explique em ingles e de as formulas para calcular em excel padronização das variáveis salário, n_filhos e idade no Excel, utilizando os métodos Z-Score e Range.

Sendo que

coluna A refere-se: ID
coluna B refere-se: estado_civil
coluna C : grau_instrucao
Coluna D: n_filhos
Coluna E: salário
Coluna F: idade
Coluna G: reg_proc

ID estado_civil grau_instrucao n_filhos salario idade reg_proc
1 s f 0 4 26 int
2 c f 1 4.56 32 cap
3 c f 2 5.25 36 cap
4 s m 0 5.73 20 out
5 s f 0 6.26 40 out
6 c f 0 6.66 28 out
7 s f 0 6.86 41 int
8 s f 0 7.39 43 cap
9 c m 1 7.59 34 cap
10 s m 0 7.44 23 out
11 c m 2 8.12 33 int
12 s f 0 8.46 27 cap
13 s m 0 8.74 37 out
14 c f 3 8.95 44 out
15 c m 0 9.13 30 int
16 s m 0 9.35 38 out
17 c m 1 9.77 31 cap
18 c f 2 9.8 39 out
19 s s 0 10.53 25 int
20 s m 0 10.76 37 int
21 c m 1 11.06 30 int
22 s m 0 11.59 34 cap
23 s f 0 12 41 out
24 c s 0 12.79 26 out
25 c m 2 13.23 32 int
26 c m 2 13.6 35 out
27 s f 0 13.85 46 out
28 c m 0 14.69 29 int
29 c m 5 14.71 40 int
30 c m 2 15.99 35 cap
31 s s 0 16.22 31 out
32 c m 1 16.61 36 int
33 c s 3 17.26 43 cap
34 s s 0 18.75 33 cap
35 c m 2 19.4 48 cap
36 s f 0 4.2 27 int
37 s f 0 4.56 31 cap
38 c m 3 5.25 36 int
39 s m 0 5.73 22 out
40 s f 0 6.26 41 out
41 c f 0 6.76 28 out
42 s m 0 6.86 41 int
43 s f 0 7.39 44 cap
44 c m 1 7.59 34 int
45 s m 0 7.44 22 out
46 c m 3 8.12 33 int

47 c f 0 8.46 27 cap
48 c m 0 8.74 38 out
49 c f 4 8.95 44 out
50 c m 0 9.13 31 int
51 s m 0 9.35 39 out
52 c m 2 9.77 31 cap
53 c f 3 9.8 39 out
54 s m 0 10.53 25 int
55 s s 0 10.76 37 int
56 c m 2 11.06 30 int
57 s s 0 11.59 34 cap
58 s f 0 11 41 out
59 c s 1 12.79 26 out
60 c m 2 13.23 32 out
61 c m 2 13.6 35 int
62 s m 0 13.85 46 out
63 c f 0 14.69 29 int
64 c m 5 14.71 40 int
65 c m 3 15.99 35 cap
66 s s 0 16.22 33 out
67 c m 1 16.61 36 cap
68 c s 3 17.26 43 int
69 s s 0 18.75 34 cap
70 c m 2 19.4 49 cap
71 s f 0 4 27 int
72 c f 1 5 32 cap
73 c f 2 5.25 36 cap
74 s m 0 5.73 21 out
75 s f 0 7 40 out
76 c f 0 6.66 27 out
77 s f 0 6.86 41 out
78 c f 0 7.39 43 cap
79 c m 0 7.59 34 cap
80 s m 0 7.44 24 out
81 c m 2 8.12 33 out
82 s f 0 8.46 27 int
83 s m 0 8.74 37 cap
84 c f 2 8.95 44 out
85 c m 0 8.9 30 int
86 s m 0 8.95 38 out
87 c m 1 9.77 33 cap
88 c f 2 9.8 39 cap
89 s s 0 11.01 25 int
90 s m 0 10.76 37 cap
91 c m 1 11.06 30 out
92 s m 0 11.59 34 int
93 s f 0 13 41 out
94 c s 0 13.2 26 out
95 c m 1 13.23 32 int
96 c m 1 13.6 35 out
97 s m 0 13.85 46 out
98 c s 0 14.69 29 int
99 c s 5 14.71 40 int
100 c m 3 15.99 35 cap
101 s s 0 16.22 33 out
102 c m 1 16.61 36 cap
103 c s 3 17.26 43 int
104 s s 0 18.75 33 out
105 c s 2 19.4 48 cap
106 c f 0 4 26 int

