

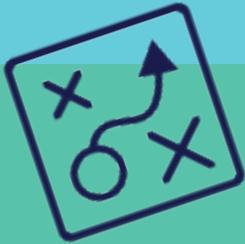


## ExQ<sup>®</sup> Trains Students to Learn HOW to Learn

ExQ is a patented research-informed system designed to enhance a student's Executive Function through game-based personalized training

### HOW IT WORKS

Our exclusive ExQ curriculum prompts thinking to ignite processes essential for academic, emotional, and social well-being. Our digital gaming program teaches students to learn HOW to learn to achieve their maximum potential in school, at home, and in life. Through effortful learning, self-reflection and strategic thinking, ExQ strengthens skills core to your students' independence and self-sufficiency.



### WHAT ExQ OFFERS EDUCATORS AND PARENTS



ExQ's personalized curriculum teaches students about their own cognitive abilities, enabling them to be more aware of their mental processes, build resiliency, and cope with the ever-changing demands imposed by our multifaceted world. ExQ provides individualized assessments, specific feedback, and opportunities to learn from mistakes through coaching as the students work with their strengths and challenges. Additionally, ExQ offers teachers and parents Executive Function insights that provides a new lens to support each child's unique adaptive abilities and their path to infinite know how.

### WHY ExQ IS DIFFERENT

ExQ is a patented brain-training software that uses innovative games, encapsulating 20 years of Sucheta Kamath's Executive Function training success. The ExQ training methodology helps foster multi-faceted benefits that are applicable to all aspects of academic, athletic, artistic, and community endeavors that rely on:

- ❖ Capacity for diving deep into thinking
- ❖ Mental endurance to resist distractions and produce an orderly work flow
- ❖ Self-discovery and avoidance in learning
- ❖ Easier identification of individual goals
- ❖ Self-directed problem-solving
- ❖ Personal independence and self-efficacy
- ❖ Short-term thinking (grades and social achievements), and big-picture planning (goals for future-self and social relationships)

# IS ExQ® RIGHT FOR MY SCHOOL'S CURRICULUM?

ExQ may be an ideal candidate for alignment with your school's curriculum and your student's academic needs. ExQ can be the toolset that helps them build self-efficacy through a variety of mechanisms such as:

- ❖ Serving as the process for student engagement, development of self-knowledge and critical inquiry
- ❖ Increasing instructional efficacy and productivity through opportunities to learn from mistakes and coaching to strategize
- ❖ Providing tools for improving student learning at all levels in deeper, more meaningful and enduring ways through real-life application
- ❖ Helping students solve problems and create personal solutions through exposure to real-life scenarios with challenges and built-in roadblocks
- ❖ Facilitating perspective taking in students so that they can learn to think about the needs of others and practice putting others first



## WHAT IS ExQ'S PROJECTED IMPACT AND VALUE?

ExQ helps students achieve their optimal results by making foundational skills stronger through **cognitive skill-building, performance analysis, adaptive experiences and self-awareness training**. ExQ helps students bridge the gap between learning and *how to apply learning to life*, by focusing on training seven core Executive Functions:

- ❖ Self-Awareness to build self-efficacy
- ❖ Focus to sustain effort and engagement
- ❖ Working Memory to follow-up with instructions, comprehend information and formulate abstractions
- ❖ Organization and Planning to create a personal system of execution in a timely way
- ❖ Prospective Memory to remember to remember and strategize against forgetfulness
- ❖ Problem Solving to build successful personal solutions for the future
- ❖ Mental Flexibility and Perspective Taking to shift approaches and build collaborative relationships



## WHAT IS INCLUDED IN THE ExQ® TRAINING PACKAGE?

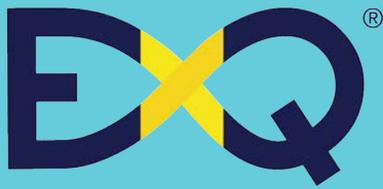
The ExQ training program is rooted in the application of 20+ years of advancement in cognitive neuroscience. By investing in ExQ's training, you are helping students to develop a greater self-awareness and a stronger motivation to lead, inspire, and contribute.

Package elements include:

- ❖ Patented online curriculum that includes personal assessments of 7 core areas of Executive Function
- ❖ Module-specific training with increasing complexity and challenge and scaffolded support
- ❖ Weekly personalized feedback regarding self-awareness, self-correction and self-monitoring
- ❖ Personalized in-game goals and learning to learn goals linking learning to real life strategies
- ❖ Access to the Teacher's Administrative Portal with suggestion to transfer learning to classroom
- ❖ Cloud-based access to the online Executive Function Profile, results, and TIPS



ExQ package pricing is tiered to scale over time with increased adoption, training and implementation. Please contact us directly at [info@ExQInfiniteKnowHow.com](mailto:info@ExQInfiniteKnowHow.com) for more information on our custom pricing.



Infinite know how  
for school

# In Their Words



"To explicitly teach executive function, you have to involve the student first to help them understand where the weaknesses are. Once they embrace that, and want to move forward with maturity and their own educational journey, the explicitness is defined a lot easier in the classroom." - **Head of School**

"As a parent I value my child's ability to self-govern and self-assess because it only adds value for them. Whether it's the ability to know how to study, or the ability to know how to retain information or multi-task, all of that helps. If they can be the best they're intended and created to be, then that's what I want for them." - **Parent**



"I learned that everybody has weaknesses. Everybody's not perfect. We're all different and unique. We don't have the same differences and weaknesses, but we all have differences and weaknesses. I think it's really cool and unique to know that." - **7<sup>th</sup> Grade Student**

"It's helped me keep going at things that sometimes are hard to do. Sometimes I wanna give up and it's kind of reminded me not to give up on things, just because there's usually a point in the end, if you just keep going." - **8<sup>th</sup> Grade Student**



"ExQ is a game to challenge your brain, and to get you better at study skills... and skills that you will use in your everyday life." - **7<sup>th</sup> Grade Student**

"ExQ taught me strategies almost like a puzzle, and you would have to figure out... You would almost trick your brain. So that in the future, the mistakes you made... or how to get through the puzzle would help you understand how to get over that skill you needed to know." - **8<sup>th</sup> Grade Student**

