

THE GUIDE TO
ONLINE
LEARNING
5th edition 2020

Dr Bryan Walker
Maerim Whale Park Resort, Thailand

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DEDICATION

This book is dedicated to Adi Walker who obtained a Distinction in his Master's degree and who was recently awarded a Doctorate - both by Online Learning and while working as a humanitarian in Asia. His unusual discipline and commitment were inherited from his late mother, my wonderful wife.

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“Knowledge comes from college but education comes from travel. There is a significant difference between ‘schooling’ and ‘education’. I know of some who are well schooled but far from being educated: while others may be unschooled yet highly educated” (Anon).

Cover design by Glen Mitchell, UK

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PREFACE

During the coronavirus pandemic, the lockdown of people, organisations, schools and universities forced people to spend more time at home. For business necessity and occupational therapy adults and children spent more time on their phones and computers. A final year degree student in Uganda recently wrote to me and said that she would have to work at her course online during the week as a consequence of Ugandan Universities shutting down for the time being.

In March 2020, The University of Hertfordshire Alumni Association (UK) wrote, and I relate the significant extracts as follows:

“Following the recent COVID-19 (Coronavirus) outbreak.....

We have been reviewing the situation daily and last week various decisions were made including the move to online learning which came into effect from Monday 23 March.....

Due to the move to online learning.....

We all have a role to play in keeping ourselves and each other safe and well, and we will continue to offer the high-quality teaching, learning and experience for all students and staff, albeit through new ways of working.”

The Royal Society of Medicine said at the same time:

“We have also been working on developing the RSM education programme and new ways to deliver education content while we are unable to host in-person events....

We have also been sourcing and testing a new digital platform which will allow us to continue delivering education activity....

At the same time as providing education programmes from the Sections, we are also looking to develop new content and material relating to the challenges presented by the COVID-19

pandemic. We should be launching some activity relating to this next week.....

A series of blogs and podcasts are also in production, and these will be shared with you to support your ongoing education and learning.... The RSM Digital Library is accessible 24/7 where you can enjoy fast remote access from the comfort of your home or at work”.

Medical students in a London University have taken unsupervised exams from home for what could be the first time, as universities move to new ways of assessing final-year students. Postgraduate Masters and PhD students are now defending their theses through Skype or Zoom. Disadvantaged teenagers in many countries will be able to borrow laptops to help them study at home when schools are closed. The UK Department for Education is also supporting free online lessons.

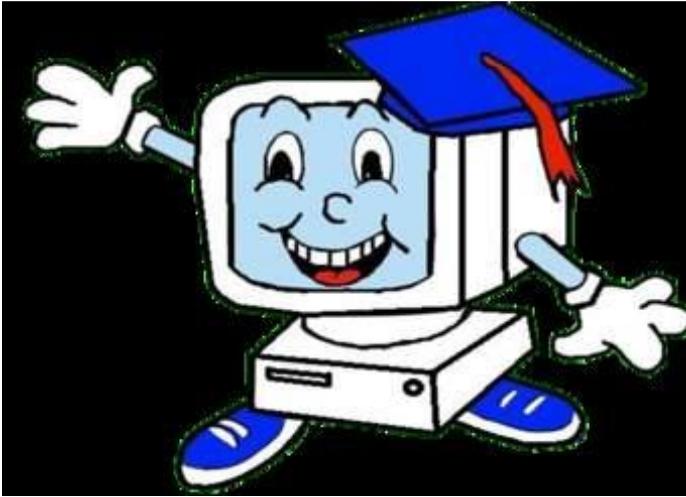
Of longer-term significance, I quote from a recent book by Harari. (*Harari, Y.N. Homo Deus. A Brief History of Tomorrow. 2016 Penguin Random House*). He obtained a 1st Class Degree, then a doctorate from Oxford and now teaches in another university. He knows much about learning and he said:

“Since we do not know what the job market will look like in 2030 or 40, already today we have no idea what to teach our kids. Most of what they currently learn at school will probably be irrelevant by the time they are forty. Traditionally, life has been divided into two main parts: a period of learning followed by a period of working. Very soon the traditional model will become utterly obsolete, and the only way for humans to stay in the game will be to keep learning throughout their lives and to reinvent themselves repeatedly

It was this modern thinking and analysis that prompted a further edition of “The Guide to Online Learning”.

1. INTRODUCTION

“Can you recall what a new semester, term or academic year was like? An eternal month of new pencil cases, clean textbooks and butterflies in the tummy. No matter how old I get, this period will forever tingle with the anticipation of a new academic period and all its promise, excitement and potential tedium.



This autumn, though, millions of people around the globe will be going ‘back to school’ without leaving their front doors. Few recent trends have caught on quite like online learning, which is rising at a staggering rate. The hundreds of free courses offered by elite universities on ‘tech-ed’ sites seem to herald a future in which world-class education becomes available to anyone with a reasonable broadband connection and a desire to learn. Last summer The Economist suggested that the Massive Open Online Course (Mooc) is changing academia’s “ivory towers”. A survey by the Sloan Consortium found that enrolment in Online Learning enjoys a 21% growth rate, compared with the paltry two per cent in higher education overall.

So far, most of those courses cover mainstream academic subjects, with a notable bias toward science, mathematics and business. Udacity currently offers only courses in business, computer science, design, mathematics and science. But, given the high expectations that the Mooc movement will democratise education, it's intriguing to think of the barrier-breaking impact it may have on seemingly 'specialist' arts subjects like classical music."

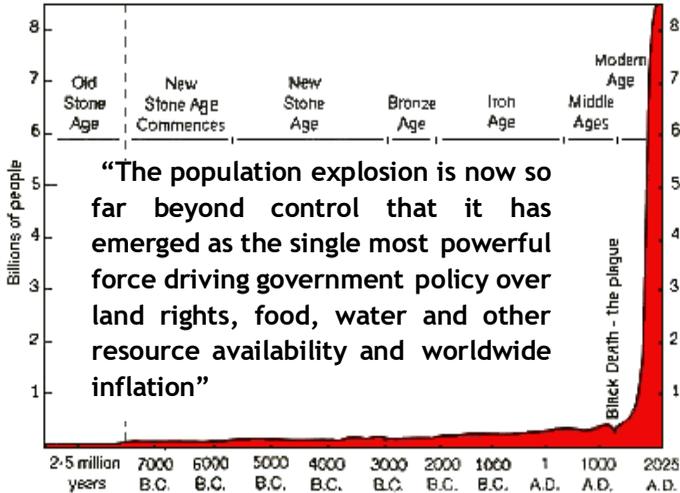
(Based on a BBC Report 17.09.13).

This massive development in Online Learning (sometimes called 'open learning', 'computer learning' or 'distance education') is reflected by the UK higher education where many universities and colleges now offer online learning opportunities. The Open University is outstandingly the largest of the 150 academic institutions in terms of student numbers.