107 c m 1 4.56 32 cap
108 c f 1 5.25 36 cap
109 s m 0 5.73 21 out
110 s f 0 6.26 40 cap
111 c f 0 6.66 28 int
112 s f 0 6.86 41 out
113 s f 0 7.39 42 cap
114 c m 1 7.59 35 cap
115 s m 0 7.44 24 out
116 c m 2 8.12 34 int
117 s f 0 8.46 27 out
118 s m 0 8.74 37 int
119 c f 3 8.95 44 cap
120 c m 0 9.13 30 out
121 s m 0 9.35 38 cap
122 c s 1 9.77 31 cap
123 c m 2 9.8 39 out
124 c s 0 10.53 25 int
125 s m 0 10.76 35 int
126 c m 2 11.06 30 int
127 s s 0 11.59 34 cap
128 s f 0 12 41 out
129 c m 0 12.79 26 out
130 c s 2 13.23 32 int
131 c m 2 13.6 35 out
132 c f 0 13.85 46 out
133 c m 2 14.69 29 int
134 c m 5 14.71 40 int
135 c m 4 15.99 35 cap
136 s s 0 16.22 32 out
137 c m 1 16.61 37 int
138 c s 3 17.26 43 int
139 s s 0 18.75 33 out
140 c m 3 19.4 48 cap
141 s f 0 4.05 26 int
142 c f 1 4.56 33 cap
143 c f 2 5.25 36 out
144 s m 0 5.73 20 int
145 s f 0 6.26 40 out
146 c f 0 6.66 28 int
147 s f 0 6.86 41 out
148 s m 0 7.39 43 cap
149 c f 1 7.59 34 cap
150 s m 0 7.46 23 out
151 c m 1 8.12 33 int
152 s f 0 8.46 26 cap
153 s m 0 8.74 37 cap
154 c f 3 8.95 44 cap
155 c m 0 9.13 30 out
156 s m 0 9.35 38 int
157 c m 1 9.77 33 cap
158 c f 3 9.8 39 out
159 s s 0 10.53 27 int
160 s m 0 10.76 37 out
161 c m 1 11.06 30 out
162 s m 0 11.59 34 int
163 s f 0 12 41 cap
164 c s 2 12.79 26 out
165 c m 1 13.23 32 int
166 c m 1 13.6 35 out

167 s f 0 13.85 44 out
168 c m 0 14.69 30 int
169 c m 5 14.71 40 out
170 c m 2 15.99 35 out
171 s s 0 16.22 31 cap
172 c m 1 16.61 36 cap
173 c s 3 17.26 43 int
174 s s 0 18.75 33 out
175 c m 2 19.4 49 cap
176 s f 0 4.2 26 int
177 c f 2 4.56 32 cap
178 c m 2 5.25 36 cap
179 s f 0 5.73 20 out
180 s f 0 6.26 41 out
181 c m 0 6.66 28 out
182 s m 0 6.86 41 int
183 s f 0 7.39 42 cap
184 c m 1 7.59 36 cap
185 s m 0 7.44 25 out
186 c m 2 8.12 36 int
187 s m 0 8.46 27 cap
188 s f 0 8.74 37 out
189 c m 3 8.95 44 out
190 c f 0 9.13 30 int
191 s m 0 9.35 38 cap
192 c m 1 9.77 31 int
193 c f 2 9.8 39 cap
194 s s 0 10.53 25 out
195 s m 0 10.76 35 int
196 c m 1 11.06 31 int
197 s m 0 11.8 34 cap
198 s f 0 13 41 out
199 c s 0 12.79 29 out
200 c m 2 13.23 34 int
201 c m 3 13.6 35 out
202 s m 0 13.85 46 out
203 c f 0 14.69 29 int
204 c m 4 14.71 40 int
205 c m 3 15.99 35 cap
206 s s 0 16.22 33 out
207 c m 1 16.61 35 int
208 c s 3 17.26 43 int
209 s s 0 18.75 33 out
210 c m 2 19.4 48 int
211 c s 3 23.3 43 int
212 c m 1 21.3 41 cap
213 c s 2 20.9 40 out
214 s f 0 4.5 26 int
215 c f 1 4.62 32 cap
216 c f 2 5.75 36 cap
217 s m 0 5.81 20 out
218 s f 0 6.21 40 out
219 c f 0 6.75 28 out
220 s f 0 6.8 41 int
221 s f 0 7.2 43 cap
222 c m 1 7.88 34 cap
223 s m 0 7.98 23 out
224 c m 2 8.1 33 int
225 s f 0 8.4 27 cap
226 s m 0 8.72 37 out

