

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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Roll No : 14655

Note:

- **Attempt all questions from this section, all questions carry equal marks.**
 - **Answer Briefly and to the point, avoid un-necessary details**
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Q1) How the use of Facebook affects our long-term memory? (10 marks)

Long term-memory :-

*The memory which lasts for days to years .

*Duration depends upon rehearsal .

Using facebook or any social-media affects our ability to recall events clearly , so it can cause mental retardation . And also impact our memory capacity by removing the burden of remembering from our brains and serving as the brain's external hard drive .

Q2) Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful?

Explain in detail (10 marks).

In this stressful condition of "lockdown" the given below strategies are useful .

i) Stay at home in order to avoid the spread of CoVid-19 .

ii) Keep the best care of hygiene protect yourself and be supportive to others .

iii) Minimize watching , reading and listening to news about CoVid-19 that can cause you to feel anxious or distressed.

iv) Spend time with your family ' help women in their homescapes , play some delightful games with whole family to switch this stressful environment into a peaceful and pleasant environment .

v) Stay close to your normal routine .

Q3) 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)

As student who want to get admission in a medical college he/she just one simple plan,

- Decide where he/she really want to do med, Apply existing knowledge and serve humanity.
- Having decided that, the next step is to work is really really hard to get into med school, beside studying for that, the student needs to get help from already admitted med students about how to work effectively.
- As for anxiety about failing to get into med, its part of the journey . There is always associated with aiming to achieve greater goals and bring a little anxious also helps, Its pushes you keep doing what it takes to achieve you want to achieve.