While many of the examples in this book focus on humanitarian aid and development workers, the principles apply to anyone seeking employment, changing career paths or looking for further development during career progress or retirement. Age is no limit to education and particularly Online Learning; it can be especially advantageous for people with disabilities. The recent recession worldwide has forced many to reconsider financial constraints in a climate that demands people to be better qualified and experienced to cope with the demands of competition for posts.

The last two decades have probably been the worst in living memory for the frequency and severity of human-made and natural emergencies. These have resulted in millions being displaced in their own countries or forced to seek asylum elsewhere. The massive explosion in the human population results in more people being affected by a disaster than would have been the case a century ago.

World Population Growth Through History



Many humanitarians work on short-term missions in different geographical locations. Between contracts, there may be uncertain periods that could well be occupied with Online Learning, as following many formal full-time courses might be difficult or financially impossible in such situations. Of relevance is the fact that longevity has doubled in recent years and the number of elderly people has increased accordingly. The Internet has vastly extended the potential for Online Learning.

Furthermore, the trend that is increasing artificial intelligence may provide more free time for Online Learning.

To get a thorough insight into a free world of education, go to www.alison.com. ALISON free learning has just signed up its 14 millionth learner from nearly 200 countries! This is a huge milestone for their free learning mission. ALISON now has over 1000 free courses available and hundreds of diploma graduates of courses worldwide, many studying and graduating from multiple courses.

2. TECHNIQUES AND RESOURCES FOR SELF-ORGANISED LEARNING

Anybody embarking on an Online Learning programme must realise that there is a need for more discipline than is required of those who sit in formal classrooms on a full-time or part-time basis. The time-table and presence of other students reinforce the commitment to attend. (Support strategies for online learners will be covered in a later chapter).

Additionally, humanitarian employees may face stresses abroad which they have not encountered when employed in their own country. They may be operating in a hostile and dangerous environment, surrounded by local people suffering an appalling tragedy, separated from family and friends, and trying to cope with extreme deprivation, language, geographic/climatic and cultural differences. In such circumstances, career development and further learning are not easy. Yet it is possible. Millions have done it and so can you.

Before looking at the skills and techniques that are required for Online Learning with formal college links, it is useful to review the informal strategies that are available for self-directed learning.

Reading

Some people have set themselves reading targets by using libraries and resource centres. Many universities or other institutional libraries (e.g. museums, hospitals, and non-government organisations) may be open to the serious reader.

If you are working abroad you can have your professional journals redirected, perhaps to your local country headquarters. Ask your colleagues if they have books, magazines or training materials that they can share. Your organisation may have a library with reading resources, videos and CDs that could be used for learning and leisure. Perhaps you have already

arranged for CDs of literature to be supplied to you by TALC, ELDIS or another organisation. A complete library of resources can be transported on CDs, or flash drives and these are especially useful for those unable to get Internet access. Amazon Kindle and similar electronic devices are easily carried, easily perused while waiting for public transport, and they provide access to millions of magazines, journals and books, many of which can be obtained free of charge (or at a cost far lower than is required of a hard copy). (I have over 350 books in my Kindle and more than 6,500 books in a flash drive).

My favourite book websites include:

- a) www.obooko.com has hundreds of contemporary eBooks free in pdf, ePub and Kindle file formats for computers and eReader devices. There is no charge to join. Genres include romance, thrillers, fantasy, humour, money, business, health, beauty, religion, hobbies, travel, astrology, entertainment, computers, Internet and others
- b) www.networklearning.org has a library of free humanitarian manuals. There is even a manual on how to write a manual! Writing a manual or a book is a valuable and disciplined way to learn a subject while making a useful contribution to your own CV. www.hesperian.org has some free books available relating to aspects of health
- c) www.gutenberg.org offers over 40,000 free eBooks: choose among free ePub books, free Kindle books; download them or read them online. All these eBooks were previously published by *bona fide* publishers. They digitized and diligently proofread them with the help of thousands of volunteers. Over

100,000 free eBooks are also available through their Partners, Affiliates and Resources

- d) www.calibre-eBook.com. This is a fantastic site. Start by watching the tutorial to see the facilities on offer. It will search for eBooks and hard copies, listing sources and prices. It can convert texts to eBook formats and it will give storage and organisation for your library

After exploring sites and obtaining resources, set aside at least one hour a week for reading. Perhaps a colleague shares similar interests: two or more people reading the same material can form the basis of useful discussion as well as reinforcing the discipline needed for study.

A Talk Club

In a more relaxed situation, a group of colleagues can arrange to meet on a regular (weekly or monthly) basis. People take turns to present a topic for discussion. This can take the form of a 20-minute presentation followed by an open forum. It is important to stimulate the conversation by raising issues in the preliminary chat without attempting to supply all the answers. The topics can be a mixture of cultural, humanitarian or other issues; these can break down barriers between international and local staff, provide practice in language and presentations as well as the discipline of meeting regularly and reaching deadlines. (You can find clear guidelines on how to give a PowerPoint presentation in Walker A, Walker B and Walker R. Better Ways to Succeed in Aid and Development Work: a free download from www.obooko.com).

Short Courses

Some organisations allow time out to attend courses and conferences in-country or abroad. However, only a few offices optimise the learning by insisting on a brief report or presentation to colleagues on returning to the office or field. Such knowledge or skills gained from a short course or

workshop can be shared through a Talk Club.

Self-constructed Study

This is easier if there is regular and good Internet access. It involves **the** selection of a particular subject area (best relevant to your work, if you want the support of your boss!) and choosing a single website that contains literature and/or a group of discussants associated with it. Here are some examples related to the work of many humanitarians but there are others. Explore the sites, design your programme - and start!

- a) **Community Capacity Building and Development.** www.scn.org. This site has over five thousand documents in more than thirty languages. A good place to start is the list of [Modules](#). If you click on the first document under each module listed here, you will go to the module introduction, which, in turn, lists the other documents in that module. These can be read online or downloaded free. Go through the topics and write out your agenda or curriculum
- b) **Management.** www.ngomanager.org. This site has resources relating to a wide range of management subjects and has a readership of over 4,000 from 70 countries. The organisation is managed by highly experienced humanitarians who direct a management school in Geneva, running courses there and elsewhere
- c) **People in Aid.** www.peopleinaid.org. Their Code of Good Practice is an internationally recognised management tool that helps agencies enhance the quality of their human resources management. This site has extensive resources, runs courses and has highly active discussion groups.

- d) A good source of literature is the **Overseas Development Institute (ODI)** which is Britain's leading independent think tank on international development and humanitarian issues - www.odi.org.uk
- e) **Language Learning.** www.crelearning.com provides 100 free language training programmes to aid workers. It claims that new languages and dialects are welcome and will be provided on request to their team of UN volunteers. There are many other free language courses available, especially through YouTube.

For those who have time for **full-time learning**, it is offered **free** by some universities for students from selected countries, but such people may need finances to cope with living costs.

USA, Finland, Norway, and Germany are some of the most popular destinations for international students. But what draws students to these countries? Their free-tuition policies (or the availability of scholarships), high-quality education standards and institutions, and the importance universities place on research and practical training.