227 c f 3 8.9 44 out
228 c m 0 9.12 30 int
229 s f 0 9.2 37 out
230 c f 3 9.77 35 out
231 c m 1 9.8 35 cap
232 s s 0 10.53 27 out
233 s m 0 10.76 34 int
234 c s 2 11.6 33 out
235 s m 0 11.59 34 cap
236 s s 0 13 43 out
237 c f 1 8.09 28 out
238 c s 3 14.02 35 cap
239 c s 1 12.9 35 cap
240 s m 0 16.07 46 cap
241 c s 0 16.8 31 cap
242 c m 5 15.87 40 int
243 c m 2 16.09 35 cap
244 s s 0 16.44 31 out
245 c m 1 16.72 36 int
246 c s 3 17.35 43 cap
247 s s 0 18 33 cap
248 c m 2 19.57 48 cap
249 s m 0 6.3 28 cap
250 s s 0 8 32 int
251 c s 3 9.5 36 cap
252 s s 0 7.6 22 cap
253 s m 0 8.9 41 cap
254 c m 2 9.6 34 cap
255 s s 0 8.9 40 cap
256 s m 0 8.3 42 int
257 c s 2 9.6 32 cap
258 s s 0 7.7 24 cap
259 c s 3 10.9 33 cap
260 c m 0 9.2 27 int
261 c s 2 10.9 38 cap
262 c m 3 9.76 44 cap
263 c s 1 11.4 32 cap
264 s s 0 9.5 39 cap
265 c s 1 12.9 33 int
266 c m 2 9.4 33 cap
267 s s 0 10.67 24 out
268 s f 0 7.3 35 cap
269 c m 2 11.4 30 int
270 s s 0 11.75 34 cap
271 s f 0 11.5 41 out
272 c s 1 13.4 26 out
273 c m 2 13.7 32 out
274 c m 2 13.3 35 int
275 s m 0 13.9 46 out
276 c f 0 14.3 29 int
277 c m 5 14.8 40 int
278 c m 3 15.6 35 cap
279 s f 0 8.4 33 out
280 c s 2 16.88 36 int
281 c s 3 17.44 42 out
282 s s 0 18.43 34 int
283 c s 2 19.7 49 int
284 s f 0 4.5 27 cap
285 c m 2 7.6 32 int
286 c f 2 5.2 36 cap

287 s m 0 5.8 21 out
288 s f 0 6.7 40 out
289 c f 0 7.6 27 out
290 s f 0 6.9 41 out
291 c f 0 7.4 43 cap
292 c m 0 7.7 34 cap
293 s m 0 7.5 24 out
294 c m 2 8.22 33 out
295 s f 0 8.43 27 int
296 s m 0 8.77 37 cap
297 c f 2 8.49 44 out
298 c m 0 8.5 30 int
299 s s 0 9.99 36 cap
300 c s 2 10.45 31 int
301 c m 2 10.5 35 int
302 s f 0 6.8 25 out
303 s m 0 9.8 34 int
304 c s 1 12.5 31 cap
305 s s 0 12.9 33 cap
306 s m 0 13.5 41 out
307 c f 0 6.12 26 cap
308 c s 2 13.34 32 int
309 c m 1 13.76 35 out
310 s m 0 13.56 46 out
311 c s 0 14.43 29 int
312 c s 5 14.98 40 int
313 c m 3 15.77 35 cap
314 s s 0 16.33 33 out
315 c m 1 16.76 36 cap
316 c s 3 17.54 43 int
317 s s 0 18.76 33 out
318 c s 2 19.43 48 cap
319 c f 0 4.3 26 int
320 c m 1 4.43 32 cap
321 c m 2 6.8 34 int
322 s s 0 15.32 26 out
323 s f 0 6.45 40 cap
324 c f 0 6.87 28 int
325 s f 0 7.21 41 out
326 s f 0 7.34 42 cap
327 c m 1 7.65 35 cap
328 s m 0 7.22 24 out
329 c m 2 8.1 34 int
330 s f 0 8.5 27 out
331 s m 0 8.7 37 int
332 c f 3 8.8 44 cap
333 c m 0 9.2 30 out
334 s m 0 9.4 38 cap
335 c s 1 9.6 31 cap
336 c m 2 9.9 39 out
337 c s 0 10.4 25 int
338 s m 0 10.7 35 int
339 c s 1 12.57 31 cap
340 s m 0 11.76 34 cap
341 s m 0 9.2 41 cap
342 c s 0 14.8 26 cap
343 c s 2 13.4 32 cap
344 c m 2 13.7 35 int
345 c f 0 13.5 46 cap
346 c m 2 14.7 29 out

