

# **CAT 4 RESOURCE DEVELOPMENT**

**Group 4-75**

## **PROJECT SPIRITUAL**

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## **ABSTRACT**

Project Spiritual is an integrated, intuitive and user-friendly online platform which aims to educate and inculcate the value of spirituality into student's minds so that they can be more mindful about their presence. It provides detailed information about the less-known Spiritual Quotient so that students will be more educated and aware of it. It also provides details about the benefits, importance and application of Spiritual Quotient and how to develop on it. With students being more tech-savvy nowadays, they are likely to access most information from their smartphones. Therefore, our resources are all online which are easily accessible.

## **1 INTRODUCTION**

### **1.1 Rationale**

Spiritual Quotient is the foundation of Intelligence Quotient and Emotional Quotient. Spiritual Quotient was very abstract and many students were unfamiliar with it. As a result, students are unable to recognise the importance of Spiritual Quotient in their daily lives and develop the skills required. There was also insufficient information online regarding Spiritual Quotient and we wanted to create an education package that covers the most cardinal aspects of the quotient in order for students to be mindful of their level of Spiritual Quotient. Spiritual quotient was especially important to students as it acted as a stress reliever and students would have learned and constantly remind themselves about the purpose of doing something, which was essential to their cognitive development.

### **1.2 Objectives**

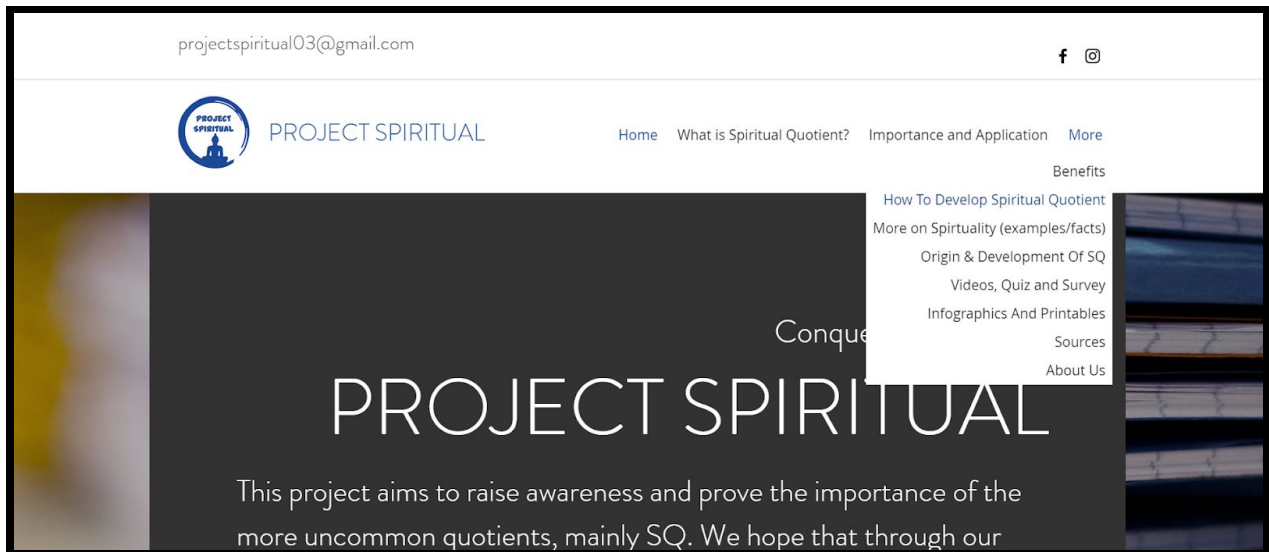
The objectives of Project Spiritual was to bring forth a clearer message of the benefits of upholding spirituality in student's lives and what they can do to boost their level of Spiritual Quotient.

