





zami<sup>1</sup>

Name : Rishabh Verma

Gender : Male Age : 11 years

Class : 7

School : Zamit Future School

City : Gurugram

Report date and time : 23th September, 2022 / 15:09 hrs





# WHAT TO EXPECT FROM THIS REPORT

### ■Your overall ZQ Score at a glance

Page 2

provides a snapshot of your overall ZQ score on the date and at the time of issuing this report. Your grades are mapped to the CBSE grades A1 to E.



Page 3

shows the summary of Zamit's nine dimensions and your overall level of achievement. It also shows the dimensions that you did well in and the ones you still need to work on.

#### ■Your ZQ mapped to the NEP 2020

Pages 5-6

provide a score across the three categories of the NEP 2020: affective, psychomotor and cognitive. The Zamit dimensions and the skills and abilities they cover are aligned with the categories defined by the NEP 2020.

#### ■Your overall ZQ Progress Chart

Page 4

provides a monthly performance that shows the growth of your overall ZQ. The chart covers a twelve-month period from April to March, i.e., the academic cycle.

#### Your ZQ explained

Pages 7-15

provide a detailed overview of the skills measured under each Zamit dimension, your scores, your personalised feedback, tips for improvement, graphs showing your six-month progress and your current place on a national level.

### ■Your next steps

Page 16

shows your four-step personalised Zamit journey, provides you with a link to complete your ZQ portfolio and enables you to book an appointment with a ZQ facilitator to discuss your report and seek advice.

### Resources to help improve your ZQ

Pages 18-26

provide you with detailed guidance on improving each of the nine dimensions in the form of links to informative videos, developmental articles and other useful activities.

#### General tips to help you improve your overall ZQ score

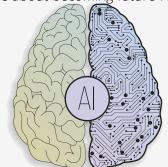
Page 17

provides you with general tips for improving your overall ZQ score and gives you valuable guidance about becoming future-ready.

### Zamit offerings

Page 27

provides you with a list of Zamit's key services, offerings, engagements and activities to help you become future-ready.







# YOUR OVERALL ZQ SCORE AT A GLANCE





OVERALL ZQ SCORE



THE QUOTIENT THAT MATTERS





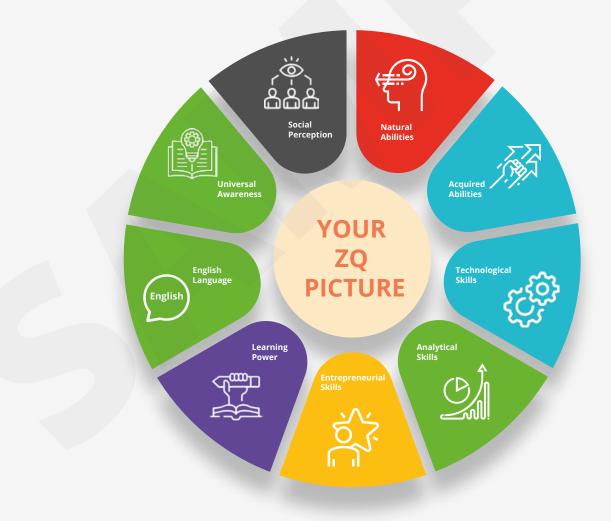
# YOUR ZQ SUMMARY

**Congratulations** on your new ZQ score! You can consider this an important step towards taking control of your future. We have noticed that you are doing well in the following dimensions:

- Acquired Abilities
- Technological Skills
- Analytical Skills
- Learning Power
- English Language
- Universal Awareness

Please note that there are a few areas which still need your attention:

