

Pianos, poufs and Jenga sets: have a look at the Tec's LiFE Spots



You're on your way out of a class, your sports practice or a team meeting, and you have some free time until your next activity. **What would you like to do?**

If you're at a **Tec de Monterrey campus**, you could play the piano, the guitar, Jenga Giant or lounge in a hammock.

These corners or areas are called **LiFE Spots**, offering you respite and balance in your daily activities.

You can find one or more of the following **types of LiFE Spots** on campus:

Music spot: There may be musical instruments such as pianos, acoustic guitars or Peruvian *cajones* in these areas. Some of these spots also have tables and chairs for get-togethers.

- *How does it help you? It's been discovered that music helps people perform better in high-pressure situations.*

Nap room and Oasis spot: *What can you find?* Loungers, poufs, or hammocks.

- *According to Sara Mednick, a professor at the University of California, Riverside, and author of "Take a Nap! Change Your Life", taking a **nap** increases your **level of productivity**.*

Play spot: You can find giant-size traditional board games in this spot, such as "Connect 4" or "Jenga".

- *Various studies indicate that people release endorphins when playing, which are conducive to happiness and joy.*

These areas form part of **Student Leadership and Education** (*Liderazgo y Formación Estudiantil*, LiFE), which seeks to provide Tec students with memorable university experiences. The new educational model includes **integral health** as one of its 5 tenets.

The **LiFE educational model** focuses on providing students with integrated learning that enhances their personal talent, leadership and self-realization, taking into consideration their physical, emotional and even spiritual balance.

“LiFE is part of the Tec’s transformation process,” explained Luis Raúl Domínguez, **LiFE Director, in a previous interview with CONECTA.**

LiFE goes hand in hand with the **TEC21 Educational Model**, which has **a memorable university experience** as one of its 4 tenets.

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