Together, Finland, Norway, and Germany list over 500 Bachelor's and 2,100 Master's degrees on their portals. The quality of their study programmes is confirmed by international rankings, which list universities from Finland, Norway, and Germany among the best in the world.

It is important to distinguish between the best tuition-free universities to decide if they are the right choice for your international study adventure. Don't forget to also check out living costs in such countries to understand what budget you need.

3. ONLINE LEARNING

Who is it for?

This section provides an introduction to Online Learning. It is a practical guide for people who want to put their experience and knowledge in a wider context by studying a course through computer-based education and learning methods. It will also be valuable for humanitarians who cannot afford time out for full-time studies or who are on short-term contracts in a sequence of different countries. Such students will be helped if they can also attend a short full-time course in a related area to provide the added advantage of sharing experiences with others.

Online Learning is usually based on a combination of reading materials, assignments and sometimes field or practical work under the guidance of a tutor. The programme may be supported by audio-visual material, interactive CDs, computer links and virtual classmates through the Internet. These may form a group for mutual support and encouragement even though they may be spread over wide areas and never actually meet.

To confirm that Online Learning is really for you, let us consider one example of facts and figures relating to the Open University (OU) in the UK. It offers more than 1,000 free Online Learning courses in addition to the other programmes. (This information was taken directly from its website).

The Open University in facts and figures

Since OU's launch in 1969, almost 1.8 million people worldwide have achieved their learning goals by studying with us.

The OU is the largest academic institution in the UK, in terms of student numbers. It has:

- more than 240,000 students*
- close to 7,000 tutors*
- more than 1,100 full-time academic staff*
- more than 3,500 support staff*

The UK university is also European and worldwide as Open University students are not just in the UK. Most courses are available throughout Europe and some are available worldwide directly from the OU. Many more courses are available through their partnerships and accredited institutions.

- *The Open University has 15 curriculum partnerships established in 23 countries*

The OU outside the UK

Who are the OU's students?

Our students come from the widest possible range of backgrounds. We have students who are in their teens, including some Year 12 and 13 school students who are studying OU courses alongside A-levels. We have students in their 90s - and all ages in between.

We are the largest provider of higher education for people with disabilities:

We are opening up opportunities for lower-income groups. Our open admissions policy helps thousands of people who failed to achieve their potential earlier in life:

- *45% of students had one A level or lower qualification at entry*

Thousands of people, who might not have been able to study because of work or family commitments, can study part-time with us:

- *Over 71% of OU students work full or part-time during their studies*

So Online Learning gives you the choices to study when, where, and for as long as you wish. You also have the freedom to concentrate on those areas that are more interesting to you or that are more relevant to your work. However, you will need self-discipline and may still need support from others.

Online Learning modules may form complete courses, be components of a larger programme or simply stand alone. The time taken will depend on the level and the ability of the learner and their previous experience. (To gain an insight you can just read this Guide and work through the later exercises which will take about one hour of work).

Many academic institutions have arrangements with others so that a course or a programme of study can be composed of modules selected from different academic bodies. This enhances the range of available choices. Such modules may be called Distance or Continuing Education Units.

A Continuing Education Unit (CEU)

The CEU is an internationally accepted unit for continuing education and professional development. It is based on criteria and guidelines established by the International Association for Continuing Education and Training (IACET) and is a measure used in continuing education programmes, particularly those required in a licensed profession for the professional to maintain the license. Examples of people who need CEUs include educators, nurses, mental health professionals, and social workers. Generally, a CEU is defined as ten hours of participation in a recognised distance education programme, with qualified instruction and sponsorship. CEU records are widely used to provide evidence of completion of continuing education requirements mandated by certification bodies, professional societies, or governmental licensing boards. The records also provide employers with information on training pertinent to particular occupations.

Websites that provide CEUs online allow professionals to take courses at their own pace and at convenient times and places.

Expense and travel time savings from online completion of CEUs can be significant.

Many universities provide Online Learning programmes and CEUs so that it is possible to obtain a certificate, diploma, degree or postgraduate qualification with modules studied through different providers. Thousands of ordinary people have progressed by this means - so can you. Nevertheless, you will have to take more control of your studying than you did when you were in a more traditional learning situation such as your school.

An Example of an Online Learning Programme

For many years, the University of Wisconsin - Disaster Management Center (UW-DMC) has provided professional development in international disaster/emergency management through traditional training and distance learning. Since 1988, some 7,000 individuals from more than 100 countries have enrolled in the UW-DMC curriculum of self-study courses. The UW-DMC has collaborated with the UNHCR since 1985 in refugee emergency management training as well as the delivery of a Diploma.

A further example of a university offering distance education is The Royal Melbourne Institute of Technology: one of Australia's original and leading educational institutions. With more than 60,000 students studying at RMIT campuses in Melbourne and regional Victoria, in Vietnam, online, by distance education, and at partner institutions throughout the world, the University has built a worldwide reputation for excellence in professional and vocational education and research. A vibrant alumni community now stretches across more than 100 countries.

What learning techniques will I be using?

Online Learning programmes may include:

- pre- and post-module tests
- frequent tasks and activities
- 'stop and think' breaks
- fieldwork to be done away from your desk or workplace
- interviews and fact-finding exercises
- broader questions and topics to think about and discuss
- case studies are drawn from a range of countries
- suggestions for group discussions with friends and colleagues
- suggestions for further reading and study
- establishing a virtual class group



Colleges offering Online Learning modules will normally provide guidelines on how to proceed. This is particularly important for those courses leading to professional registration. There will be indications of prerequisites (qualifications or other modules) if they are needed. Make sure that you obtain a copy of the guidelines and regulations and study them well so that deadlines and required conformities can be met.

4. PLANNING YOUR PROGRAMME

Although there is no universal terminology for the components of academic programmes, the following are in common but inconsistent use:

Definitions

1. **Programme.** A collection of cognate courses leading to educational or professional qualifications. E.g. BSc, ITEC Massage Diploma
2. **Course.** A selection of modules (with appropriate pre-requisites and co-requisites) that can be followed in full-time, part-time or distance education mode, leading to a certificate, a diploma, or a degree (general and honours levels)
3. **Module.** A unit of theory, practical work/work experience, problem-solving exercises, assignments and assessments for a defined subject
4. **Precertificate Qualification.** Given to a student who has completed a course to bridge, for example, the 'O'L - 'A'L gap. (This is intended for students who have missed formal schooling at this level)
5. **Certificate Qualification.** Given to a student who has completed satisfactorily a course equivalent to one year of full-time study
6. **Diploma Qualification.** Given to a student who has completed satisfactorily a course equivalent to two years of full-time study
7. **Degree (general) Qualification.** Given to a student who has completed satisfactorily a course equivalent to three years of full-time study post-secondary school
8. **Degree (honours) Qualification.** Given to a student who has completed satisfactorily a course equivalent to three or four years of full-time study post-secondary school
9. **Profile.** Several assessment/examination methods can be included. These tests may include final examinations (unseen, open book, unlimited time, seen questions with

answers written under examination conditions), weighted contributions from practical work, assignments, and assessments from previous years, and profiles.