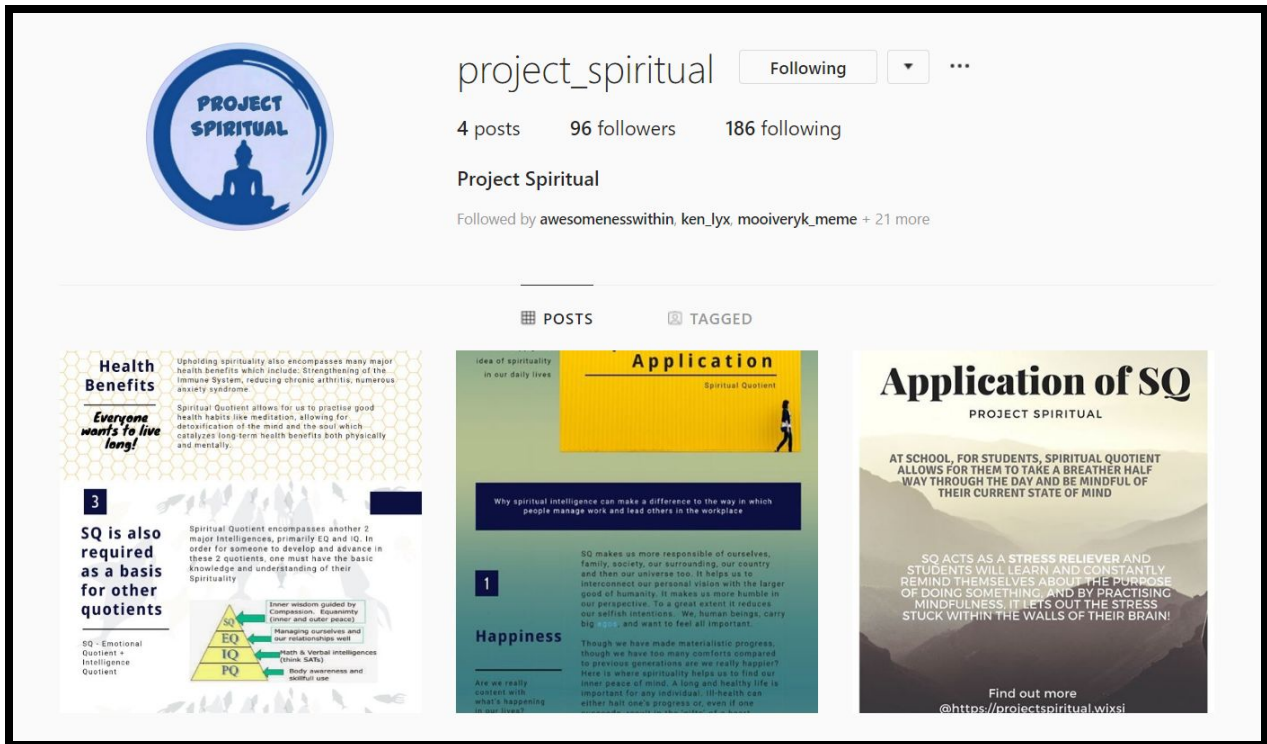
### 1.3 Target Audience

The target audience was secondary one to secondary four students.

### 1.4 Resources

The resources created for this project was an online package experience, including an integrated online website comprising of information on Spiritual Quotient, such as Importance and Application, and Origin and Development. There were two videos about Spiritual Quotient and a quiz to be taken before assessing our products to gauge their level of Spiritual Quotient. There were also infographics and printables for students to refer to. We also created a social media page to promote our products.





Components of Project Spiritual Online Website

## **2 REVIEW**

The existing websites provided limited information and did not cover the aspects of Spiritual Quotient fully, and only focused on defining Spiritual Quotient and the difference between Spiritual Quotient and the other quotients. The information on the websites was not detailed and incomprehensible, which made it difficult for readers to understand. The websites were also not as aesthetically pleasing as it was too wordy and dull. Our website covered all aspects of Spiritual Quotient in a more organised manner and provided extra information that other websites lack. Videos and infographics provided alternative ways for students to absorb information without the need for scanning through long pieces of texts.

