**BAHRIA UNIVERSITY (KARACHI CAMPUS**)

**Introduction to Psychology (Psy- 102)**

**Assignment 01**

**Fall 2023**

**Class: BSE 3B Shift: Morning**

**Course Instructor: NUMERA YOUNUS Due Date: 22 Oct 2023**

**Assignment Date: 17 Oct 2023 Marks: 2.5 Points**

**Student Name: ABDULLAH Registration #: 81962**



**Question:**

Reflect on your life and present one example that illustrates particularly life crises. Write positive and negative outcomes.

* Which stages of your life have been more exciting and enjoyable?
* What have been some of the most significant events of your life based on these stages?

**Answer:**

**Life Crises:**

One significant life crisis I faced was when I was in 2nd Grade, I got my arm fractured in an accident. This incident brought some positive and negative outcomes.

**Positive Outcomes:**

1. Going through such an accident-built resilience and mental strength in me as I worked through the challenges of recovery.
2. The accident brought a sense of support from friends and family, strengthened bonds, and created a positive outcome from a difficult situation.

**Negative Outcomes:**

1. The immediate aftermath of a fracture involved significant physical pain and emotional distress.
2. As my arm was fractured, I was unable to work properly. I was unable to perform basic tasks. Also, I was unable to do my homework which resulted as I became weak in academics.

**The Most exciting and enjoyable stage:**

The most exciting and enjoyable stages of my life were childhood and teenage years. My childhood was full of fun. There was no stress and most importantly I was happy. In my teenage years, I learned a lot of new things, life lessons and set my boundaries.

**The Most Significant Life Events:**

The most Significant life events included getting first position in 9th Grade and graduating from Highschool that was a pivotal moment. These events brought various challenges and rewards, ultimately shaping my life journey.