Profiling has been developed in many educational systems, and particularly by the Royal Society of Arts for its courses in the UK and elsewhere. Non-profiling systems usually involve the summation of marks from different sources and the sum is matched against predetermined standards. Profiles offer a range of assessments of the student under several headings of significance to employers. Here the final student assessment is expressed as graded statements under different headings, and not as a single category based upon a summation of results.

Keywords in the philosophy of the programme provisions are:

CONCENTRATION of programmes centred on a specific subject

COMPREHENSION of programmes allowing flexibility of study modes and a range of exit points so that students can leave the course at a choice of levels but with a qualification.

COHESION of courses of cognate disciplines to encourage the sharing of modules by students from different backgrounds.

COMPLEMENTARY modules will allow students to follow additional practical courses (such as computing, languages, first aid, photography) that can be used to enhance professional capacities.

Now, with the help of the Internet, you need to address the following questions:

- What subject would I like to study?
- Which institutions offer such courses?
- At what level should I study?
- How much will it cost?
- Will my family/friends be supportive of my activities? Will I be able to juggle study and family/social times?

- Is the subject relevant to my work? Is my boss sympathetic?
Will s/he allow me to study in work time?
- Do I have the commitment to follow this path?

Sometimes it is useful to set the questions in a framework. One possibility is:

AIMS	STRATEGY
OBJECTIVES	TACTICS

Your Aims are general and your Objectives more specific. You have free time and would like to take a course. But you may need a qualification for your career to progress. The Strategy for reaching your Aims includes reading this Guide, searching on Google, talking to your partner and friends. The Tactics to help you reach your objectives will be more specific - comparing course providers and courses as well as the time needed for study and costs.

When these questions have been arranged and answered to your satisfaction, you now need some techniques and strategies to help you through.

A Study-Buddy

To get the most out of your course you need to plan your approach to studying. Most people also benefit from encouragement to keep going. So, select a 'study-buddy' (a teaching helper or mentor) with whom you can talk about the course and who will undertake to check your progress from time to time. The study-buddy could be another student of the same course, or maybe a colleague or friend who has an interest in the subject, but need not necessarily be a person experienced or expert in the subject. A learning helper will provide the opportunity for meaningful and stimulating discussion. This is most important for the testing, expansion, and reinforcement of the ideas and concepts that you gain from the course. Once you have chosen a study-buddy, you need to negotiate with that person

what his or her role will be. The study-buddy could:

- check your progress regularly
- comment on your written work
- discuss suggested topics with you
- give you advice about fieldwork locations
- provide encouragement

Do you need personal objectives?

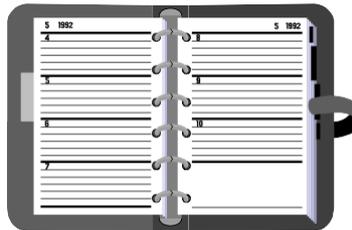


Yes, you do. You will need to think about why you are taking the course and what you hope to gain from it. You may need something to do at the weekends, or you hope to be better at your job. You may want to see if you have the ability to cope with a more advanced course of study by Online Learning. Or perhaps you just want a break from the pressures of your employment. Any of these is a valid reason for your study and you may have other ideas.

Online Learning is more demanding than traditional classroom instruction because you will need to provide your framework for study instead of having it imposed on you by the course or workshop timetable. You will have to be self-motivated and disciplined enough to continue when a 'voice inside' is telling you to stop

and go for a drink! One of the problems of self- study is that some people begin with great enthusiasm at a pace that cannot be sustained. The best way to start a self-study course is to plan your study schedule over a pre-set period by thinking ahead and making your timetable.

Your **timetable** will specify the days and the hours that you have set aside for study each week. Ideally, these arrangements will be agreed with your study-buddy who can support you in this resolve. So write the scheduled time in your diary or on a chart displayed over your working area. You may be able to get the agreement of your boss or colleagues to allow some of the study time (on a regular and undisturbed basis, of course!) to be included within working hours. Organise your work area to allow this.



Schedule your timing around events, such as holidays or travel or high-stress employment times.

Here are other methods to help your learning:

1. Develop a **study reflex** by studying consistently in a place, which you associate with work. Do not try to study when lying on your bed. This location is associated with sleep or sex (if you are lucky!) - and that is what will happen!

X



You will study best if you always study in the same chair in the same place with good light. This will help you develop a 'study reflex'. If your concentration starts to fail then move to another place and relax. Keep that study place for concentrated work, not for other trivial activities such as eating and relaxing. If you have only one place, then simply make another by turning your chair through 180 degrees, or placing it at another side of the same desk or table.

2. **Reward yourself** with short breaks of physical or different activities or cups of tea *after* you have completed a particular task or studied for a predetermined period (e.g. one hour).



3. **Discourage 'study busters'** among your friends and family by putting a notice on the door saying, "GONE AWAY". You may also hang a line of dirty underclothes, socks and other washing across the inside of the door to discourage those who are determined to disturb your concentration!

The most demanding study-busters are children. Especially your own. It is difficult to explain to a three-year-old child who is appealing for attention that Mum or Dad must not be disturbed "because they are engaged in cerebral activities associated with an important Online Learning programme of international significance concerning national governance"! Unusually supportive collaboration between partners is needed to cope with this situation.

4. **Travelling and waiting time** can be used for revision. Prepare notes in small writing on pocket-sized cards or pieces of paper (one quarter the size of this page) which can be carried easily in pockets or bags, and refer to them while waiting for bus, train or ox/camel cart. Electronic gadgets come into their own here.
5. Use **active learning techniques**. This means asking yourself questions that you or your study-buddy would like answered

before you read the material. Then search for the answers in the material provided. In the end, review the main points *and explore their use in your work*. Only when knowledge is applied does it become a skill.

What do I do if I get behind with my work?

Unexpected events may occur to delay your progress. Don't panic! This is a common experience.

1. Read the regulations that govern your course again. There may be allowances for some assignments to be skipped or delayed
2. Check that you have set yourself realistic goals and adjust them if necessary
3. Inform your tutor and ask for guidance rather than inventing excuses
4. Seek support or suggestions from your study-buddy or a fellow student
5. Remember that 'perfection' means doing the best that you can in the time available. It does not mean putting into your assignment, every single example and reference. Be selective. In the last resort, you may need to complete some tasks at a lower standard than you normally set for yourself to help you catch up.

Perfection is the enemy of good! If you aim for perfection you may always be dissatisfied. Aim for good and you can be happy.

Further advice before you start your studies

THE SQ3R READING METHOD

Any distance learning and self-study programme will involve a large amount of reading. Perhaps you have already had the experience of reading a page of a book, or a whole chapter, after which you realise that none of the information has been registered or remembered. Indeed, it is possible to read even a short paragraph mechanically while your mind is far from the subject. This can easily apply if you are feeling tired, or you have had a stressful day at work.

