



ExQ®

Teach Infinite Know How

November 20, 2019



*Infinite know how
for school*



TO Meet GOALS (Created by self)

It is a set of mental skills used to manage our thoughts, feelings, and behaviors to achieve goals

Knowing vs. Doing

Executive Function is: how
efficiently you do what you
decide to do

- Neglieri & Goldstein, 2012



Infinite know how
for school

Conscious Goal-Directed Problem Solving

Where do children
acquire EF skills – to
form goals, formulate
plans, and self-direct?



The most prepared
learner is the one with
the greatest
Self-Knowledge
and Insight into
Strategic-Thinking



- Poor decision-making
- Failure to work toward goals
- Lack of critical thinking and problem solving
- Poor awareness of emotions
- Inability to take perspective
- Challenges with collaboration
- Disruptive behaviors



Limited self-knowledge

Struggles with Transitions &
everyday adaptability

General inconsistencies and





Infinite know how
for school



How are teachers
addressing these
critical issues?

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Teachers offer
informational
structure and
organized
classroom, **explicit**
directions, **tailored**
support, and
strategic advice.

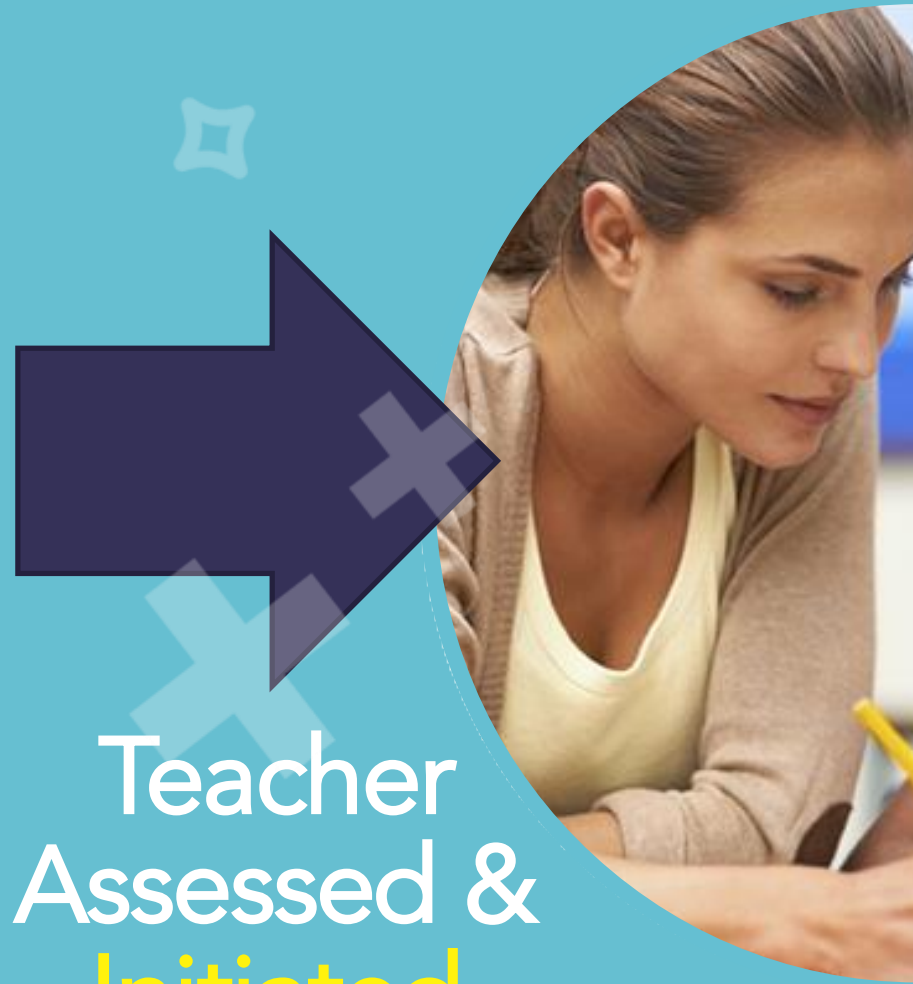


They supervise the
implementation,
prompt **self-**
reflection, assess
efficacy and
encourage self-
advocacy.



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Teacher
Assessed &
Initiated



~~Student
Assessed &
deployed~~

CURRENT
CHOICES

THE
GAP!