- Natural Abilities
- Entrepreneurial Skills
- Social Perception











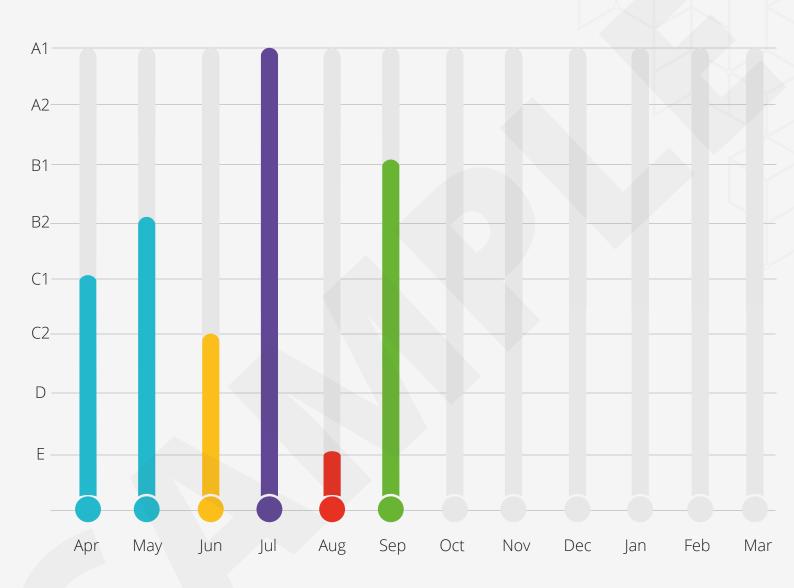






# YOUR OVERALL ZQ PROGRESS CHART

Your ZQ progress report shows your ZQ journey throughout the past year. The lows in the graph, if any, should not discourage you. Actively engaging with Zamit on a regular basis will enable you to better your performance in the coming year.





DISCOVER THE FUTURE YOU!



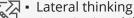


# YOUR ZQ MAPPED TO THE NEP 2020



#### Cognitive | Score: Incomplete

### Acquired Abilities



Questioning skills

#### Technological Skills

- Ability to programme and code
- Awareness of emerging and future technologies
- Cyber-security skills
- Digital communication skills
- Digital presence
- Hardware proficiency
- Software proficiency

#### **Entrepreneurial Skills**



- Business awareness and opportunity
- Critical thinking

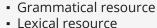
#### **Analytical Skills**

- Computational thinking
- Forecasting and reporting
- Gathering and analysing data



- Identifying relevant information and data
- Knowledge integration skills
- Problem-solving skills
- Research skills
- Visualisation skills

#### English language





- Reading skills Spoken language
- Written language



#### **Learning Power**

- Cognitive flexibility
- Mindfulness

#### **Universal Awareness**

- Cultural agility and tolerance
- Environmental awareness
- Financial awareness Global awareness
  - Good citizenship

  - Health awareness Legal awareness

# Social Perception

 Assessment by peers, family members, friends, teachers and tutors.



#### Psychomotor | Score: Incomplete



#### **Acquired Abilities**

Autonomous learning



#### **English Language**

- Spoken language
- Written language



#### Social Perception

Assessment by peers, family members, friends, teachers and tutors.



#### Technological skills

Using technological tools with ease



#### Universal Awareness

Good citizenship



















# **YOUR ZQ MAPPED TO THE NEP 2020**



Affective | Score: 49% | C2

#### **Natural Abilities**

- Fearlessness and courage
- Flexibility and adaptability
- Happiness and enthusiasm
- Intuitiveness and spontaneity
- Honesty and integrity
- Kindness and helpfulness
- Motivation
- Self-esteem and confidence



#### **English Language**

Listening skills





- Cultural agility and tolerance
- Good citizenship

#### **Entrepreneurial Skills**

- Assertiveness and negotiation skills
- Customer service
- Organisational skills
- Project management and financial skills
- Risk-taking and decision-making skills
- Time management skills

#### **Acquired Abilities**

- Embracing change
- Interpersonal skills



- Resourcefulness
- Social responsibility

#### **Learning Power**

- Curiosity
- Collaboration
- Creativity
- Empathy
- Foresight and proactivity
- Grit
- Mindfulness
- Self-awareness

#### **Social Perception**



Assessment by peers, family members, friends, teachers and tutors.



