The SQ3R (survey, question, read, recall, review) reading method is well tried, world-wide, and it can also help you to overcome concentration and memory problems with reading.

Survey

Before studying a book, a chapter, or any written material, survey the whole piece of writing by scanning it to get an outline of its content. Key information is often contained in the introductory or concluding (summary) paragraphs. Important information is usually to be found in the first sentence of a paragraph, while the rest may be an expansion or development of the same idea. Look at the table of contents, glance at the tables and figures, and note especially lists of important points. This will tell you if you should spend more time reading the material carefully.

Question

Your reading will lead to active learning and be more easily remembered if you formulate a few specific questions for which you are searching for answers. If there are headings in the material, turn the heading into a question. E.g. If the heading is “Impediments to Development”, change the heading (in your head) to “What are the Impediments to Development?” But ask yourself other questions as well.

Read

Read at whatever speed is comfortable for you. At the same time make notes about the information in your own words, or use a highlighter pen to indicate important ideas. (However, you should not make marks in a book or journal which has been lent to you by a friend, or borrowed from a library!)

Recall

Now close the book or other volume, and work hard to recall what you have read, section by section. This is more valuable than rereading because it forces you to actively remember. You are not expected to recite the text word for word, but to see whether you have picked up the main ideas and facts. For maximum learning, the recall should take place *as soon as possible* after the reading. The longer you leave it, the more information will be forgotten. If you do not try to recall, you may just fool yourself into thinking that you have done some serious work.

Review

Finally, review what you have written and read. Again, this is most effective if done soon after the initial study. It is far better to do this than leaving the review to a 'swotting period' just before a test or examination, and perhaps long after your initial study.

*Tell me, I'll forget.
Show me, I may remember.
Involve me and I'll
understand.*

5. TIME FOR SOME ACTIVITIES

You have decided on the subject you wish to study. You know about the level

- introductory, medium, advanced, or postgraduate. You have found out if you will obtain a certificate, a diploma, a degree or a postgraduate qualification. The professional body is satisfied that the qualification gives a licence to practice. You have selected and applied to the college of your choice and read the guidelines and regulations. Now -

STOP AND THINK! Then write down the answers to the following questions:



1. What are your reasons for studying this course?
2. Who would you like as your study-buddy?
3. What would you like your study-buddy to do?
4. What will you do for your study-buddy in return for the help?
5. To what extent will your partner/friends support your studies? Ask them to protect your study time. Have I asked my boss if I can study at work?
6. Plan your study times and write them in your diary, or make a chart. How many weeks have you planned for each module?
7. Which college have you contacted and in which location will you study?

Reinforcement of your knowledge. Ask any teacher or lecturer when they best learned their subject - when they were students, or when they taught the subject. All will say that mastery of a subject is best acquired by teaching it to others. Teachers are the best students and you will have to become a teacher if you are to become confident about your knowledge in your new field of study. This section, therefore, includes some brief exercises.

ACTIVITY

Explain to your study-buddy the advantages and disadvantages of distance learning. What techniques can you use to overcome the difficulties? Then teach your study helper about the use and value of the SQ3R reading method without referring to this document. Give your helper a relevant article and test the method together.

Humanitarians

For those who are beginners in the field of humanitarian work you may like to obtain a free distance education module called “Refugees and Internally Displaced Persons (IDPs)”. Download it from www.networklearning.org.

This module will allow you to explore distance education without any outside commitment. It is self-assessed and covers an introduction to disaster terminology, the global disaster situation, the differences between refugees and IDPs, the Sphere Minimum Standards, the Deng Humanitarian Guiding Principles, and a case study from Sri Lanka.

YOU ARE NOT ALONE IN CYBERSPACE!

Online Learning can be lonely but it need not be. Access to the Internet and e-mail facilities gives you access to information and also to people: those like yourself who are following the same programme. There are people 'out there' with whom you can share ideas and mutual support.

When you put this book aside use the Internet to:

- obtain documents. The world library is available from your keyboard.
- create virtual classrooms with classmates. You can keep in touch by e-mail, listserv (regular topics for those interested in the same subjects), newsgroups, and live chats through programmes like Google Chat, Zoom and Skype. The latter is truly fantastic. It can be downloaded free and if you have Internet facilities you can talk free of charge to anywhere in the world providing your correspondent has obtained the same facilities. With a cheap headset, you will think your Skype partner is in the same room as yourself. There are equivalent programmes for your phone called 'Viber', 'WhatsApp' and 'Line'. Like Skype, they are free but need Wi-Fi access.

6. STARTING A RESEARCH PROJECT

Research does not necessarily mean ivory towers, boffins and zillions of dollars worth of equipment. Fundamentally a researcher is a simply nosey person, who is curious and persistent enough to want to know what is happening, or how a system works, or how many, how much, where, when and by whom. (Notice that 'why' questions have been excluded; 'why' questions are usually the preserve of philosophers and theologians. Why is the earth 92-3 million miles away from the sun? God knows).

There are basically two kinds of research:

1. **Descriptive Research.** This involves keeping records of what is happening. It needs pen and paper although a calculator or computer may help in tabulation and adding up results.

E.g. How many patients attended a clinic? How many males/females/adults/children? What were their conditions? How were they treated? When (times and dates) did they attend?

E.g. What is the incidence of nail-biting in my child's school? Is there a difference between boys and girls of different ages? How many children are helped to stop the habit? By what means?

E.g. (For leisure). How many different species of birds do I see in my locality? At what time of day? Is there an educational programme about bird conservation in schools?

Date, time, conditions, location, map coordinates can all be recorded.

2. **Experimental Research.** This often arises from questions developed from descriptive research.

E.g. What would happen if we changed the location, the time, the altitude, the temperature etc? It can involve making

several measurements of the same thing at different times or making comparisons between different locations or different techniques. Mostly it involves changing something and measuring the outcome.

E.g. Would the impact of accidents happening to colleagues be reduced if every office had a qualified first-aider?

E.g. Would the birds visiting my garden differ in numbers and species if the bird table was relocated or made higher/lower? (Note that there are actually two questions here. This will be discussed in the next section)

E.g. Would poverty be reduced in a village if we taught loom *construction* as well as *its use*?

What happens if we change something? That is the fundamental of experimental research.

Many have embarked on research, published one or more articles and registered for a higher degree. A few have achieved this without an undergraduate qualification.

In the [United Kingdom](#), [United States](#), [Australia](#), [New Zealand](#), [Hong Kong](#) and some other countries, the **Master of Science** or the **Master of Arts, Law, Business Administration, Music** degrees generally contain a balance of taught and research components. The **Master of Philosophy** (M.Phil.) is a research degree, requiring the completion of a [thesis](#). It is a lesser degree than the [Doctor of Philosophy](#) (Ph.D.) or [Engineering Doctorate](#) (Eng. D), greater than (or sometimes equal to) the [Bachelor of Philosophy](#) (BPhil,) and in some instances may be awarded as a substitute for a Ph.D. thesis which is a marginal fail.