## **3 METHODOLOGY**

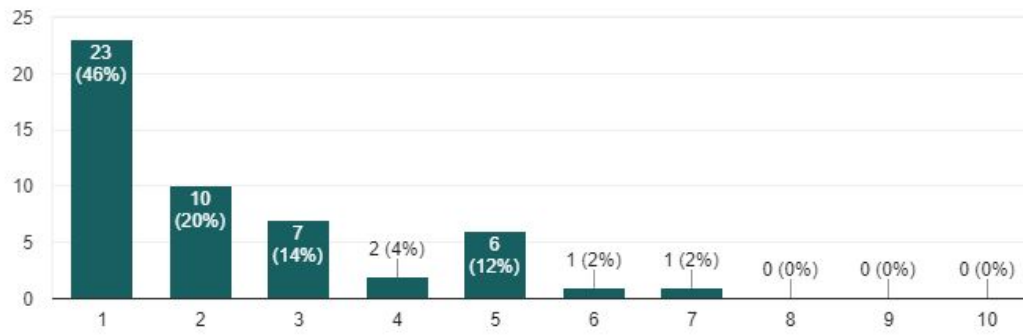
### **3.1 Needs Analysis**

A needs analysis was conducted to ascertain the relevance of such a project. A questionnaire was constructed to establish the respondents' understanding of Spiritual Quotient. The 50 respondents indicated that have little to no understanding of Spiritual Quotient and that it is one of the few quotients that they did not know of. This feedback confirmed the feasibility of the project.

### **3.2 Survey Results**

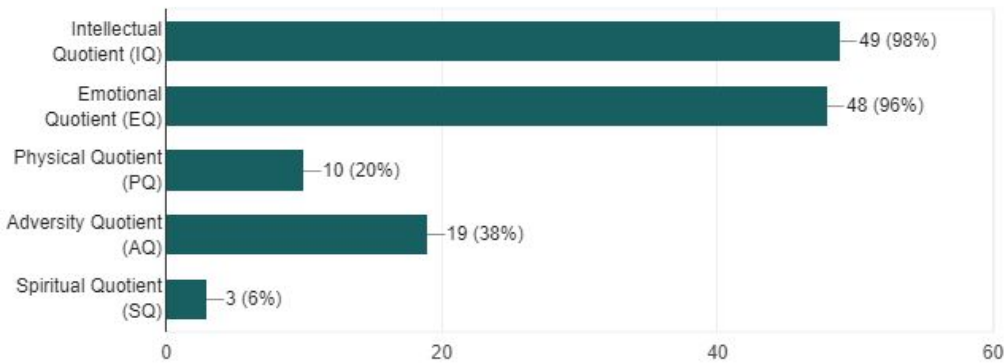
On a scale of 1-10, 10 being very knowledgeable, do you understand what Spiritual Quotient is and what it means to have high levels of it?

50 responses



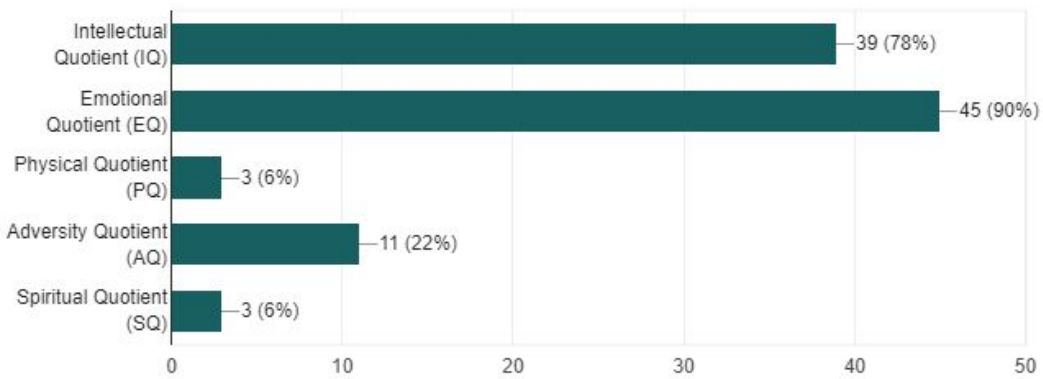
Which quotients do you know about?