### **Natural Abilities**

Your score: 32% Your grade: E



#### Your personalised feedback

You have been able to demonstrate few natural abilities.

Natural abilities are inherent qualities that make certain tasks easier or more difficult for individuals.

#### **ZQ** strands measured

- Fearlessness and courage
- Flexibility and adaptability
- Happiness and enthusiasm
- Intuitiveness and spontaneity
- Honesty and integrity
- Kindness and helpfulness
- Motivation
- Self-esteem and confidence

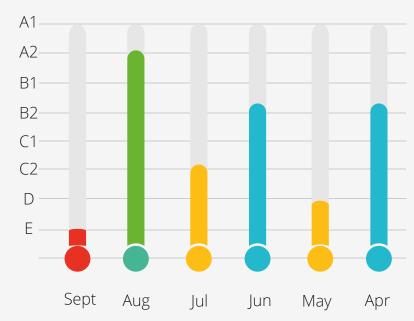
# How to improve your natural abilities

Recognise your natural abilities and make the most of them by learning to use them to your advantage. Be aware of your strengths and weaknesses and accept constructive criticism. Follow your gut instinct more often, make new friends and try to be helpful, kind and honest at all times. Regularly review your goals and progress, keep the momentum up and celebrate your progress.

#### Your overall performance



### Your performance in the past six months



















# **Acquired Abilities**

Your score: 56% Your grade: C1



#### Your personalised feedback

You have been able to demonstrate a moderate range of acquired abilities.

Acquired abilities are talents and capabilities learnt through education or experience that enhance an individual's performance.

#### **ZQ** strands measured

- Embracing change
- Lateral thinking
- Interpersonal skills
- Leadership and managerial skills
- Autonomous learning
- Questioning skills
- Resourcefulness
- Social responsibility

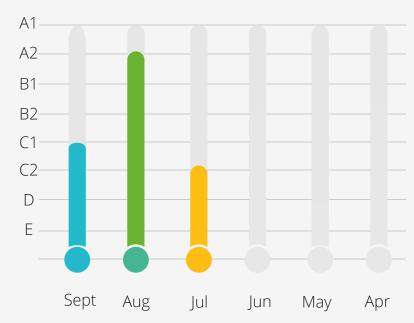
# How to improve your acquired abilities

Make friends with people of different ages, backgrounds and cultures. Visit new places and embrace new cultures, traditions and habits. Volunteer for social causes, help others and do the right thing by everyone. Cultivate a positive outlook, practise empathy and discipline and inspire and listen to others. Set up and follow a daily study routine, test yourself and switch on your five senses when solving problems.

#### Your overall performance



#### Your performance in the past six months



















# **Technological Skills**

Your score: 61% Your grade: B2

#### Your personalised feedback

You have been able to demonstrate an acceptable range of technological skills.

Technological skills refer to skills used to complete tasks using computer-based and other associated technologies.

#### **ZQ** strands measured

- Ability to programme and code
- Awareness about emerging and future technologies
- Using technological tools with ease
- Cyber-security skills
- Digital communication skills
- Digital presence
- Hardware proficiency
- Software proficiency

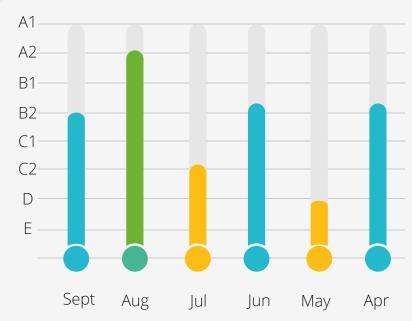
# How to improve your technological skills

Subscribe to technical sites and magazines and keep up-to-date with emerging and future technologies. Don't ignore cyber safety and security, take classes and try and hang out with technophiles Make an effort to use tech for a school project and create a digital presence for yourself. Learn to program and code and create social media posts, your own public profile or even a website or game.