Master's degrees may sometimes serve as a provisional enrolment for the Ph.D. which is usually a research thesis only. Some do have taught components especially concerning research methodology, publication and thesis defence at a *viva voce* examination. A Ph.D. is regarded as a senior or second master's degree. An M.Phil. is generally

considered equivalent to the French Diplôme d'études Approfondies or [DEA](#), Spanish Diploma de Estudios Avanzados [DEA](#), or First Doctoral Degree. Usually, many further years of research after a Ph.D. and many significant publications can lead to a D.Sc. (Doctor of Science) award. After that, a Nobel Laureate! The sky is the limit.

A Research Project is a good way to extend your career, keep yourself from losing sanity, and enhance job prospects. After research training, your attitude to everything you do in life will change. (Some universities permit you to back-date a registration which allows the inclusion of data collected earlier). To be of maximum benefit to your career it is best if your research is directly related to or an essential part of your work. Others have done it - so can you! We are going to explain how to set about it in easy steps.

It is important to recognize that research work needs to be published as unpublished work has no lasting value, however good your thesis. It is useful to present research ideas to meetings and workshops to get significant feedback from like-minded colleagues before you send a draft to a journal. In this way, you can modify ideas before publication. Uncorrected errors stay in print for a long time!

7. STEPS FOR FORMULATING A RESEARCH PROPOSAL

There are many exceptions to generalisations that can be made about research projects at different levels. With an archaeological topic, experimental approaches are likely to be limited to methods of investigation. An analysis of Bach's music is likely to be mainly descriptive. Comparisons can be made between populations of nail-biters in different schools and then experimental changes can be made to the effectiveness of different treatments to discourage the habit. At any level, there may be opportunities for both descriptive and experimental approaches.

However, as a progression is made from personal research, through school-based projects to first and second-degree programmes, there will be a trend from descriptive towards experimental research. A Master's degree project may be mainly descriptive, while a Ph.D. or D.Phil. (Doctor of Philosophy) programme is more likely to include an experimental approach. All reports and theses will start with a literature review and probably conclude with ideas for further study as many research projects raise more questions than answers.

Fundamental to all research is the formulation of a **research question** that is to be addressed. The question may well be supported by ancillary questions. No research project should be started without the construction of the question(s) that will be addressed. The following simple steps are intended to help you select your subject, construct the question, and know how to organise your final proposal. Most colleges will help you through these stages through the completion of several forms and their guidelines.

IMPORTANT NOTE. Although you are progressing with online learning, the higher you go with your programme, the more likely that the institution will want you to attend and complete some **residential workshops**. This is to be sure of your competence in areas such as writing, research methodology, the use of statistics, analytical procedures and preparation of your final report and examination. But we will start with the steps: you can face the consequences later! The residential requirements may have financial and travel

implications especially if you are registered with an organisation in another country.

Another word of advice. Wanting a doctorate is not enough to ensure success. Several candidates have started on that route and dropped out because their priorities were not rightly ordered. First and foremost, you need to be consumingly interested in research for its own sake. You want to know how things work and what makes them happen. The qualification will follow. The collection of massive amounts of data, enough to cause a fog, can be followed by the thrill of seeing images emerge from the mist. Patterns will form from what at first seemed random. That thrill and satisfaction is the main reward for a researcher. The qualification is the icing on the cake.

Step 1. Selecting possible areas of work

Start by listing the major fields you have covered in earlier studies and that you found interesting. Look for subheadings within your modules/assignments and aim to finish up with a list of about 20. Your list may look similar to this:

- human resource management
- logistics
- monitoring and evaluating
- playing music in a group
- community participation in sports
- the role of IT in development
- taxation and import of aids goods
- the transition from emergency to development
- development, conflict reduction and peacebuilding
- the natural history of Bumble Bees
- etc

Now add to the list areas of interest that were not covered in your studies.

- the potential relevance of SPHERE Minimum Standards to development
- the value of workshop training to NGO staff education
- water and sanitation
- marriage and divorce

- natural childbirth
- application of the Deng Humanitarian Principles in developing situations
- etc.

Think about each in turn and write 3 or 4 words ONLY alongside each one to define the field. E.g. Human Resource Management - adverts, interviews, team building, and downsizing.

OK, you have outlined all the areas within which your research could be made.

Now cross out all the areas in which you have little or no current interest. Perhaps economics, statistical methods, logistics etc. Don't cross out every one (!). Leave about 6 headings and divide these into A) and B) according to more or less interest. Do not give any more thought to those areas you have discarded.

That should take about half an hour. Put the task away and go to bed. DO NOT DO ANY MORE ON THIS UNTIL TOMORROW.

You have made a good start for one day.

Step 2. Narrowing your options

Look at the college proposal form and the others supplied by the institution of enquiry - then forget them: this will allow your subconscious mind to use the structure. Do not attempt to complete the forms today.

Can you get to see a copy of anybody's completed project? It is always helpful to look at the completed thesis of a successful candidate to give you an idea of what is required, even if you have little idea of the topic.

Now choose three or four areas from your list and dump the rest. Do not even think about them again. Can any of the remaining ones be combined? This may be possible if your choices are related e.g. management and leadership.

Write two or three lines outlining the areas you are left with. Do not worry that you have only a couple or three options at this stage. The actual topic is somewhat arbitrary. Every project gets interesting once you start (later it gets boring but it finishes up more interesting again, I promise!)

(In the next step you are going to list as many unanswered questions as you can under these three topics).

Step 3. The research question(s)

Your response to Step 2 was superb. Well done!

Now you need to formulate some questions more carefully for your three topics. My view (not accepted universally) is that ‘why’ questions are for philosophers and theologians as stated earlier. Social scientists and scientists can find answers more easily to what, how, when, where and who questions. “What are the physical mechanisms that cause a rotating molten mass to form a sphere?”

1. Use these question words to formulate one main question and up to half a dozen ancillary questions for each of your three areas. Try to form your questions in a way that allows answering employing a research process rather than the expression of an opinion formed irrationally. That means avoiding a question such, “Do we just sit and wait?” This could be answered with a simple ‘yes’ or ‘no’ without foundation other than supposition.
2. Formulate your questions in a way that conveys a single idea. “Should we be relying on individuals, or focusing on consortiums or committees?” actually implies more than one question.
3. Now look at all your questions again and add one word alongside each which briefly describes a process or a technique that could be used to answer the question e.g. questionnaire, interview etc. Your completed modules will offer other ideas. You could scan the module to look for these

even if you do not fully understand them.

OK, we are getting there with only a couple more stages to go and one of these will be a week of reflection.

Step 4. Your Turn to Answer Questions!

You have moved a long way in a short time by reducing a huge field to a small choice of three areas. However, be flexible enough to allow for the possible need to change one or more of these areas before you finally reduce to one - and then start on the forms!

You have been *asking* many questions. Now it is your turn to *answer* some while you reflect on these three topics. You need not bother to write anything down unless you are helped by so doing.

