**SEMESTER : (DT) 4th**

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**QUESTION NO : 01**

How the use of Facebook affects our long-term memory?

**ANSWER:**

**LONG-TERM MOMORY:**

When the short term memory is rehearsal to such an extend it turns memory. It can last from day to year.

**For Example:**

Our brain need sometimes to transfer data from short-term to long-term. So when we are using Facebook there are alot of things which we scroll and it affect our long-term memory and the part of brain that is hippocampus get confuse and our memory becomes weak and it convert our long-term memory to short-term.

**QUESTION NO : 02**

Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful? Explain in detail

**ANSWER:**

Stress and anxiety to a limited degree can actually be a helpful however taking to a significant degree stress can create problems for both physically as well as emotionally. So when trying to manage your stress there are number of strategies you can utilized.

**:1) FOCUS ON WHAT YOUNCAN CONTROL:**

First, there’s alot that we can’t control , so you have to accept that, focus on things that you can control, such as playing with your children , reading positive books, do some gardening, Just focus on the present moments, you can control these little things but all these little things help to the health of your mind and body.

**:2)CONNET MORE WITH FRIENDS:**

Find creative ways to connect with people. I think social media’s gonna play a big part in this, and may be you could do a group livestream or group chat or online hangout with friends and family.

**:3) AVOID OVERLOADED INFORMATION :**

Limit the time that you spend watching the news. We have to strike a balance between keeping updated and keeping informed about what’s actually going on and being overloaded with death counts you need to take a break from it and calm your mind.

**:4) KEEP YOURSELF ACTIVE BOTH PHYSICALLY AND MENTALLY:**

The gyms are closed but you can do push ups even you live in a small apartment. There is a lot of clips for yoga, dance and other activities in youtube. Set up a regular exercise routine for yourself which suit your physical capabilities. Keep your mind calm by listening to meditating music and inspiring podcasts etc.

**:5) CREATE NEW ROUTINE:**

Focus on creating a routine to get through these days. Take a deep breath and walk around the block when worry strikes

Fix your sleeping time, waking up time and all your meal time, build your immunity by taking proper rest and consuming nutrition from homemade food.

**QUESTION NO : 03**

**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?

**ANSWER:**

It’s a natural thing for a student which complete his F.SC and want to get admission in medical college but he is confused and afraid at the same time that what if he fail in getting admission so he should follow the following strategies

1. First of all the student must need identification about different fields of medical and it’s scope.
2. It is important for the student to make a decision in which field of medical he is more interested and keep his mind straight forward.
3. The candidate must imagine and visualized the scope of the field which he has chosen and imaging his future it every angle of his field.
4. It’s necessary for the student to collect data and information to find a solution for his problem.
5. The student should overcome the risk by giving a light to his marks and merit of the institution or university.
6. The most important thing in decision is time management because if the admission is closed then all the planning is lost.