



Infinite know how
for school

ExQ[®] Trains Students to Learn HOW to Learn



ExQ is a patented research-informed system designed to enhance a Learner's executive function through game-based personalized training

HOW IT WORKS

Our exclusive ExQ curriculum prompts thinking to ignite processes essential for academic, emotional, and social well-being. Through the strengthening of executive functioning, ExQ develops skills core to your Learner's success in academics, in sports, in the arts, and in relationships. Our digital gaming program teaches students to learn HOW to learn to achieve their maximum potential in school, at home, and in life.



WHAT EXQ[®] OFFERS EDUCATORS AND PARENTS

ExQ's personalized curriculum teaches students about their own cognitive abilities, enabling them to be more aware of their mental processes, build resiliency, and cope with the ever-changing demands imposed by our multifaceted world. ExQ provides individualized assessments, feedback, and learning from error analysis through coaching based on each student's strengths and weaknesses. Additionally, ExQ offers teachers and parents insights, providing a new lens to support each child's unique adaptive abilities, and their path to infinite know how.

WHY EXQ[®] IS DIFFERENT

ExQ is a patented brain-training software using innovative games that encapsulate 20 years of Sucheta Kamath's executive function training success. The ExQ training methodology helps foster a host of academic, social and emotional learning benefits that are applicable to all facets of academic, athletic, artistic, and community endeavors including:

- Capacity for diving deep into thinking
- Self-discovery and avoidance in learning
- Mental endurance to resist distractions and produce an orderly work flow
- Easier identification of individual goals
- Self-directed problem-solving
- Short-term thinking (grades and social achievements), and big-picture planning (future-self goals)
- Whole-child proficiency and independence

IS EXQ® RIGHT FOR MY SCHOOL'S CURRICULUM?

ExQ may be an ideal candidate for alignment with your school's curriculum, or your child's academic needs. ExQ can be the toolset and process that helps students build self-efficacy through a variety of mechanisms including:

- Providing tools for improving student learning at all levels in deeper, more meaningful and enduring ways through real life application
- Serving as the process for student engagement, self-knowledge and critical inquiry
- Increasing instructional efficacy and productivity through personalized error analysis and coaching
- Helping students solve problems by learning through real-life challenges and roadblocks
- Facilitating students to learn how to think about the needs of others and practice putting others first

WHAT IS EXQ'S PROJECTED IMPACT AND VALUE?

ExQ helps students achieve their optimal results by making foundational skills stronger through cognitive skill-building, performance analysis, adaptive experiences and self-awareness training. ExQ helps students bridge the gap between learning and how to apply learning to life, by focusing on training seven core executive functions:

- Self-Efficacy (Self Awareness)
- Attention & Working Memory (Focus)
- Time Estimation & Planning (Organization)
- Prospective Memory & Future Planning (Problem Solving)
- Metacognitive Awareness & Self-Monitoring (Study Skills)
- Cognitive Flexibility & Perspective Taking (Mental Flexibility)
- Organization & Goal Setting (Learning Habits)



WHAT IS INCLUDED IN THE EXQ® TRAINING PACKAGE?

The ExQ training program is rooted in 20+ years of cognitive neuroscience. This investment in your students' executive function is an investment not only in academic success, but a tool for developing greater self-awareness and stronger motivation to lead, inspire and contribute. Package elements include:

- Patented online curriculum including games, videos, error analysis, and personal assessments of seven core executive functions
- Step-by-step student training program including two, 20-minute personalized sessions per week
- Executive Function module-specific training games with self-selected complexity (level of challenge)
- Weekly skill building and feedback regarding self-awareness, self-correction and self-monitoring
- Personalized in-game goals linking learning to real life strategies
- Strategy-centered interactions with an in-game coach
- Cloud based access to the online executive function training and games
- Cloud based access to the Teacher's Administrative Portal



Please contact us directly at
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for more information.