347 c m 4 14.9 40 int
348 c m 4 15.5 35 cap
349 s s 0 16.3 32 out
350 c m 2 16.7 35 cap
351 c s 3 17.8 43 int
352 s s 0 18.9 33 out
353 c m 3 19.9 48 cap
354 s f 0 4.8 26 int
355 c f 1 4.7 33 cap
356 c f 2 5.45 36 out
357 s m 0 5.76 20 int
358 s f 0 6.5 40 out
359 c f 0 6.7 28 int
360 s f 0 6.9 41 out
361 s m 0 7.4 43 cap
362 c f 1 7.65 34 cap
363 s m 0 9.6 28 cap
364 c m 1 10.5 33 int
365 s s 0 11.3 28 out
366 s s 0 9.8 31 int
367 c m 2 8.8 40 int
368 c s 0 13.8 31 cap
369 s s 0 14.55 38 int
370 c m 1 9.7 33 cap
371 c f 3 9.4 39 out
372 s s 0 10.6 27 int
373 s m 0 10.6 37 out
374 c m 1 11.08 30 out
375 s m 0 11.62 34 int
376 s f 0 12.2 41 cap
377 c s 2 12.8 26 out
378 c m 1 13.9 32 int
379 c m 1 13.6 35 out
380 s f 0 13.9 44 out
381 c m 0 14.5 30 int
382 c s 3 14.8 39 cap
383 c s 2 16.1 32 cap
384 s s 0 16.5 33 int
385 c m 1 16.2 36 cap
386 c s 3 17.4 43 int
387 s s 0 18.3 33 out
388 c f 2 13.6 49 int
389 s f 0 4.1 26 int
390 c f 2 4.77 32 cap
391 c m 2 5.33 36 cap
392 s f 0 5.72 20 out
393 s f 0 6.89 41 out
394 c m 0 6.39 28 out
395 s m 0 6.89 41 int
396 s f 0 7.54 42 cap
397 c m 1 7.67 36 cap
398 s m 0 7.84 25 out
399 c m 2 8.31 36 int
400 s m 0 8.66 27 cap
401 s f 0 8.84 37 out
402 c m 3 8.49 44 out
403 c f 0 9.31 30 int
404 s m 0 9.53 38 cap
405 c m 1 9.74 31 int
406 c f 2 9.4 39 cap

407 s s 0 10.4 25 out
408 s m 0 10.7 35 int
409 c m 1 11.2 31 int
410 s m 0 11.6 34 cap
411 s f 0 12.9 41 out
412 c s 0 13.8 29 out
413 c m 2 13.5 34 int
414 c m 3 13.7 35 out
415 s m 0 13.6 46 out
416 c f 0 14.7 29 int
417 c m 4 14.4 40 int
418 c m 3 15.67 35 cap
419 s s 0 16.35 33 out
420 c m 1 16.65 35 int
421 c s 3 17.8 43 int
422 s s 0 18.75 33 out
423 c m 2 19.3 48 int
424 c s 3 23.5 43 int
425 c m 1 23.9 41 cap
426 c s 2 21.4 40 out