**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: NIAMATULLAH AMIN ID: 15302………………**

**Note:**

* **Attempt all questions from this section, all questions carry equal marks.**
* **Answer Briefly and to the point, avoid un-necessary details**

1. How the use of Facebook affects our long-term memory? (10 marks)
2. Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful? Explain in detail (10 marks)
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)

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………….............

Q=1

ANS

LONG\_MEMEMORY:

A long term memory is any thing that you rememember that happen a few minutes ago .In long term memory data can remain for only some days,some weeks months or years.

* Some Good and Bad Effects on long Term Memory due Use of Facebook
* In facebook we see information again and again by which we memorise information for a long time.
* Usually we finds some written information with graphics which our brain take easily and than remain for long time in our memory.
* Some time we face with a lot of information on facebook which become difficult for us to memorise specially for long time.
* By using facebook our brain is losing the importance of memorization Because our brain consider that information as in internal of our memory by which we losing capability of memorization for long time.

……………………………………………………………………………………………………...

Q=2

ANS

Following types of coping strategies are useful in the current stressful situation ‘LOCKDOWN’

* First we should manage our time for consumption.
* 2nd we should take and bring positive attitude in our mind.
* 3rd is exercise at home which will help in the decreasing of steress.
* 4th we should consume our time in those activities which we enjoy or joyful for us.
* 5th the relaxation technique like for example movies or movie games.
* 6th spent a part of time with mom dad brothers and sisiters.
* 7th media also increase the stress so we have to avoid from all types media specially NEWS.
* 8th we should care of our diet some time unbalance diet also increase stress or disturb our nervious system.
* 9th we are muslim and as we know that the invoke of Allah (SWT) decrease even remove the tension or stress.
* 10th As we know that the LOCKDOWN is due to corona virus so we should search about the coping strategies that how to avoid from the corona virus.

Q:3

ANS

By my opinions the best possible plan for this student is in the bfollowing steps.

* Fist if he should not confused and anxious from getting admission in the medical collage while concentrate on study for entry test.
* 2nd if he belongs a rich family and gets fail in admission or entry tesr with low marks than he should take admission on self in govt madical collage.
* 3rd if he gets fail with high marks in entry test than should take admission in the private medical collage but incaseif he belongs a rich family
* 4th if he fails in entry test and belong to middle class family than he should take admission in universities and study medical related BS programs like dentistry DPT Radiology etc .
* 5th but if he belongs from much poor family and cannot efford expences than he should take admiss in dipplomas in medical realted programs in local institutions .

…………………………………………………………………………………………..