#### Your overall performance



### Your performance in the past six months





















Your score: 82% Your grade: A2

### Your personalised feedback

You have been able to demonstrate an exceptionally wide range of analytical skills.

Analytical skills are skills required to identify and gather relevant information and to analyse this data to solve problems.

#### **ZQ** strands measured

- Computational thinking
- Forecasting and reporting skills
- Gathering and analysing data
- Identifying relevant information and data
- Knowledge integration skills
- Problem solving skills
- Research skills
- Visualisation skills

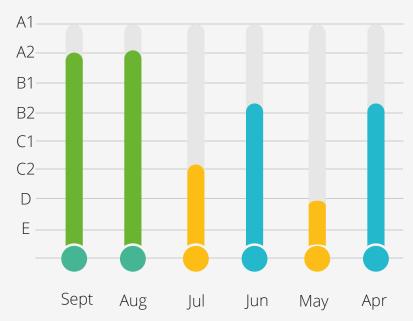
# How to improve your analytical skills

When trying to solve a complex problem, break it down into small, manageable tasks. Focus on important information only and ignore irrelevant detail. Try pattern recognition and look for similarities among and within problems. Collect and analyse data, integrate knowledge and skills from your personal and academic life and approach problems in a consistent and systematic way.

#### Your overall performance



### Your performance in the past six months



















# **Entrepreneurial Skills**

Your score: 48% Your grade: C2

#### Your personalised feedback

You have been able to demonstrate a limited range of entrepreneurial skills.

Entrepreneurial skills refer to a broad range of skills required to build and maintain successful projects and businesses.

#### **ZQ** strands measured

- Assertiveness and negotiation skills
- Business awareness and opportunity recognition
- Critical thinking
- Customer service
- Organisational skills
- Project management and financial skills
- Risk-taking and decision making skills
- Time management skills

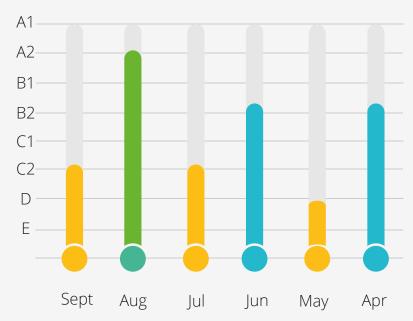
# How to improve your entrepreneurial skills

Track and adjust your monthly spending and make a budget. Sell your unwanted things on the market or online. Always set yourself realistic goals, make plans, weigh your options, prioritise tasks, anticipate problems and solutions, set deadlines, get a second opinion and be proactive at all times. Embrace setbacks at school, acknowledge your accomplishments and stay positive.

### Your overall performance



### Your performance in the past six months







C2 & D











Your score: 94% Your grade: A1

You have been able to demonstrate a reasonable level of learning power.

Learning power refers to an individual's ability to learn concepts and implement them in real-life scenarios.

#### **ZQ** strands measured

- Curiosity
- Cognitive flexibility
- Collaboration
- Creativity
- Empathy
- Foresight and proactivity
- Grit
- Mindfulness
- Self-awareness

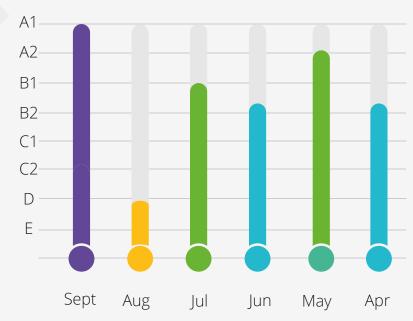
# How to improve your learning power

Question your assumptions and biases and put yourself in the position of others. Get regular feedback and don't shy away from being accountable. Ask questions and listen without judgement. Never take things at face value, look at problems from different angles and see learning as fun. Discover and pursue your interests, know your purpose, clarify your goals and create a plan to achieve them.