CURRENT
NEED


CURRENT
CHOICES

= Other-initiated &
Other-supervised




CURRENT
NEED

= +Self-initiated
& Self-supervised



Why not support the
teachers' effort to build
organized and reflective
minds?

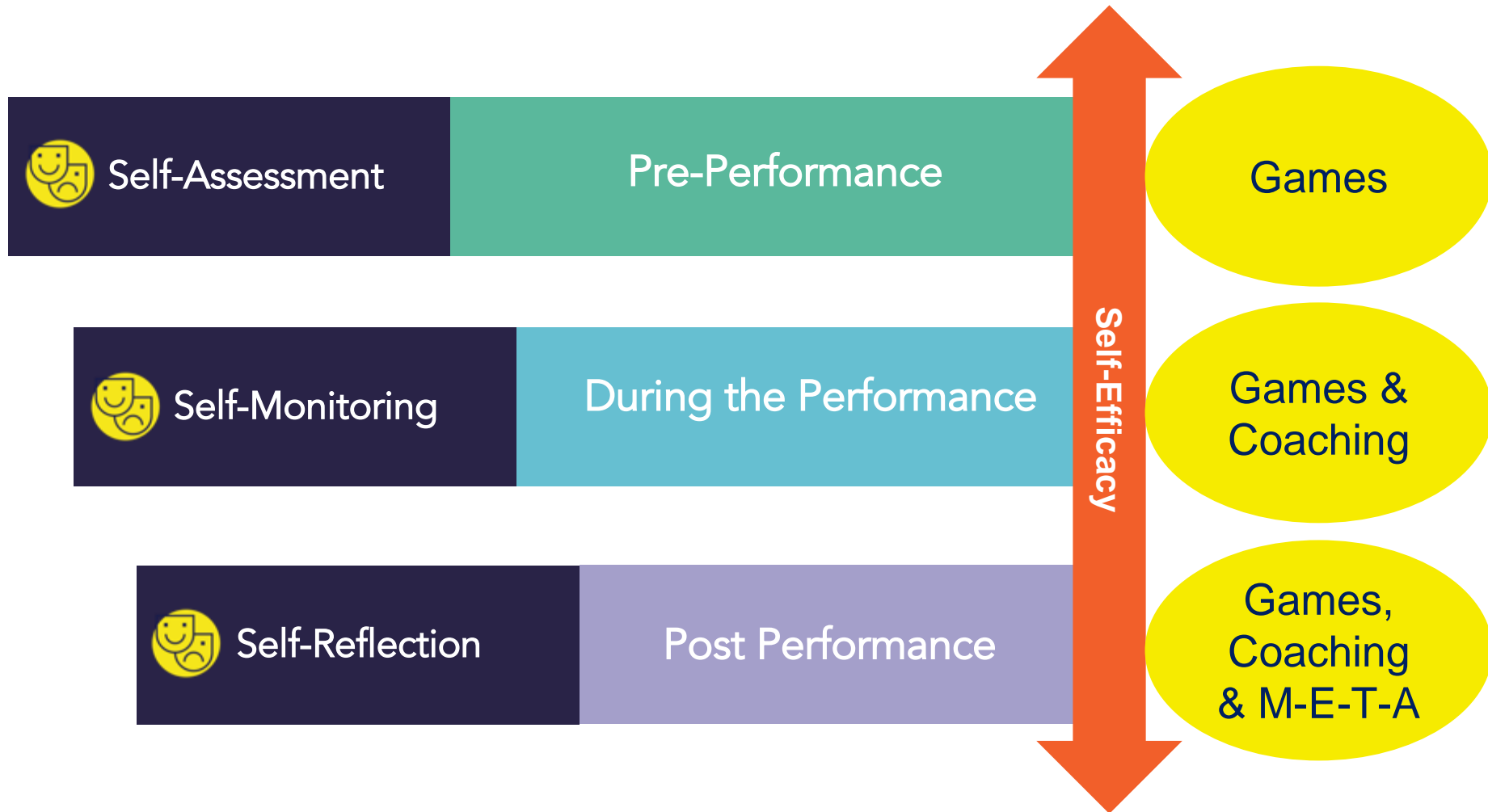


Why not dive deep into
teaching Executive Function
explicitly, multimodally and
systematically?



