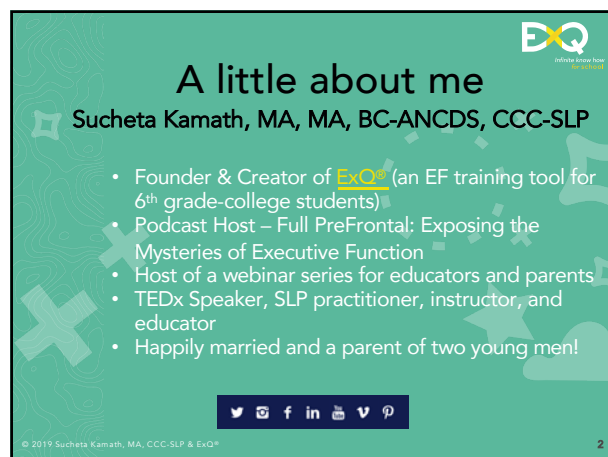


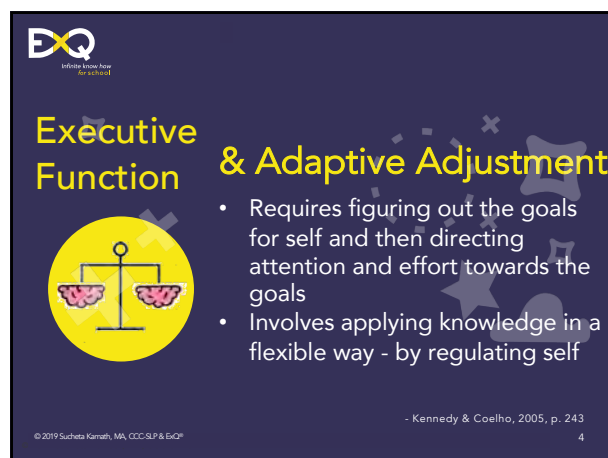
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6

EXQ Infinite Know How for school

Goals are a moving target


**Can you do it by self?
And without a prompt?**

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EXQ Infinite Know How for school

Self- Regulation



is a broad construct consisting of Cognitive, Behavioral, and Social processes. And allows maintenance of optimal level of arousal, motivation & emotional stability

- Blair & Diamond, 2008;
- Molfese et al., 2010;
- Raffaelli, Crockett, & Shen, 2005

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The 'Social' Nature of Regulation



Doing more of something or less of something is driven by and dependent on the social context

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Let's watch



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EXQ Infinite Know How for school

The observer effect





Highly motivated but socially inappropriate

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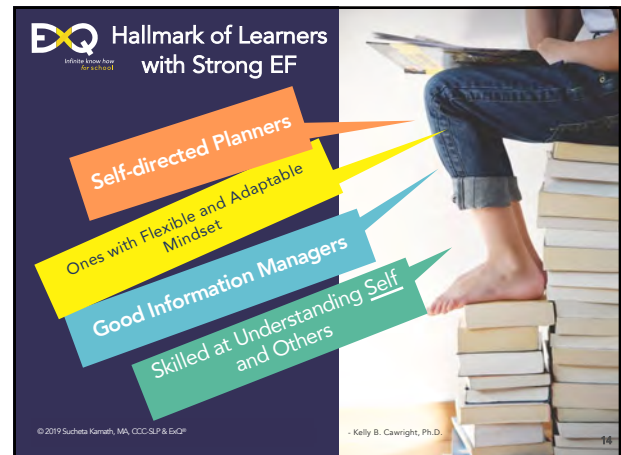


