



FOR IMMEDIATE RELEASE

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(Atlanta, GA, August 22, 2019) **It's time for brushing up on back-to-school learning strategies and Sucheta Kamath, Founder and CEO of ExQ® has launched a new webinar series: ExQ® Know How (To Learn More)™.** Hosted for educators and parents, Sucheta will share how becoming a self-sufficient student is a trainable skill and why every developing brain needs guidance from teachers and parents to use effective methods that shape their success in school and in life!

“While grades on homework, reading assignments, projects, and tests are all a means to assess how well a kid has learned something, what’s often much more important is how they got there. In addition, the act of learning requires that kids discover and implement their own methods to overcome personal learning obstacles such as inattention, lack of motivation, and poor insight. Yet, the traditional back-to-school experience does not explicitly teach students how to study, and so the strategies and habits that help them become self-sufficient often eludes young learners,” shares Sucheta Kamath.

In the **ExQ® Know How (To Learn More)™ Webinar series** for educators and parents, Sucheta will introduce the “how to learn” mindset and its relationship to effective learning. She will explore what we expect from our kids when we ask them to “study,” and in doing so she will elaborate on the key components of smart studying that arise from the cognitive processes involved in understanding information, memorizing facts and details, and anticipating questions that assess comprehension. She will offer strategies for parents and teachers including techniques such as:

- Honing five easy once-a-day habits that promote mastery of Executive Function
- Designing home and classroom environments that help kids overcome boredom, confusion, and processing problems
- Igniting interest with *curiosity castles* of inquiry in any learning situation
- Helping kids devise systems and develop habits to conquer challenging subjects
- Learning how to use *transition tunnels* to facilitate help-seeking behaviors

Sucheta will also share ideas that help students achieve better insight into their own learning mastery, helping teachers and parents serve more as learning guides rather than simply subject tutors.

The ExQ® Know How (To Learn More) Webinar Series™ can be viewed on the website: <https://exqinfiniteknowhow.com/community/webinars/>. Interested participants can sign up for future webinars or view past webinars. **The ExQ® Know How (To Learn More) webinar series** future calendar includes:

- The Back-to-school Brain:
 - Developing Executive Function Skills to Shape a Successful School Year
 - 11:00 AM August 27, 2019

6100 Lake Forrest Drive NE Suite #108
Atlanta, GA 30328 USA



- Sign Up: https://zoom.us/webinar/register/2915664121271/WN_diSuwVL2SUSrq4mV5MrU1g
- The Science of Studying:
 - Fostering a “How to Learn” Mindset and Effective Study Strategies to Achieve Academic Success
 - 12:00 PM, October 15, 2019
 - Sign Up: https://zoom.us/webinar/register/4515664121707/WN_dH5Z8Z-7TGSyGLqRP-oKcA

About ExQ®: Rooted in more than 20 years of cognitive neuroscience and Executive Function training expertise, ExQ® is a cloud-based patented system designed to enhance the brain’s Executive Function through personalized game-based training that focuses on teaching students to learn how to learn. Learn more about ExQ® Founder and CEO, Sucheta Kamath, and Executive Function training with ExQ® for School, for College, for Work, and for Life at <https://exqinfiniteknowhow.com>.