ExQ is a **patented** technology designed to directly build mastery of Executive Function through games, error analysis and metacognitive reflection.

A Tool To Build Self-Efficacy





The ExQ experience is designed to help students to **think more critically, reflect frequently, apply skills systematically** and **LEARN HOW TO LEARN** to succeed in school as well as life!

ExQ experience is
one of a kind!



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Start With EF Assessment & Establishing the Baseline



- Self-Assessment through Survey Qs
- Application through Test Games
- Prediction of Strengths & Challenges

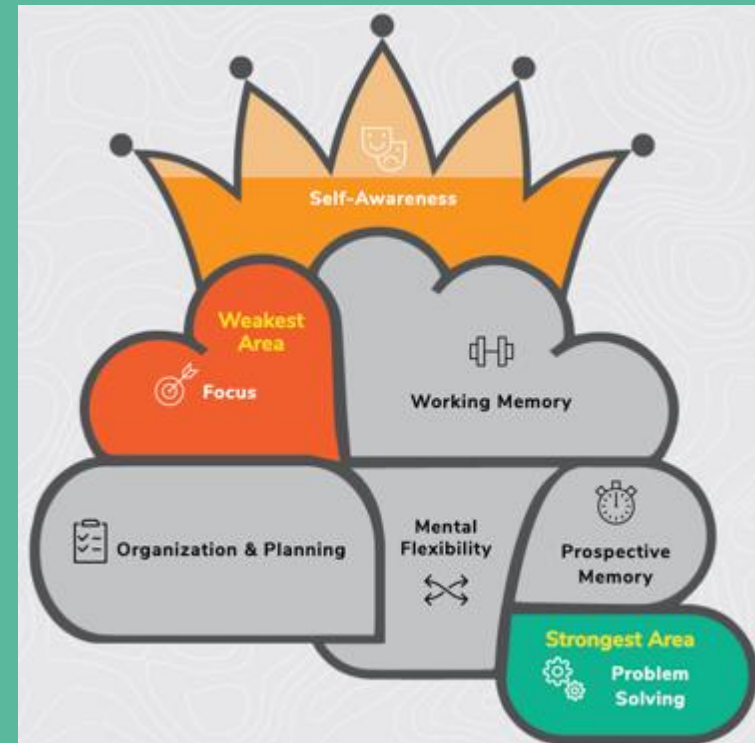
ExQ's 7-Key Targeted Areas





Introduction To The Training

- Reviewing L2L Goals
- 2 Videos (Goals & Commitment to the Future-self)
- Selecting a Virtual coach
- Watching Why Train EF video



ExQ Profile

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Based on each student's
Learning-to-Learn Skills,
ExQ is individualized



What else is individualized?



Observable
Feedback (Videos)



Measurable
Feedback (%)



Verbal Feedback
(Coaching /Comments)

How ExQ Works

Watch the demo to see how ExQ helps students learn how to learn through our signature M-E-T-A™ process that promotes Mindful Examination of Thinking & Awareness

VIEW DEMO

- ❖ Focus
- ❖ Be Flexible
- ❖ Sort Conflicts
- ❖ Achieve Goals!



Play

Weekly To-Do List



1 Games



2 Learning from Mistakes



Coaching

3 M-E-T-A™ Training



- Educational and entertaining
- Direct as well as dynamic
- Personalized yet private
- Feedback is immediate and individualized
- Strategies are practical and tangible, and future-oriented



20-WEEK TRAINING (2-SEMESTERS)



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

About the ExQ Curriculum/Program



- For Middle and High School students
- 10 weeks each semester
- 1-2 times a week for one hour
- Provide a quiet place with clear instructions regarding the purpose of ExQ
- Teachers who act as *engagement-managers* to promote a deep dive into learning *HOW* to learn

What's in it for Teachers?



- Built-in EF curriculum
- No content facilitation required
- Individualized for EVERY student
- Adapts to student responses
- Frequent, specific, and relevant feedback
- Teacher Portal



Exclusive ExQ Trial

Hands-on opportunity to experience
the power of infinite know how

- One month Trial
- Includes assessment, ExQ Profile, and two weeks of personalized training
- Up to six participants
- See for yourself how easy it is to implement
- Sign-up to begin the ExQ Trial





Work **smarter** not harder.

Thank you.
Let's change the world,
one learner at a time!

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