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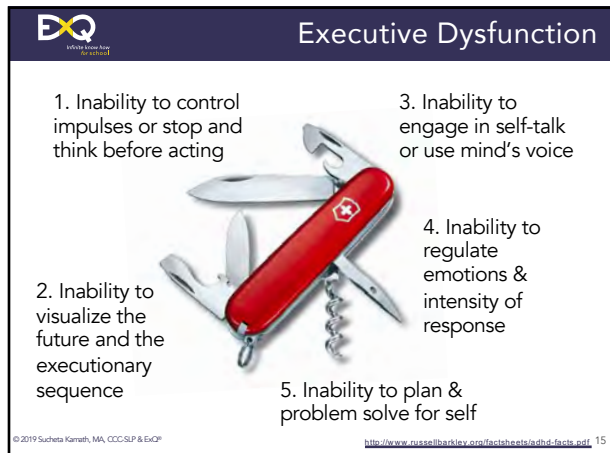
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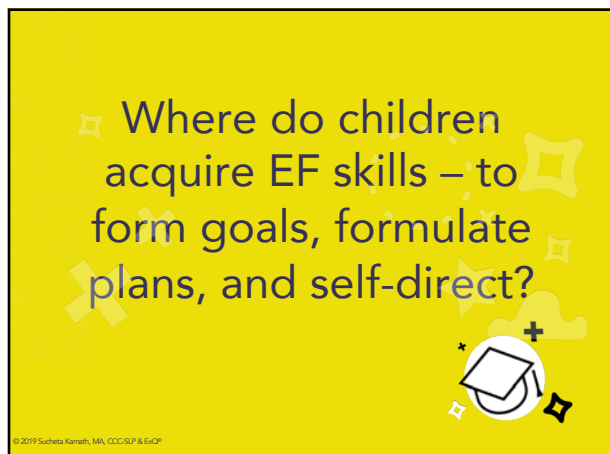
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EXQ
 Infinite Know How
 for All Learners


Daily Challenges in Teaching

- Limited self-knowledge
- Problems with transitions & everyday adaptability
- General inconsistencies and poor social cooperation

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 Infinite Know How
 for All Learners



How are educators addressing these critical issues?

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

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

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 Infinite Know How
 for All Learners



“DO it as I say. Stop, your way is not the best yet. This is what I think you need. This should work for you...”

“Ok! That's fine I guess. I don't know what I am doing. I like my way but that's not allowed (I think it's better)...”

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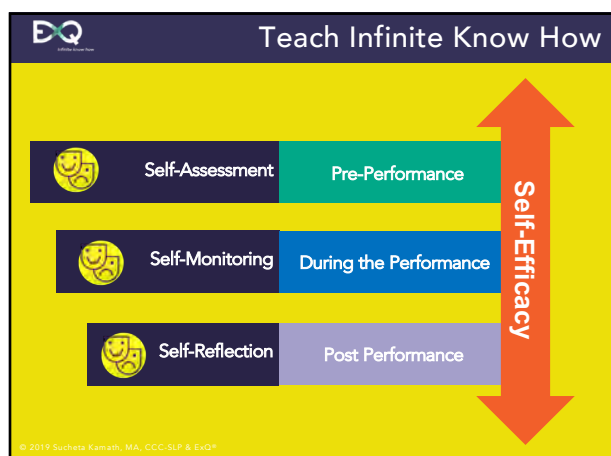
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EXQ
 Infinite Know How
 for All Learners

The question is, is that building desired self-efficacy in children we serve?