50 responses



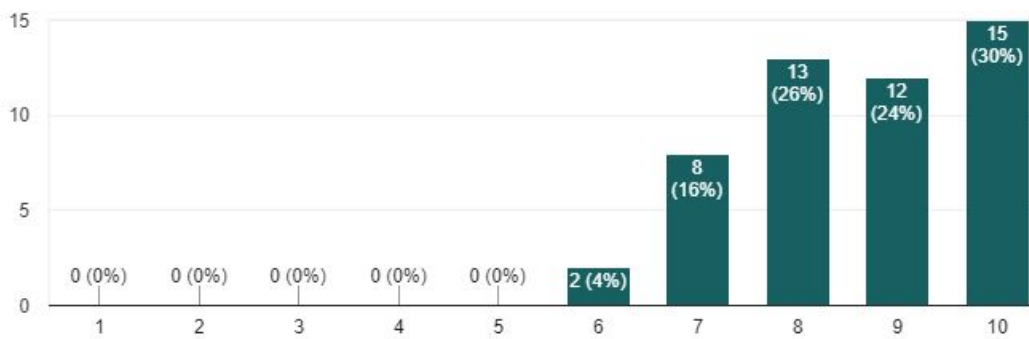
### Which quotients are of most importance to you? (Do not tick the ones you do not know of)

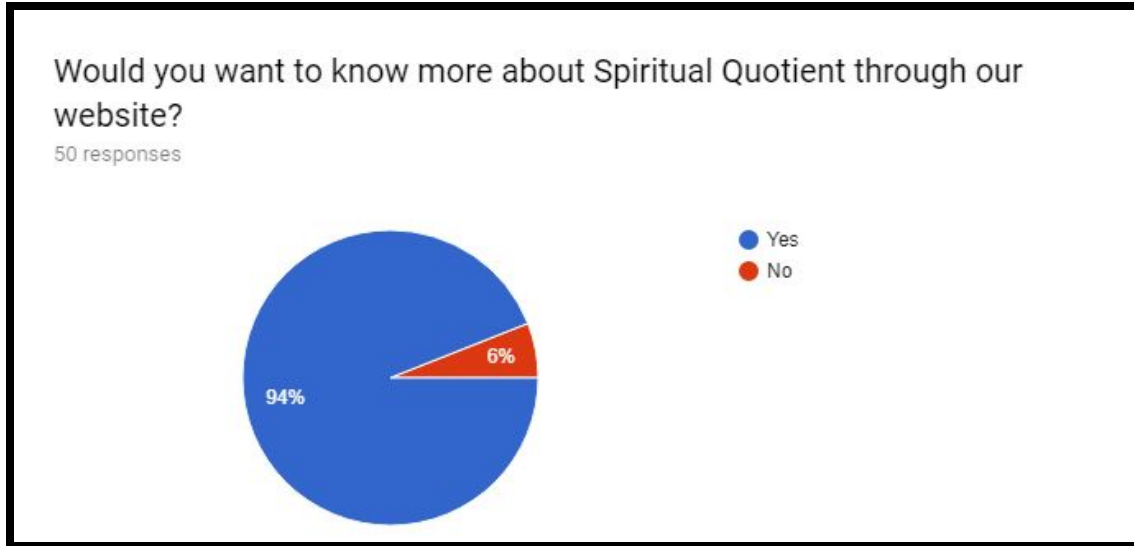
50 responses



### How far do you agree on whether responsibility and other such soft skills are needed in today's world

50 responses





### 3.3 Development of Resources

We researched on the existing websites on Spiritual Quotient and collated information such as origin, importance and application, and how to develop Spiritual Quotient. We have also adopted Dr Chew's mindfulness practice as we found it useful and relevant to our project. We created videos based on the aspects of Spiritual Quotient using PowToon which was animated informative. An online Spiritual Quotient quiz was also incorporated in the website to gauge the students' level of Spiritual Quotient. A social media account was created to post infographics and promote our products.

