# ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD

**(Department of Gender & Women Studies)**

[

**WARNING**

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM THE AWARD OF DEGREE/CERTIFICATE IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE’S OWN WILL BE PENALIZED AS DEFINED IN THE “AIOU PLAGIARISM POLICY”.**

**Course: Lifespan Development of Women (8308) Semester: Spring, 2025**

**Level: BS Credit Hours: 03**

## **Please read the following instructions for writing your assignments. (AD, BS, B. Ed, MA/MSc, MEd) (ODL Mode).**

1. All questions are compulsory and carry equal marks but within a question the marks are distributed according to its requirements.

2. Read the question carefully and then answer it according to the requirements of the questions.

3. Avoid irrelevant discussion/information and reproducing from books, study guide or allied material.

4. Handwritten scanned assignments are not acceptable.

5. Upload your typed (in Word or PDF format) assignments on or before the due date.

6. Your own analysis and synthesis will be appreciated.

7. Late assignments can’t be uploaded at LMS.

8. The students who attempt their assignments in Urdu/Arabic may upload a scanned copy of their handwritten assignments (in PDF format) on University LMS. The size of the file should not exceed 5MB.

**Total Marks: 100 Pass Marks: 50**

**ASSIGNMENT No. 1**

**(Units 1–5)**

**Q1.** To what extent do male and female brains differ in structure and function? Support your answer with evidence from scientific research. **(20)**

**Q2.** Discuss the significant roles of biological factors, such as chromosomes and hormones, in shaping sexual dimorphism. **(20)**

**Q3.** What is menarche? Analyze the cultural taboos and myths surrounding menstruation in different societies. **(20)**

**Q4.** Evaluate the physical, emotional, and environmental factors that influence the normal development of a fetus. **(20)**

**Q5.** Write notes on the following: **(20)**  
a) Personality development during adolescence  
b) Coping strategies for Premenstrual Syndrome (PMS)

**Total Marks: 100 Pass Marks: 50**

**ASSIGNMENT No. 2**

**(Units 6-9)**

**Q1.** Is the concept of motherhood excessively idealized? Critically examine the myths and stereotypes associated with motherhood. **(20)**

**Q2.** Provide a detailed overview of the physical, mental, emotional, and social challenges faced by aging women in our society. **(20)**

**Q3.** Define depression and outline its key characteristics. Additionally, discuss the multiple causal factors contributing to depression. **(20)**

**Q4.** What is psychotherapy? Discuss the core principles of behavioral and cognitive psychotherapeutic approaches. **(20)**

**Q5.** Write notes on the following: **(20)**  
a) Symptoms of anxiety disorders  
b) Muslim spiritual healing practices