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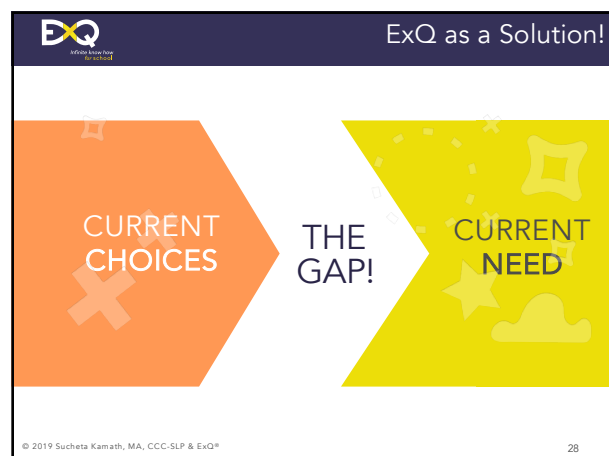
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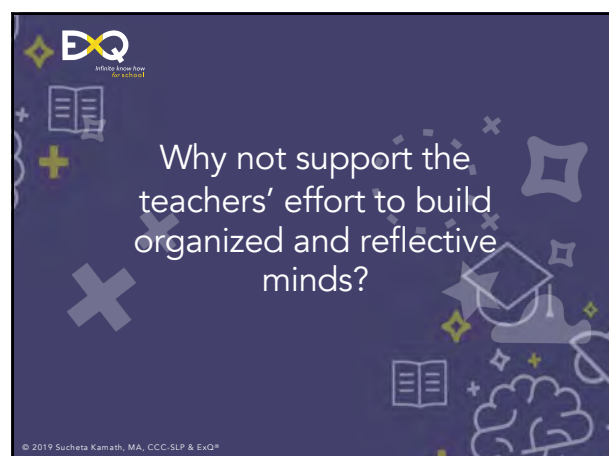
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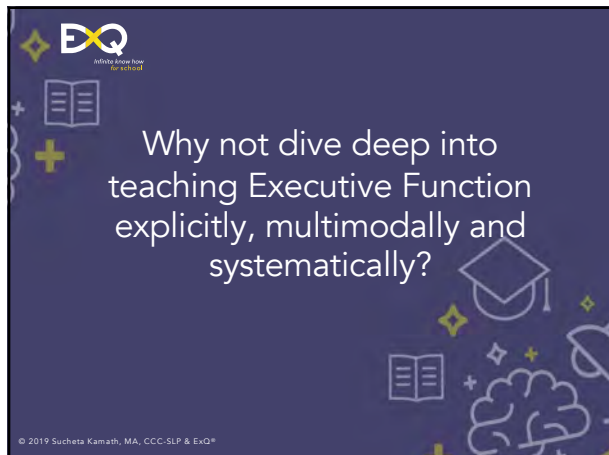
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Why not dive deep into teaching Executive Function explicitly, multimodally and systematically?

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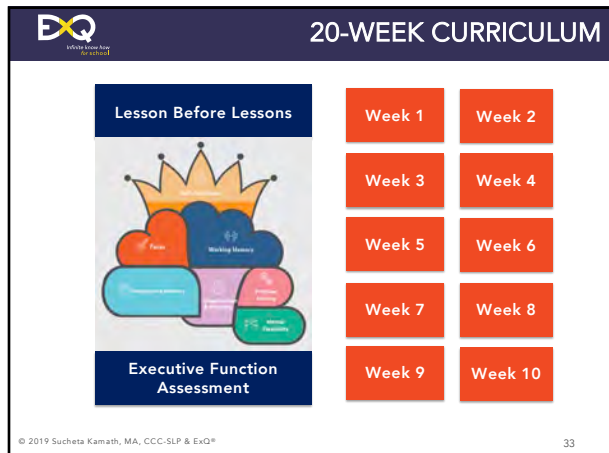


What is ExQ?

ExQ is a **patented** technology designed to directly build mastery of Executive Function through a year-long, cloud-based on-line curriculum with the help of games, error analysis and metacognitive reflection

