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CONTACT: LISA CAMPBELL HARPER / 770.315.3088 / LISA@BRANDFITCONSULTING.COM

(Atlanta, GA, January 27, 2020) Sucheta Kamath, Founder and CEO of ExQ®, a new cloud based personalized training curriculum designed to empower educators to teach Executive Function skills, is excited to announce the launch of the 100th episode of her Full PreFrontal® podcast: *10 Takeaways from 100 Conversations on the Science of Learning*.

Sucheta Kamath, Founder & CEO, ExQ launched her Full PreFrontal Podcast to help demystify and explain the science of Executive Function. "As the podcast celebrates its 100th episode, we are thrilled to talk about the top ten ideas shared with us from 100 interviews with researchers, psychologists, neuroscientists, educators, authors, journalists, and thought leaders who believe that the power of the brain can be amplified with Executive Function training, as with ExQ®, to help us all achieve our infinite know how and our potential as human beings," shares Sucheta Kamath, host of the series.

The ten takeaways from Full PreFrontal's 100 Conversations on the Science of Learning include:

1. **Just Say No:** At the heart of human evolution is the ability to *inhibit*, which means saying no to the impulsive thoughts, ideas, and desires that lead to actions that only benefit us in the *now*.
2. **Turn Off the Auto Pilot:** Executive Function skills allow us to become intentional, reflective, and problem solvers. But in order to activate the prefrontal system that accomplishes this, we have to get off "autopilot."
3. **Try Something New:** Executive Function systems are brought online when we learn new things because novel information requires novel adaptive response.
4. **Future Self Care:** The brain is the most advanced future simulator. It allows us to envision the future and provides us with the tools to imagine the *self* through the continuity of time. We must extend compassion towards that "future self" who is hopelessly dependent on the mercy of the current self.
5. **EF Training Leads to Success:** Student success depends largely on mastery of Executive Function because academic skills including reading comprehension, completing projects, conducting research, and writing papers all require highly engaged Executive Function skills.
6. **Stop Self-blindness:** There are innumerable barriers in attaining self-actualization; primarily, our self-blindness. We are often erroneously guided by our false confidence in our ability to be rational, fair, and consistent.

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



7. **Embrace Emotional Vulnerability:** Executive Function skills are extremely critical for transitions as they help us with the adaptive adjustment needed as we exit one area of our life and enter another. But we are not always fully prepared to handle such adjustments with resilience and grace.
8. **Cerebral Matters™:** Executive Function skills are directly related to the maturation of the brain—delayed development, brain injury, and aging all impact the growth of these skills, especially decision making, problem solving, and adaptive and emotional adjustment.
9. **Stress Out:** While stress often feels undesirable, it turns on adaptive flexibility and engages Executive Function. Stress in small to moderate doses is an essential ingredient to sharpening our self-regulation and critical self-directed problem solving.
10. **Infinite Know How™:** The most hopeful message from experts is that Executive Function can be cultivated, nurtured, and strengthened through practice and coaching. These skills can be put to the test with carefully crafted activities by parents and educators alike.

This Full PreFrontal® podcast episode was planned to correspond with the “100 Days of School” national campaign. This is a campaign that signifies the 100th day of class in the school year (typically this falls at the end of January or the first of February). Sucheta Kamath shares in the excitement, “The 100th day marks a unique opportunity to honor and reflect on the major milestones in our students' academic achievements, and is a big milestone for teachers too. It represents the growth teachers and students have made, and an opportunity to celebrate the progress they have achieved since the first day of classes. Similarly, we are thrilled to share the lessons about the science of learning we have learned during the 100 interviews of our Full PreFrontal podcast.”

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 a leading woman in technology, 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>.