### Your overall performance



### Your performance in the past six months





















Your score: 76% Your grade: B1

You have been able to demonstrate a good level of English communication skills at

Your personalised feedback

this stage.

English language refers to your English language proficiency in the domains of listening, speaking, reading, writing, grammar and vocabulary.

#### **ZQ** strands measured

- Grammatical resource
- Lexical resource
- Listening skills
- Reading skills
- Spoken language
- Written language

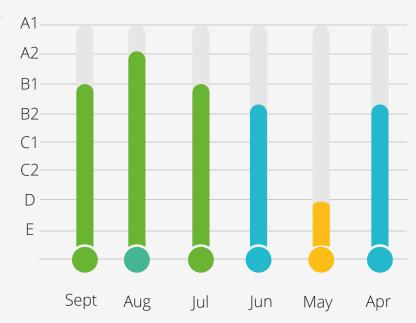
# How to improve your English language skills

Change the language of your devices to English, watch movies in English and immerse yourself in English language news, blogs and podcasts. Write your shopping list in English and communicate with your international friends in English. Start a vocabulary book and learn a new word or expression every day. Listen to English music, read the lyrics and sing along whenever you can.

#### Your overall performance



#### Your performance in the past six months

















### **Universal Awareness**



Your score: 88% Your grade: A2

#### Your personalised feedback

You have been able to demonstrate a very good level of universal awareness.

Universal awareness refers to being aware and up-to-date with what is happening in the world on a national and global scale.

#### **ZQ** strands measured

- Cultural agility and tolerance
- Environmental awareness
- Financial awareness
- Global awareness
- Good citizenship
- Health awareness
- Legal awareness

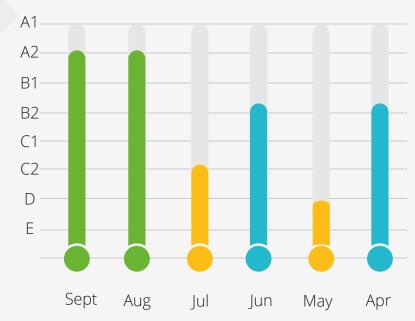
# How to improve your universal awareness

Read books and watch films about general knowledge related to finance, health, social issues and current affairs. Know your rights, history and traditions and volunteer for social causes. Keep a budget and track your spending. Be open-minded and tolerant. Reuse, reduce, recycle and support local businesses. Eat and sleep well, exercise regularly and address your fears, worries and issues.v

#### Your overall performance



### Your performance in the past six months

















# **Social Perception**

Your score: Incomplete
Your grade: Incomplete



Social perception refers to the impressions, opinions or inferences of others about you based on your behaviour, general physical appearance and verbal and non-verbal patterns of communication.

#### **ZQ** strands

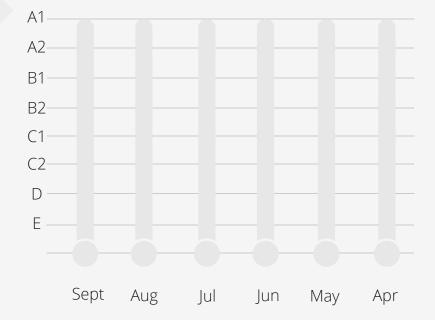
Performance measured with the help of questionnaires completed by your

- family members,
- friends,
- teachers
- and tutors.

#### Your overall performance



#### Your performance in the past six months















# **YOUR NEXT STEPS**

- 1. Read your report throughly.
- 2. Book an appointment with a ZQ Facilitator to discuss your report and seek advice.