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20-WEEK CURRICULUM

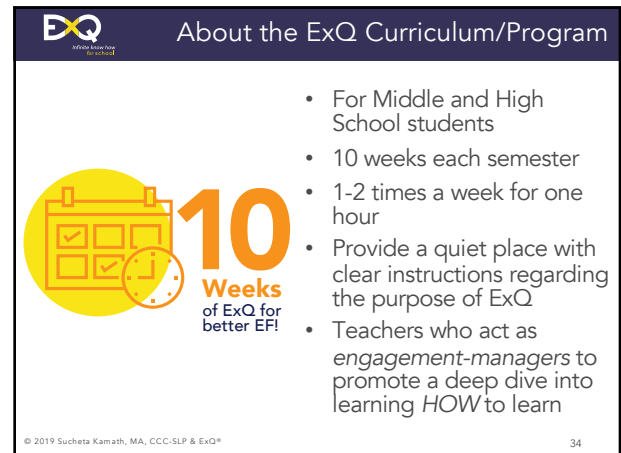
Lesson Before Lessons

Week 1 Week 2
 Week 3 Week 4
 Week 5 Week 6
 Week 7 Week 8
 Week 9 Week 10

Executive Function Assessment

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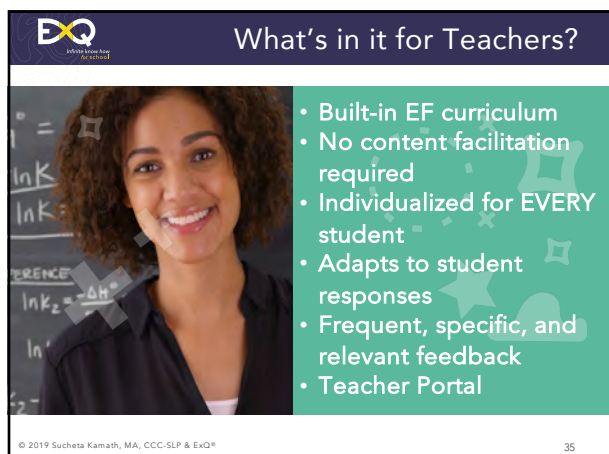


About the ExQ Curriculum/Program

- 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

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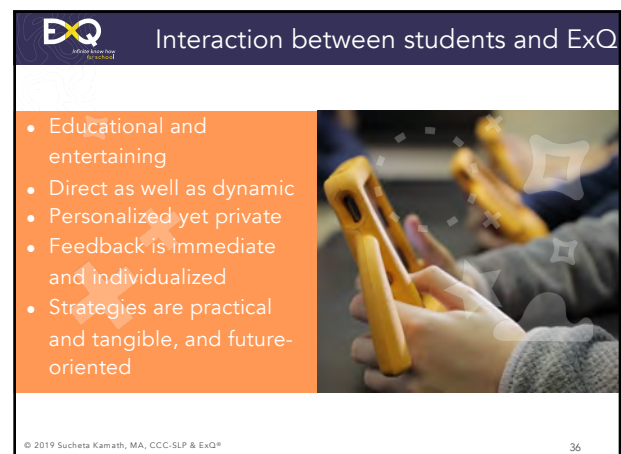


What's in it for Teachers?

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

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Interaction between students and ExQ

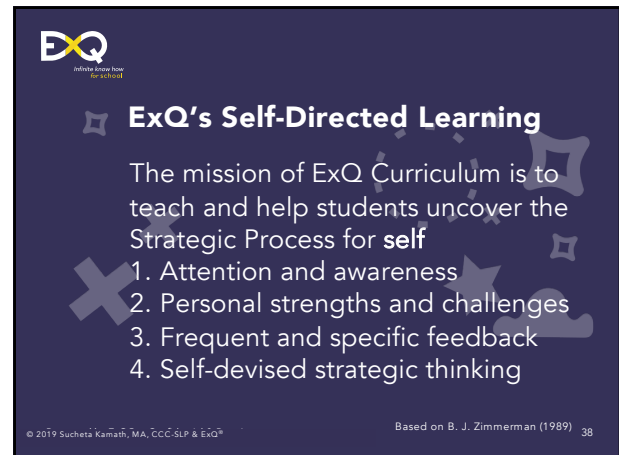
- Educational and entertaining
- Direct as well as dynamic
- Personalized yet private
- Feedback is immediate and individualized
- Strategies are practical and tangible, and future-oriented

