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Title

The Effects of Exercise on Stress Reduction in College Students

Author

Alex Martinez

Greenwood University

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Dr. Sarah Lee

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**Lionel Menasche**

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**Digital Writing Technologies in Higher Education** Otto Kruse, Christian Rapp, Chris M. Anson, Kalliopi Benetos, Elena Cotos, Ann Devitt, Antonette Shibani, 2023-09-14 This open access book serves as a comprehensive guide to digital writing technology featuring contributions from over 20 renowned researchers from various disciplines around the world The book is designed to provide a state of the art synthesis of the developments in digital writing in higher education making it an essential resource for anyone interested in this rapidly evolving field In the first part of the book the authors offer an overview of the impact that digitalization has had on writing covering more than 25 key technological innovations and their implications for writing practices and pedagogical uses Drawing on these chapters the second part of the book explores the theoretical underpinnings of digital writing technology such as writing and learning writing quality formulation support writing and thinking and writing processes The authors provide insightful analysis on the impact of these developments and offer valuable insights into the future of writing Overall this book provides a cohesive and consistent theoretical view of the new realities of digital writing complementing existing literature on the digitalization of

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