**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**

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**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)
* Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful? Explain in detail (10 marks)
* **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 2**

**1. Maintain routines**

To the extent possible, maintain a regular schedule to reassure children and promote physical and mental health. Children need structure, so encourage them to continue learning, playing, [eating](https://www.osfhealthcare.org/blog/three-recipes-to-get-your-kids-cooking/) and [sleeping](https://www.osfhealthcare.org/blog/tick-tock-first-assignment-for-this-school-year/) on the same schedule.

**2. Keep them connected**

Develop plans for them to connect with friends or extended family in safe way, whether it’s by phone, text or video chat.

**3. Watch your words**

When tensions are high, sometimes we try to place blame or focus our energies on others. Remember, a virus can infect anyone, so don’t make [assumptions](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html) about who might have COVID-19. In addition, be aware of any comments that other adults are making around your children, explaining what those comments mean if they are different from the values you teach.

**4. Manage media consumption**

Limit the amount of screen time focused on COVID-19. Too much information can lead to unnecessary anxiety. Let your child know that not everything they hear on TV or the internet is accurate, and tell them you will help them find factual information as they need it. This will not only reduce their anxiety but yours as well. Encourage your children to [engage in other activities](https://www.osfhealthcare.org/blog/three-steps-to-help-you-have-a-healthy-relationship-with-technology/) instead.

**5. Give them tasks to do**

Keeping children’s minds focused on [specific tasks](https://www.osfhealthcare.org/blog/three-steam-at-home-projects-that-arent-boring/) eliminates a lot of their stress. You can structure playtime, assign chores or ask them to create something, anything. Their minds can become hyper-focused to stimuli around them – good or bad. Ask them to create art, make a birdhouse, clean house, [thank a caregiver](https://www.osfhealthcare.org/c/thanks/) with a note or picture or participate in the COVID-19 [heart hunt](https://www.facebook.com/groups/326431341651785/) on social media. Keep their minds focused on a goal and not on things out of their control.

**Answer no 1:**

Posting about personal experiences on social media makes them [easier to remember](http://www.tandfonline.com/doi/full/10.1080/09658211.2016.1221115) in the future, finds a new study and no, it’s not just because Facebook reminds you of them every year.

Scientists have long known that writing down, talking about, or otherwise reflecting on events can help people recall them later. And one might assume that posting about them on social media sites such as Facebook, Instagram, Snapchat, or a personal blog could have similar, positive effects, the study authors wrote in the journal Memory.

But social media posts could have an opposite effect, as well: Research has also shown that when we become used to having information digitally available at all times, we tend to [become reliant on the Internet](https://www.realsimple.com/health/mind-mood/memory/smartphones-memory) and forget details more easily. “Accordingly, many of our life details may no longer need to be internally stored and retrieved if we know that we can later refer to our online journals to locate the information,” they wrote.

So the researchers set out to see which of these theories was true, in the first study to look at the effects of social media on memory.

First, they asked 66 Cornell undergraduates to keep a daily diary for a week. In the diary, they briefly described the events that happened to them each day outside of their normal routines. They were also asked to record whether they had posted about each of these events on social media, and to rate their personal importance and emotional intensity.

At the end of the week and again a week later, the students were given a surprise quiz to see how many events they could recall. During both quizzes, events the students had posted about online were easier for them to remember. This was true even when the researchers controlled for importance or intensity of the event; in other words, people weren’t simply posting about significant events they’d be more likely to remember anyway.

“If people want to remember personal experiences, the best way is to put them online,” said lead author Qi Wang, PhD, professor of human development in Cornell University’s College of Human Ecology, in a [press release](http://news.cornell.edu/stories/2016/09/social-media-boosts-remembrance-things-past). All types of social media provide an important outlet for sharing experiences with others, she added, which can be an important part of the memory-building process.

“The process of writing about one's experiences in the public sphere, often sustained by subsequent social feedback, may allow people to reflect on the experiences and their personal relevance,” the authors wrote.

The study also noted that sharing personal perspectives of recent events on social media also helps people create and shape their “sense of self.”

“That’s happening when we use social media, without us even noticing it,” Wang explained. “We just think, ‘Oh, I’m sharing my experience with my friends.’ But by shaping the way we remember our experiences, it's also shaping who we are.” Features that allow you to look back at memories from the past like Facebook’s On this Day feature or the third-party Timehop app can help reinforce that sense of self, she said.

“Memory is often selective,” Wang said. “But in this case, the selection is not done by our own mind; it’s done by an outside resource. So interactive functions on social networking sites can also shape how we view our experiences, how we view ourselves.”

In fact, the authors write, the “virtual externalization of personal memories has become commonplace” in this technology-driven age. And their study, they say, is “the first step toward a better understanding of the autobiographical self in the Internet era.”

**Answer no 3**

First of all when any student pass FSc exams then he choose the field for study. He gets lot of opinion from family, teacher, friends. etc. After receiving the all opinion he decide himself for best field. If they select the medical. why they select medical field. He can effort the medical field financially. He can give the time for medical field. If they are effort all the formalities.  Then he start the process of medical admission.

After that he get admission in medical field .at the same time he confused .first of all he see your grade of FSc .that he are eligible for medical field .he can believe him self .I can do it.