1. First of all, there might be a problem. You may be about to change your work and possibly your continent. Will your three topics be applicable in a different context? Perhaps your thinking has been limited by the 'here and now'. If you relocated to Thailand perhaps a research question might be, "Are the Sphere Minimum Standards and Deng Humanitarian Principles applied equally in refugee camps A and B near the Burmese border?"
2. So - can your research topics be applied anywhere, or is there one which can only be researched locally?
3. Think about a balance between philosophical and practical. Questionnaires and practical measurements almost always give results you can work with, analyse and plot graphically. Literature contradictions and philosophical confusions are harder to resolve ('Managers need to make autonomous decisions' OR 'Successful managers are those who consult everybody before making a decision'). A balance of approaches gives a project a better chance of high marks than a single approach which may be a success - or unproductive. It is good to crack a problem with more than one approach, but at some stage check that this is also the

view of your supervisor.

4. Think about comparing two or more analytical methods for tackling the same problem or applying one technique to two or more situations? An example came from a psychosocial student who wanted to explore how people related a person's speech on their social class. Two approaches were: to use one actor to adopt presumed speech differences, or to use multiple actors to present communication of a different class, then assess the reaction of the hearers. Each method has its problems. In the first, the speech of the actor may not be accurate. In the second, individual differences may not accurately project class differences. My suggestion to use both approaches and make comparisons was rejected and the student did not attain any Master's qualification.
5. Have you realised by now that there are other ways of asking questions in addition to 'what, where, which, who, how and when?' For example:
 - is/are there ways of ...
 - can you ...
 - etc
6. Having read other widely different project reports, have they given you any further ideas for research topics or research approaches/techniques?
7. Lastly (for the time being!) would your topics be limited to your organisation and its activities? If your research carried you into other organisations, would they cooperate, respect your presence and give you their information willingly and openly?

Think about these things for a week, and I will be back!

Step 5. Your proposal: structure and sequence

There are several different ways of structuring information; you need to choose the one which is the best when making a presentation or a research proposal or research report. As most people can

remember three or four points, but not five or more, this will dictate the number of sections you use. Each section may be subdivided, but the same rule applies.

Please do a small exercise. There are 120 ways to arrange five sentences but here are just eight examples. Choose the one which you feel is best for telling your story.

1. I was on sentry duty
I opened fire
It was a lucky escape
The enemy approached
The enemy ran away
2. I opened fire
I was on sentry duty
It was a lucky escape
The enemy approached
The enemy ran away
3. It was a lucky escape
I was on sentry duty
I opened fire
The enemy ran away
The enemy approached
4. The enemy ran away
I was on sentry duty
I opened fire
It was a lucky escape
The enemy approached
5. I was on sentry duty
The enemy approached
I opened fire
The enemy ran away
It was a lucky escape
6. The enemy approached
It was a lucky escape
The enemy ran away
I was on sentry duty
I opened fire
7. The enemy ran away
I was on sentry duty
It was a lucky escape
The enemy approached
I opened fire
8. It was a lucky escape
The enemy ran away
The enemy approached
I opened fire
I was on sentry duty

Of course, some novels are written in a way which sets out a problem then recapitulates to explain the events which led to this situation. (E.g. “I opened my eyes and looked down the barrel of a gun!”) While a highly skilled narrator can do this, most of us need a safer approach. Perhaps you chose number 5. Why? It gives a chronological account - I was on sentry duty AND THEN the enemy approached AND THEN and so on. However, there is another structure hidden here which is invaluable for any form of presentation, report or even an impromptu short speech.

Group 5 illustrates:

- a situation
- a problem
- a solution or solutions
- the effect
- a comment

Try it out for yourself. Think of any topic. Malaria, perhaps.

Malaria kills many people every year, directly or indirectly, mostly children (**the situation**).

The parasite is developing resistance to anti-malarial drugs and the mosquitoes are becoming resistant to insecticides (**the problem**).

We must find a way to reverse resistance or develop better ways of treatment (**possible solutions**).

In these ways, we can combat one of the world’s worst diseases (**the effect**).

In achieving this we will have to feed three million more people every year (**a comment**).

This example uses only single sentences but it could be expanded into paragraphs, sections, or chapters. For some purposes, it may

only be necessary to use the situation, the problem and possible solutions with comments after each possibility. In other situations, it may be sufficient to start with the problem e.g. a research proposal.

To summarise this section, the structure of information is important and it should follow a logical sequence. The arrangement can be based on:

- a chronological sequence
- describing the end situation, comparing it with the beginning, reviewing possible causes to explain the difference
- using situations, problems, solutions, effects and comments
- answers to a list of questions: how, when, what and where etc

1. Now consider Part 1 of many Proposal Forms. They ask for the problem. However, for each of your three areas write one sentence defining the situation, then in one or more sentences, describe a problem arising from the situation.
2. Finally, discard one of your areas and complete the form for each of the other two. Hopefully, this will help you to decide which area you will select for your research.

Step 6. Filling the forms

Different academic institutions have different requirements for research registration. However, you are likely to be sent four types of forms in addition to Research Guidelines:

1. A brief initial Registration Form

This requires a Topic Outline (statement of the Problem: Key Questions to be Investigated (not more than three or four): Possible Methods: Probable Data Sources: Possible Outcomes. This information will be used to identify a supervisor who has related research interests.

2. A Risk Assessment Form

This will be sent if your work is to be carried out in dangerous areas. You will need to identify and rank hazards, who might be harmed

and how, evaluation of precautions, and elaboration of safety plans.

3. An Ethics Form. This will be mandatory if your work is sociological, psychological or involves animal experiments.

4. The Full Research Proposal Form

This is the tough one! (You will be told the number of words to present). It will include a literature review, assessment of the problem(s) to be addressed, a critical outline of the methods to be adopted, analytical procedures and possibly a time frame (bar chart) showing all activities to be followed. (The endpoints can be aimed at but should be considered flexible. For example, the literature search will continue in a minor way throughout the period. While writing your discussion you may come across other references that have to be added and there may be some cited which you can exclude. You are wise to try working to an earlier deadline than the actual one because this will allow for sick kids, backache and all the rest of the hazards that beset family members).

You are strongly advised to do some writing throughout the project; keep a record with bullet points under section headings instead of leaving all the writing to a final bang.

Do not plan to write up your project in the way in which it will appear between the blue covers. For instance, as soon as your research methods are initiated you can write up the Materials and Methods section. Probably you will rewrite your Introduction last of all when your project is finished as only then will you see what you are introducing!

MOST important. MOST important. Keep your references accurately as you go so start by deciding the method you are adopting for giving references. Kept alphabetically it is then easy to list these at the end. Finally, you will read your whole report checking that each literature citing is listed AND there are no references listed which are not cited in the text. (Perhaps you will have a small additional block called Bibliography which contains general recommended reading without implying specific citation).

So - Methods is easiest to write and this will encourage you to avoid writer's block.