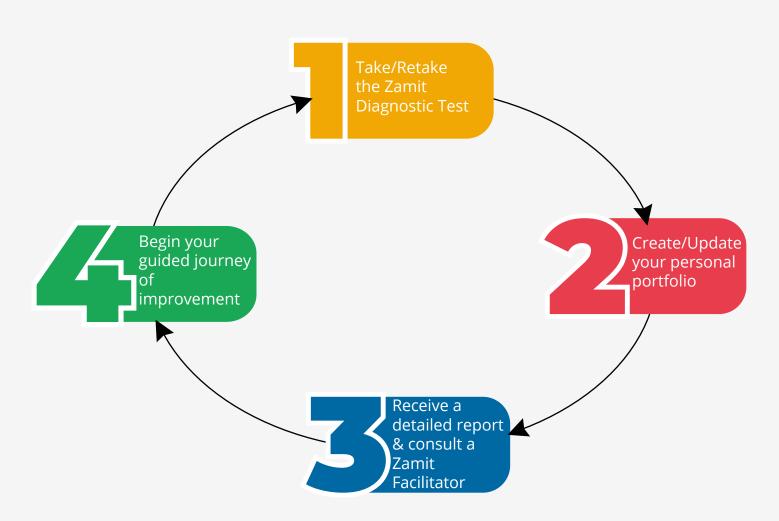
3. Complete your ZQ Portfolio.







Your four-step personalised Zamit journey





Repeat the ZQ diagnostic journey after three months





# GENERAL TIPS TO HELP YOU IMPROVE YOUR OVERALL ZQ SCORE

We're currently living in a VUCA (Volatile, Uncertain, Complex and Ambiguous) world - a world characterised by rapid change and disruption.

While core academic subjects remain important, life skills, including the knowledge, skills, competencies and attitudes individuals needs to fulfil their personal, professional, academic and social roles and potential are also becoming integral to the curriculum.

### Here are some tips to help you improve your future-readiness skills:

- be creative and find new ways of doing daily tasks
- collaborate and find opportunities to work in teams
- improve your English by watching the English news and familiarise yourself with different accents
- build your portfolio and learn different skills by participating in a variety of co-curricular activities
- persevere and don't give up easily
- practise active listening
- practise empathy and try and see things from the perspective of other
- practise gratitude and be mindful and self-aware of your actions

- stay updated with the latest technology, environmental issues and geo-political situations
- sign up for an internship
- take charge and demonstrate leadership skills where required
- be proactive and take initiative
- think critically, analyse information and ask relevant questions
- be a problem-solver and find solutions to problems on your own first before seeking help
- practise budgeting on your own and with some support from your parents open a bank account





Videos

### **Resources for Natural Abilities**



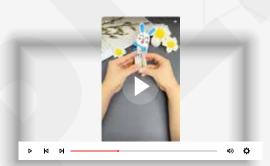
How friendship affects your brain



3 tips to boost your confidence



Why incompetent people think they're amazing



DIY Activity for kids

10 Best Artistic Jobs That Pay Well Look at 10 future ready artistic jobs

www.zamit.io/NAD1

5 skills students need to polish to excel in life

5 skills students need to culture and polish in themselves to achieve success in whichever profession they choose to pursue. www.zamit.io/NAD2



Weblinks

7 Random Acts of Kindness for Kids Opportunities to show kindness in life

www.zamit.io/NAD3

Raising Resilient Kids Who Are Prepared for the Future Why adaptability, tolerance for failure and other so-called "soft skills" are important for success www.zamit.io/NAD4



### Resources for Acquired Abilities



Growth Mindset vs. Fixed Mindset



Unlock Your Potential



Strong Relationships Start with a Simple Question



The Power of Youth

Top 10 courses to improve your digital skills Discover the best courses to develop essential digital skills.

www.zamit.io/AAD1

Soft skills: what they are and how to develop them

Discover the most valuable

Discover the most valuable

professional soft skills and what you can do to improve yours.
www.zamit.io/AAD2



Videos

Weblinks

The Most Valuable Skill In Difficult Times Is Lateral Thinking—Here's How To Do It

Able to think creatively or "outside the box" in order to solve a problem. www.zamit.io/AAD3