Then he start complete the formalities .and start the pripation for test . Every time think positive .I will pass the test in every type of condition ..he believes himself .first never discourage from process of medical admission .

Un fortunately. He can not pass the test .First of all stay positive .It is not the end of your life .Start your preparation for next year exams. But this time work hard. No delay, no distraction just focus. Meditate. your path to becoming a future doctor, one thing is for certain: you will face the disappointment of failure on more than one occasion. Whether that’s performing poorly in a class, bombing your MCAT, or not getting accepted to medical school the first time, you’re not alone.

I’ve faced failure. You’ve faced failure. Our parents, friends, and even role models and celebrities have also faced failure. If you’re confronting failure right now, know that there is hope, and it does get better, I promise. And if you aren’t in the middle of a failure right now, keep these 7 steps in mind the next time you or someone you care about is faced with failure.

Step 1 | Acceptance

The first step is acceptance — and no, we’re not about to dive into the Kubler Ross 5 stages of grief. Without first accepting the facts, you’re in no position to begin building yourself back up and in a new direction. Think of acceptance as the foundation upon which everything builds from.

What does acceptance look like? Sometimes it means allowing your emotions to run their course. I’m not saying take 6 months to be upset about getting rejected from medical school, but I am saying that taking a few days, or even a few weeks, to sit with the facts and allow your emotions to cool off is not a bad idea.

Step 2 | Separate Identity from Event

Step two requires you to practice nuance in your self talk, and the story you tell yourself, about what just happened. To be successful in rebounding from failure, it’s imperative that you do not confuse identity with occurrence, meaning you do not confuse failing with being a failure. Failing is something that happened, being a failure is taking on an identity. And identities are incredibly powerful, so pick them wisely.

Just because you got a D in organic chemistry does’t mean you’re stupid and not good enough to be a doctor. It just means your performance in a challenging science class was subpar, and that you likely weren’t utilizing the proper study or test taking strategies. And just because someone else got an A in the same class doesn’t make them better than you. We all simply have different

strengths and weaknesses, and what they find easy, you may find difficult, and what you find easy, they may find difficult.

 Step 3 | Reach Out for Support

Third, during your period of reflection and acceptance, it’s important to reach out to key people for support. This can be friends, family, and mentors. This step is often overlooked by macho men wanting to tell themselves that they don’t need help but isolation during a time of need can drastically worsen the outcome.

Talk things through, but on the other hand, don’t use other people as a crutch to avoid having to deal with your own emotions and the realities of what happened. When reaching out for support, the aim is to help you accept the circumstances, understand failing doesn’t make you a failure, and get you in the proper mindset to take the next steps.

Step 4 | Revisit Your WHY

After completing the first three steps, we’ve laid a foundation upon which we can build something to guide us forward. Step four is to get back in touch with your why, the greater purpose and larger vision to your day to day tasks and projects.

Why are you going to college, why are you studying this particular degree? Why do you want to go to medical school and become a doctor? If your “why” isn’t bigger than yourself, it’s less likely to endure the inevitable obstacles in your path.

My “why” was twofold: first, after experiencing the challenges of battling Crohn’s colitis, I was inspired to help children and adolescents with digestive issues. Second, I chose to believe that getting ill at the pivotal time when I was deciding on computer science versus medicine was part of a greater story to inspire me to pursue becoming a doctor. I am not religious and don’t believe in the supernatural — I simply chose to believe a story that would benefit me. The alternative would be to tell myself that I was super unlucky, life isn’t fair, and I’m doomed to always be at a disadvantage compared to my healthy peers. You could argue the validity of either narrative, but you, and you alone, are completely in control of deciding which one to believe.

Any time I was faced with something particularly challenging, I revisited my “why”. Any time doubt entered my head, either through me second guessing myself or someone else being doubtful of me, my inner dialogue was always “watch me.” Driven by my why, I was empowered to take on an identity of being able to do things not in spite of, but because of my illness. My weakness was turned into strength, and I became far more effective rather than less.

Many students, in particular due to their young age, are impressionable and exhibit a high need for approval from others. Our fear of failure is often times rooted in a fear of being judged, ostracized, or being an outsider to your peers or friend groups. Once you find your “why”, you’ll be able to break free from this limiting mindset. You don’t need approval from others you only need approval from yourself with the belief that you are doing the right thing.

Step 5 | Assess, Adapt, Implement

Step five, it’s time to revisit our systems and improve them to avoid repeating the same mistakes that led to failure. Remember, how we frame our perspectives and stories is critical. Starting off with calling your systems doomed or a lost causes isn’t going to bring you any closer to success.

The beautiful things about failures is that this is a prime opportunity to reflect and improve. When things are smooth sailing, there’s little incentive pushing you to make drastic change and improvements — it simply requires too much effort. But when fecal matter hits the fan, you’re in a position to make significant improvements. Use this opportunity to your advantage. When you’re backed into a corner, or when you’ve hit rock bottom, you’ll be surprised with what you can accomplish, but only if you allow yourself to.

First you’ll assess your current systems for what works and what doesn’t, then adapt them to maximize the upside and minimize the downside, and then implement these changes in a structured system that will facilitate the outcomes you desire.