

EXECUTIVE FUNCTION



*Infinite know how
for school*

LEARNING HOW TO LEARN

www.ExQInfiniteKnowHow.com



**Executive Function is
your boss brain...**

**Its purpose is tell the
rest of your brain
what to do, when to
do it, and how much
to do.**

**It enables self
awareness, short
term thinking,
problem solving and
big picture planning.**

**It prompts thinking
to ignite processes
essential for
academic, emotional
and social well
being.**



**ExQ is your boss
brain trainer...**

**Its purpose is to give
information about
how your brain works
and strengthen your
cognitive muscle.**

**It builds mental
endurance to resist
distractions and
produce orderly work
flow, proficiency and
independence.**

**It empowers by
generating ideas to
create better
personal solutions
strengthening your
adaptive edge.**