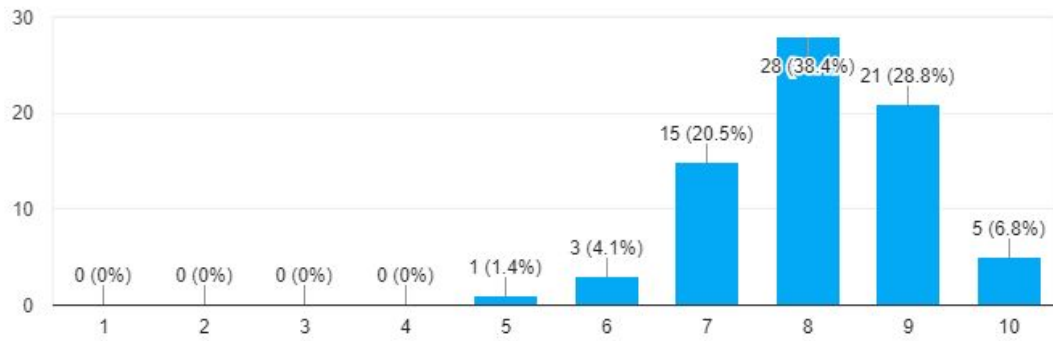
### 3.4 Pilot Test

A pilot test was administered to 73 secondary 3 and 4 students. A product demo was conducted where the integrated website was shown and their views were sought. The feedback was generally positive and the students said that the products were useful and it had achieved its objectives.



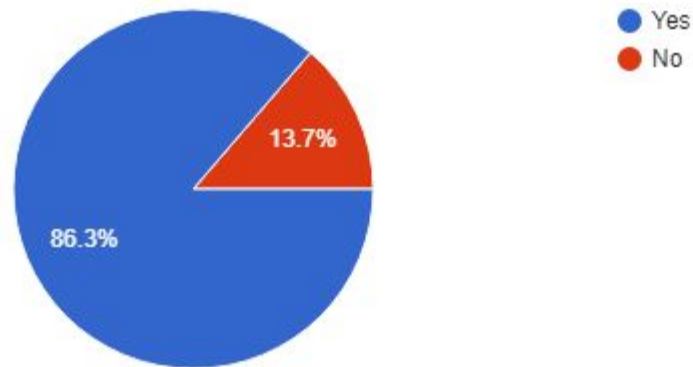
From the scale of 1 to 10, how good are our products? (includes website and video)

73 responses



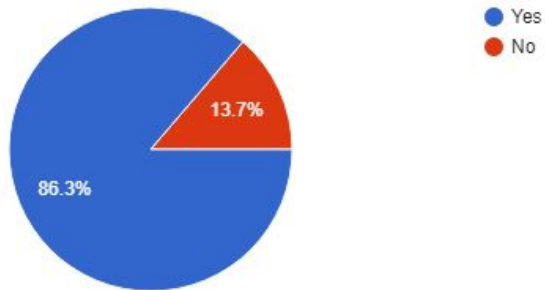
Do you find the information on our website useful?

73 responses



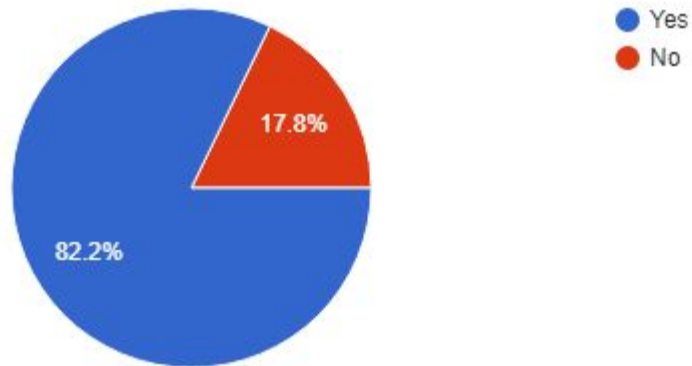
Did you learn more about Spiritual Quotient through interactions with our products?