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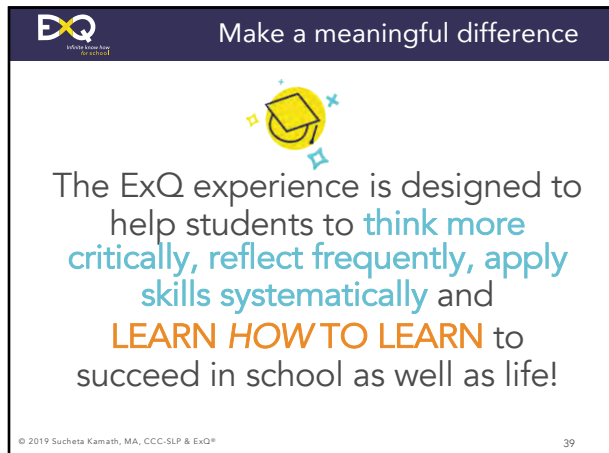
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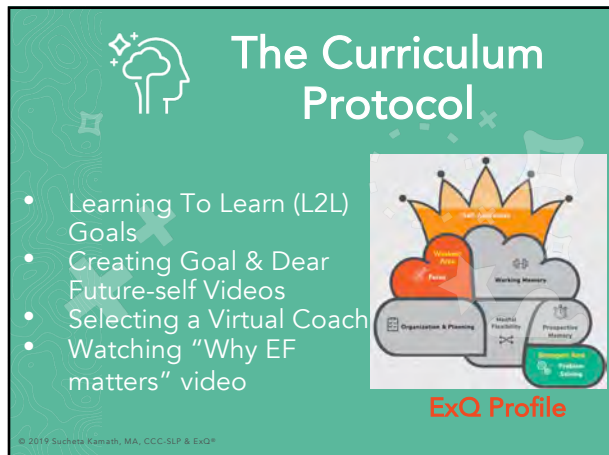
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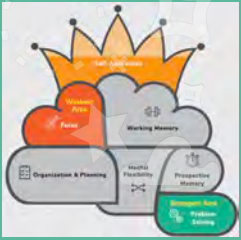


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The Curriculum Protocol

- Learning To Learn (L2L) Goals
- Creating Goal & Dear Future-self Videos
- Selecting a Virtual Coach
- Watching "Why EF matters" video



ExQ Profile

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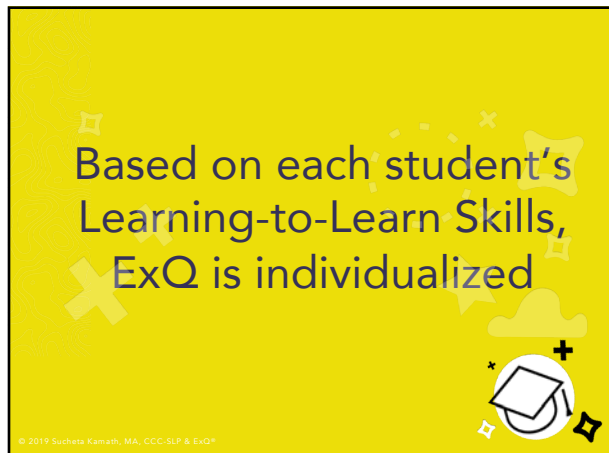


Let's watch

THIS IS YOUR FUTURE SELF

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

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Training Self-Awareness using ExQ®

ExQ Home

Weekly To-Do List

- 1 Games
- 2 Learning from Mistakes
- 3 M-E-T-A™ Training

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M-E-T-A Training

Mindful Examination of Thinking and Awareness

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Navigating Learning with M-E-T-A™

Mindful Examination of Thinking And Awareness:

- Attune attention and intention
- Frequent self-check of daily habits
- Revisiting mistakes and glitches deliberately
- Recalibrate or regroup and
- Readjust responses

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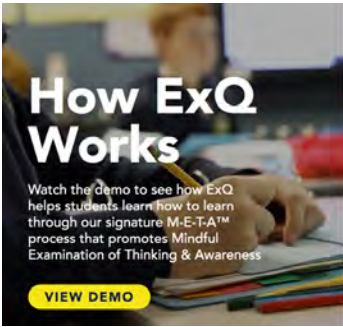
How M-E-T-A in ExQ® Shapes Effort

- Facilitates accurate judgement of personal strengths and challenges
- Nudges to set goals, evaluate plans, and take action while compensating for weaknesses
- Activates awareness to move on to the next challenge without wasting time

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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!

