook affect our long term memory bc different type of imformation are include in face book such are bed imformation and good imformation sport picture and graphical picture imformation not save to short term memory and then not to save long term memory .

Facebook not only effect our ability to recall events clearly .its also impact our memory capacity by removing the burden of remembering from our brain and serving as the brains enternal hard drive facebook also poses a threat to memory specifically in the formation of memory .

Facebook imformation over load in the brain there for we cant store in the memory .brain not focus on the one post a lot of post are present in the facebook .

QUESTION NO 2

ANSWER; NO 2

In this lockdown situation in which every one is fear full anxious and worried and almost feels helps to over come this currant condition but certain capy skill are the best tools to overcome this and to stay safe from the mental and any physical demage or illness .

I think currant stressfull condition of lockdown is coping strategies are adjustment with current stressfull condition .

The person evaluate the stressful situation accurate and than formulate himself.

Copingrefers active effort to master reduce or tolerate the demand created by stress current situation we are feedup of corona news port etc.

Watching again and again news are and searching about corona at make us anxious worried we can use claming skill through which we can clam our self such as

1. Talking a mindful walk for 10-20 minutes
2. By deep breathing for 5 – 10min
3. By imaging your favorate place
4. Stay home stay safe

And manage you to the current situation

And prayer for five time in a day and current situation of corona avoid hand shaking and keep social distance and use face mask and sanitizer.

QUEWSTION NO 3

ANSWER NO 3

Decision Making

DEF: The thought process of selecting a logical choice from the available option

1. Decision alternatives
2. Imagination and visualization used to forses possible future consequences
3. Need identification

They are cognition issue and anxious of the students.

The student have understanding problem and solve these problem .when we work they have two side positive and negative .negative side is those who fail and may be positive because their goal will be our strong and more actively about future and engage our activity.

Second step is search for alternative such as plan A and plan B and plan C

Plan A may be BSC Or BS and than plasn B.C.D and think about advantages and disadvantages favorate subject are advantages and unfavourate subject is disadvantages .

PROBLEM SOLVING

1. Understand the problem well study again and again to become more aware and to understand the problem .
2. Search for alternative A-BS , B , DPT , C , pharma D

SKILL LEARNING

1)advantages

2)disadvantages

3) weightage the alternatives select two to discard

4)Observe the viewing two process and cons and select one .