

## 2012 Stress Days: Ways towards Healthy Learning

KIT's House of Competence Offers Physical Exercise during Studies



*Exercise supports healthy learning – options will be presented by the House of Competence on the 2012 Stress Days. (Photo: Harry Marx)*

**What can students do to meet the studies requirements? For the fourth time, the House of Competence (HoC) will organize the Karlsruhe Stress Days and an action program at Karlsruhe Institute of Technology (KIT) on November 19 and 20, 2012. KIT students will be offered trainings and reflection methods for specific stress reduction, for maintaining performance, as well as for enhancing the motivation to learn and work. The 2012 Stress Days will start on November 19 with the scientific symposium “Ambulatory Assessment Intervention”.**

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