Learning to learn and higher-order thinking in higher education Through deconstructing the thought processes that occur during learning, students understand how they learn and therefore learn more effectively. www.zamit.io/AAD4





# Resources for Technological Skills



What is the Future of Work



Super Digital Citizen



Internet Traffic Light



The Power of Words

How to Get Into Cyber Security? Pursue a career in cybersecurity

www.zamit.io/TAD1

Media Literacy Games, Tools, and Lessons

Curated list that will help your students build critical and creative skills, will gain them mastery over thinking about and using media. www.zamit.io/TAD2



**Videos** 

How to Find Learning Opportunities in Video Games Kids and Teens Love Resources to help you unlock the learning potential in popular games

www.zamit.io/TAD3

Career in coding: What is the right age for a student to learn coding? Why it is important for a student to learn coding at the right age.

www.zamit.io/TAD4

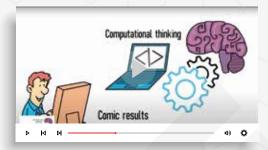




### Resources for Analytical Skills



Is India prioritising rote learning over research?



What is computational thinking?





Writing Videos for Kids: How to Evaluate Sources for Reliability



This tool will help improve your critical thinking

How Al Is Changing The Way Students

Learn

The use of AI in education goes beyond grading student assessments, and this technology can greatly benefit students.

www.zamit.io/AD1

Coding, a core skill for Generation Alpha
Why should shildren loarn coding?

Why should children learn coding?



Weblinks

Helping students of all ages flourish in the era of artificial intelligence Responsible Al for Social Empowerment and Education (RAISE) seeks to empower more people to participate in, and benefit from, Al. www.zamit.io/AD3

What Skills Should Finance Students Seek To Acquire In School? What skills and courses should students focus on?

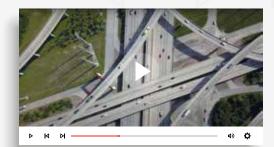
www.zamit.io/AD4

www.zamit.io/AD2





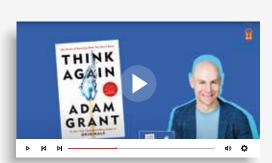
## Resources for Entrepreneurial Skills



The New Youngest Self-Made Billionaire



5 Digital Marketing Skills to Master



Unlearning loops: your key to adaptation and personal growth



Financial Literacy: The need of the hour

Inculcate an entrepreneurial mindset Entrepreneurship education ensures that students remain relevant, regardless of the kind of job

www.zamit.io/EAD1

5 Skills Every Entrepreneur Should Master

Entrepreneurs need to be flexible and resilient, but they also need to know how to manage their time effectively.

www.zamit.io/EAD2



Weblinks

Tips to keep your entrepreneurial spirit alive in a job Useful tips for your entrepreneurial journey

www.zamit.io/EAD3

Creating entrepreneurs: 13 methods to build entrepreneurship skills in students

Quick tips to build entrepreneurship

www.zamit.io/EAD4





## Resources for Learning Power



Top 16 Essential Soft Skills for the Future of Work



What is The Learning Power Approach?





9 Life Hacks That Will Motivate You To Achieve Your Goals



WHO's Science in 5 - Is poliovirus making a comeback?

Exercise improves brain outcomes in

overweight or obese children Improvements were seen in crystallized intelligence, total intelligence, academic performance, learning and cognitive flexibility post exercise

www.zamit.io/LPD1

The Influence of Student-Teacher Relationship on School-Age Children's Empathy: The Mediating Role of Emotional Intelligence The study reveals the effect of student-teacher relationship on the school-age children's empathy www.zamit.io/LPD2



Weblinks

- . .

