



Infinite know how

FOR IMMEDIATE RELEASE

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(Atlanta, GA, June 25, 2020) **Sucheta Kamath, Founder and CEO of ExQ[®], a personalized training curriculum designed to teach Executive Function, shares a free Student Learning Exercise: ExQ[®] Superpower Hour.** During the recent closure of many schools related to COVID-19, many parents and teachers are seeking resources to help with the immediate need for activities that can be implemented at home, and the ExQ[®] Superpower Hour is a quick, free, and easy activity that provides a framework to promote Executive Function through self-reflection.

Millions of students are out of school and learning at home or online. Summer camp and leagues are canceled. Family members are taking on unexpected roles. Fall classes are in flux. Face it, our kids are dealing with a lot. So are parents! How can you help your kids not only continue learning this summer, but develop the necessary skills to tackle all the unknown issues that fall may bring? ExQ for Summer is here to help!

ExQ for Summer is a 10-week summer curriculum designed to enhance a student's Executive Function through game-based personalized training. All of our programs are one-to-one and personalized to help your child succeed academically, socially, and emotionally. Our one-to-one summer courses let students catch up before the fall semester and the online training is customized to best fit your learner's needs.

ExQ for Summer includes:

- Personalized online curriculum focused on seven areas of Executive Function
- Individual Learning Assessment and Profile
- Ten weeks of Executive Function lessons
- Module-specific game-based training with increasing complexity, challenges and scaffolded support
- Weekly individualized feedback about self-awareness, self-correction, learning from mistakes, and self-monitoring
- Tailored in-game goals and learning to link curriculum to real-life strategies
- Video teaching series and opportunities for students to learn from mini lessons and engage in video journaling
- Cloud-based access to measurable results data and Executive Function Profiles

Sucheta Kamath and her team will be offering teachers a complimentary classroom exercise called, **ExQ[®] Superpower Hour. A fun way to teach students the importance of practicing self-awareness so they can understand their Superpowers (strengths) and challenges to build confidence, empathy and develop a sense of purpose.** Here is a three-step process to guide teachers as well as parents to introduce the concept of self-reflection to their students:

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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>.

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