73 responses



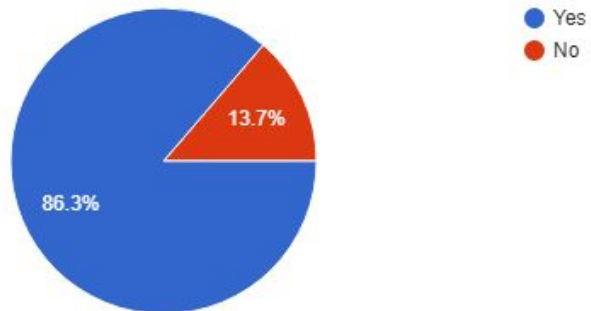
Did you find our video informative and enjoyable?

73 responses



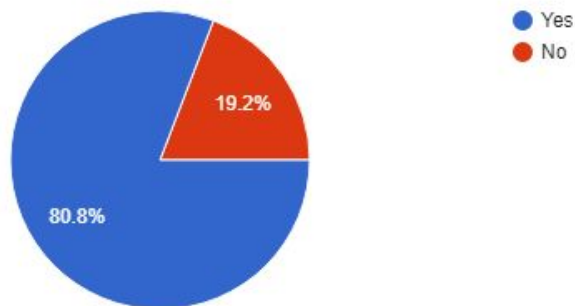
Will you continue to practice the skills taught through our products? (Ability To Reframe, Spontaneity, etc)

73 responses



Will you recommend our website to your friends or family members for reference when it comes to Spiritual Quotient?

73 responses



#### 4 OUTCOME & DISCUSSION

As the project obtained positive feedback when pilot-tested, a decision was made to continue without making any major changes. A new video regarding “How To Develop Spiritual Quotient” was created, narrowing the scope from the previous video. The design of the website was changed as some students feedback that the words are not

visible clearly due to its small font size and the background. We created a quiz to test the students' knowledge about Spiritual Quotient. The limitation of the project was the lack of information and existing resources online. Without sufficient information, we had difficulties churning out information for our website. Another limitation was our lack of understanding of Spiritual Quotient when embarking on the project. Spiritual Quotient was a relatively new term to everyone, including us. We had no prior exposure to it which was a disadvantage but we persevered and managed to overcome the challenges. One improvement that we could have made was more effective communication. There were several conflicts during discussions as we did not assign roles properly. As a result, we worked on the half-done products which we were not assigned to without knowing what our group mates have previously done, which might have affected the quality of our products. Another improvement we could have made was acquiring the necessary knowledge before embarking on the project. Initially, we had no prior knowledge about Spiritual Quotient and it took us quite a while to grasp the concept of Spiritual Quotient. By acquiring the necessary knowledge before embarking on the project, our project would have been much more smooth-sailing and we would not have encountered so many difficulties and challenges throughout our whole project journey

## **5 CONCLUSION**

Project Spiritual was a relatively difficult project to accomplish as we are venturing into a topic which was foreign and unfamiliar to us. Furthermore, Spiritual Quotient was a new Quotient that arose, and not commonly recognised by many people. It was a tedious and challenging task for us to research for our project as there were not many sources pertaining to Spiritual Quotient. The project has enabled us to learn much more than we had expected, and are able to develop and hone many skills. Perseverance was our greatest takeaway as it was not easy to embark on this project. Teamwork and patience was another key skill that we have learnt. There were multiple misunderstandings and

conflicts during discussions, but teamwork and patience led us to resolve the conflict and give in to each other. We have also learnt other skills related to Spiritual Quotient, such as mindfulness, adversity and the ability to reframe.

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