Why Mindfulness Strengthens Social Emotional Development & Academic Achievement

Mindfulness activities are a simple, enjoyable way for everyone from young children to older students. wwwt.zamit.io/LPD3

Creative skills will be crucial to the future of work

"Creativity" has been identified by the World Economic Forum, the International Monetary Fund and global business analysts as the key to our future economies.

vwww.zamit.io/LPD4





### Resources for English Language



Are you using these common English words incorrectly?



Idiom: It's raining cats and dogs!



Do you pronounce these brand names correctly?



The Series, National Geographic Kids

Say goodbye to Goodreads as we welcome its successor...
For all the bookworms

www.zamit.io/ELD1

Best UK universities for English About studying this subject in the UK

• • •

www.zamit.io/ELD2



**Videos** 

Weblinks

Palindrome Week 2022: Know about its history, and why February is unique

Many cultures and spirituality seekers around the world believe that a palindrome date can bring good fortune.

www.zamit.io/ELD3

12 hilarious mixed metaphors you must know

A common error in the use of the language by over-enthusiastic speakers and writers, is a combination of two or more incompatible metaphors <a href="https://www.zamit.io/ELD4">www.zamit.io/ELD4</a>





### Resources for Universal Awareness



Scientists discover a 'potentially habitable' planet



Meet the Japanese man who earns a living by being rented to 'do nothing'



Digital Pollution: All you need to know



Fears of a "severe and ugly" recession in 2023

Unleashing the creativity of teachers and students to combat climate change

When we say that all climate solutions are needed to draw down greenhouse gases, we must also mean education solutions, too. www.zamit.io/UAD1

What is financial literacy and why students need to be financially literate

Those who are financially literate do not only secure their future but are also less likely to fall prey to various scams.

www.zamit.io/UAD2



Videos

Happiness classes helped reduce number of suicides among school children

The Delhi government's Happiness Curriculum has reduced the number of suicides in the capital <a href="https://www.zamit.io/UAD3">www.zamit.io/UAD3</a>

Why children's 'choice' about COVID-19 masking at school needs far more discussion Decision-making capacity on clinical psychology, health care and law www.zamit.io/UAD4



Videos



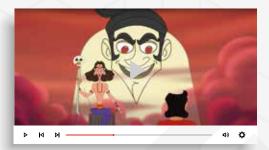
## **Resources for Social Perception**



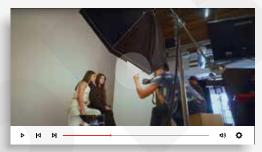
Do not Trust Anybody



Tenali Raman Story



The Strange Decision - Vikram Betal Stories in English



The Business Behind Social Media's Most Powerful Influencers

Cultural Intelligence (CQ) Is An Important Predictor Of Success Experts argue that cultural intelligence is such an important predictor of success in the workplace www.zamit.io/SPD1

Kochi Man Built 'World's First' Robot That Extracts Coconut Sap From Trees, Helps Farmers The "world's first coconut sap tapping robot www.zamit.io/SPD2



People who use emojis are more empathetic, finds study According to a 2016 study published in 'Computers in Human Behaviour', people who use emojis tend to be more agreeable than those who don't.

www.zamit.io/SPD3

How influencers' mental health is impacted by social media According to a 2020 report by inspire.me, a Norwegian influencer marketing platform, 47 per cent of the 350 global influencers surveyed admitted that their career choice had an impact on their mental health. www.zamit.io/NAD4







### **ZAMIT ENGAGEMENTS**

- Activities
- Videos
- Podcasts
- Competitions
- Championships
- Marketplace
- Counselling services
- Internship Programmes
- Student Ambassador programme

# **ZAMIT PACKS**

- Zamit Measurement Packs
- Zamit Improvement Packs

Download the App





www.zamit.one



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## Help us improve Share your feedback with us











629-631, 6th Floor, Park Centra, Sector 30, Gurugram, Haryana-122001, India



**LONDON** 

Venture X, Building 7, Chiswick Park, 566 Chiswick High Road, London, W4 5YG





(2) +91 9625 440 440



connect@zamit.one