Let's watch

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M-E-T-A Process In Action

Good luck with your M-E-T-A Training for this week! Click through each of the cards to complete your training.


M-E-T-A Q

Are you reviewing your goals daily and weekly?

Last Week's Average

- 48% Calmness Score
- 56% Strategy Score

Your ExQ Profile



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Self-Directed Effort

- What do I know about me?
- What do I know about the task (goal)?
- What do I know about my approach?

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Self-Directed Effort

- "This has a lot of word problems but I love math so it not a problem"
- "I tend to waste a lot of time day-dreaming"
- "If I finish by 6:00, I could get my Spanish homework done by 6:30"


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Observable Feedback (Videos)



Measurable Feedback (%)



Verbal Feedback (Coaching /Comments)

What else is individualized?

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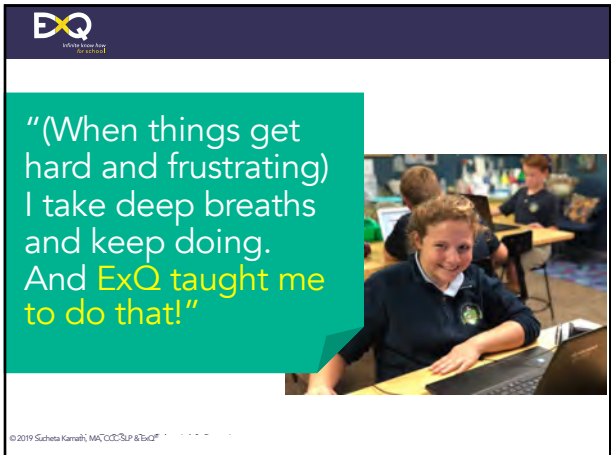
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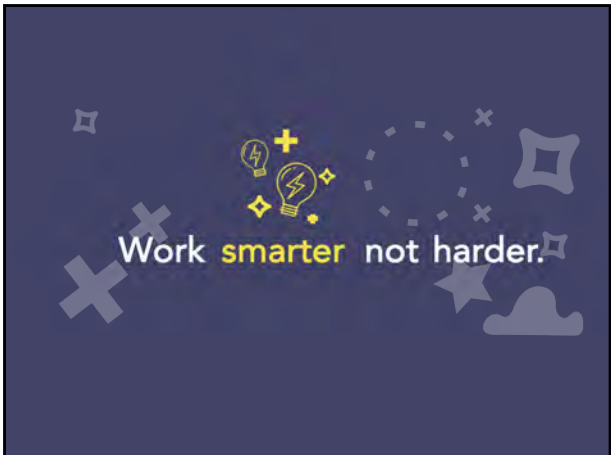
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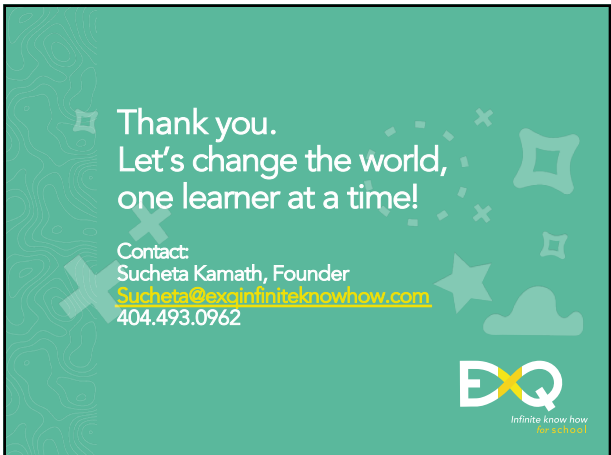
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