



FOR IMMEDIATE RELEASE

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(Atlanta, GA, June 11, 2019) **Founder and CEO, Sucheta Kamath, is excited to announce the launch of ExQ®, 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.** ExQ®'s innovative and research-informed methodology is developed to train a set of mental skills that enhance focus, organization, planning, remembering to remember, problem-solving, and mental flexibility through fun and challenging games, interactive virtual coaching that emphasizes learning from mistakes, and the M-E-T-A™ (Mindful Examination of Thinking and Awareness) process that centers around self-reflection.

“Currently, while the primary aim for students is to become independent learners, it is the educators who are developing and implementing ideas, methods, and strategies to help guide students to achieve this goal. However, educators have identified a need for a personalized curriculum that facilitates direct engagement in self-discovery, and produces greater understanding of one's own cognitive abilities and learning potential. When students are equipped with the proper tools and training to learn how to learn, they adapt resiliently and transition seamlessly into a multifaceted world filled with ever-changing demands,” Kamath shares. “ExQ® provides this training, which consists of individualized assessments, built-in opportunity to self-reflect, and feedback and coaching based on each student's individual strengths and challenges. ExQ® offers teachers and parents a new lens with which to view and support each child's unique adaptive ability as they seek out the path to Infinite Know How™.”

ExQ® uses innovative games that encapsulate more than 20 years of Kamath's Executive Function training expertise. The ExQ® methodology and curriculum offer a host of academic, social, and emotional learning benefits that are relevant and applicable to all facets of academic, athletic, artistic, and community endeavors.

ExQ® is a unique learning system that offers many training benefits including:

- Enables self-discovery and avoidance of obstacles in the learning process
- Identifies and guides key actions to achieve learning to learn goals
- Builds mental endurance against distractions to produce an orderly workflow

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- Makes the direct connection between short-term plans and big-picture thinking
- Prompts thinking about thinking to develop heightened self-awareness
- Encourages acceptance of performance errors by stressing self-reflection
- Cultivates the skills required for self-directed learning
- Promotes independence through self-advocacy and strategic thinking
- Grows personal resilience, which is the building block of academic, emotional, and social well-being

ExQ® helps students achieve their personal best by making foundational skills stronger through learning how to learn, which includes cognitive skill-building, performance analysis, adaptive experiences, and self-awareness training. ExQ® operates under a belief that the most prepared student is the one with the greatest self-knowledge and well-developed insight into strategic thinking.

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>.