8. THE FINAL THESIS

When you get writer's block (and you probably will!), write the Title Page, Acknowledgements etc that come at the front of a thesis. Contents can be done at the same time but page numbers will change as you write. In summary:

1. Write Methods as soon as your research is underway. Write the preliminary pages (Title, Dedication etc) if you get writer's block. But they can be written later.
2. Keep references meticulously. If not, you may waste hours or even weeks trying to track incomplete references. It is most important to keep all your references in the format required by the intended journal for publication, or the university requirements for a postgraduate thesis. e.g. Harvard format. There are many free downloads to help with keeping records of references.
3. Record bullet points in sections as you get ideas. You can move information around later to ensure a balance of section lengths
4. Keep your eye on new literature arriving throughout your project time
5. Then write Results, Discussion and Conclusions
6. After Discussion and Conclusions, check all references are cited and you have not cited references not referred to in the final list
7. After Conclusions add a page on Ideas for Further Research
8. Last of all write and polish the Introduction. Only after the rest of the report is written will you know what you are introducing
9. The quality of your report will be judged by its suitability for publication. If any opportunity arises for you to give a presentation at a meeting, however small, take it. Participants will give you

further ideas and comments. If you can find a journal that will publish what you are doing, also take it as this will preempt any pass/fail decision by your examiners. “Is it of publication standard?” “It has already been published!”

10. Do not publish your work unless you have consulted your tutor.

9. THE LAST WORD - OR ANOTHER STAGE?

We are living in extraordinary times with history being rewritten daily. These dramatic changes are going to give rise to new approaches to Online Learning and new opportunities for research. Perhaps you have decided on your study subject or your research topic. If you are old enough to read this book, you may be young enough to remember events of the last decade or so. The current Covid-19 pandemic is inclined to push past events from your mind and they are easily forgotten. Yet grandparents may still talk about the 'good old days'. But do we want to go back just a century or thereabouts (a mere blink in biological time) when there were no general or local anaesthetics, no antibiotics or vaccinations? And no mobile phones. Bloodletting or blood donation? In those days we had little idea of what was happening in other parts of the world: now we know in an instant.

If you are still looking for a topic, address some of these questions: maybe one will catch your attention.

1. Emergencies

Start by looking at [The Year the Earth Went Wild - Natural Disasters](#). Just about a decade ago, it may prompt questions about earthquakes, tsunamis, volcanoes, tornadoes, floods and droughts. Not mentioned are the deaths caused by lightning strikes, landslides, avalanches or meteorite strikes.

2. Human-induced problems

Is the world more united by the Internet or more divided? Can democracy exist in a country with a monarchy? Did Chairman Mao kill more of his people than the numbers of deaths from the 2nd World War? Is China establishing education camps to accommodate a million Islamists? Should governments concentrate on issues of international diplomacy and human rights, infrastructure, transport, health, education and international economics and be free of religion? Should machines in gymnasia have attached dynamos to generate their own lighting and air conditioning? The need for food, water, sex, urination and defaecation are biological drives. Is there justification for treating one differently from the others?

3. Biological problems

How many children are born with birth defects? How many of these are hereditary and in which countries do they occur/ What are the causes? What is the percentage of birth 'defects' associated with gender? Can more be done by international co-operation to control Covid-19 and future pandemics? Is the current climate change unique or have there been many ice ages in the past each followed by a period of global warming? Has life expectancy doubled in 50 years? What is the impact of an increasing percentage of elderly in the population? Can anything be done to reduce the human population explosion? If 90% of all animals and plants that existed are now extinct, should we bother about preserving the panda? Is more spent on arms in one day than humanitarians spend in a year? Have mosquitoes caused more deaths than wars? DEET discourages mosquitoes. What will stop flies in my food and face?

4. Individual responsibility

What can I do for myself or others? Can I do anything about world problems as an individual? Start by looking at **Avaaz**. (It is a 60-million-person global campaign network that works to ensure that the views and values of the world's people shape global decision-making. Avaaz members live in every nation of the world; the team is spread across 18 countries on 6 continents and operates in 17 languages). Is there something paradoxical about spending billions of dollars to destroy weapons that cost billions of dollars to manufacture? Am I facing the worst period in human history or have there been worse past periods?

You have embarked upon and perhaps completed your journey into Online Learning but you need not stop there. Perhaps you will take a break and then you can continue for the rest of your life.

A final thought. If the population explosion was reduced there would be little need for any other measures in terms of food and water production and increasing temperature and air pollution! That is where we started, in the Introduction. The next hundred years will be fascinating in terms of robotics, technology and developing governmental and biological changes but somebody else will have to do the research and write the modules.

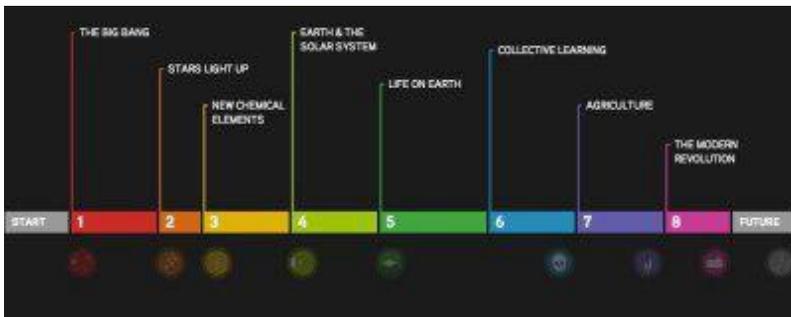
10. Take Bill Gates's Free Favourite Course

(Updated 5. November 2013 - 23:00 by rob.schifreen)

If you ask Bill Gates about his most favourite course that he ever studied, it's something called Big History. It originated in a university in Sydney, Australia, and is divided into eight separate modules which "help to blur the boundaries between history and science".

Gates liked the course so much that he's now funding it so that anyone can take it for free, online. The modules should each take around an hour to complete, and you can study entirely in your own time and at your own pace.

To start your journey through 13.7 billion years, head to <https://www.bighistoryproject.com/bhplive> and click on the Get Started button.



11. An Amazing List of Websites

Twelve Dozen Places to Educate Yourself Online for Free

[The Mind Unleashed](#) is an extraordinary website. Explore it because it contains so much of value in addition to its list of Distance Education websites given here. The following is a direct quotation from part of the website.

Isaac Asimov said, “Self-education, I believe, is the only kind of education there is”.

All education is self-education. Period. It doesn't matter if you're sitting in a college classroom or a coffee shop. We don't learn anything we don't want to learn.

Those people who take the time and initiative to pursue knowledge on their own are the only ones who earn a real education in this world.

Take a look at any widely acclaimed scholar, entrepreneur or historical figure you can think of. Formal education or not, you'll find that he or she is a product of continuous self-education.

If you're interested in learning something new, this article is for you. Broken down by subject and/or category, here are several top-notch self-education resources I have bookmarked online over the past few years.

Note that some of the sources overlap between various subjects of education. Therefore, each has been placed under a specific subject based on the majority focus of the source's content.

Business and Money

- [MIT Sloan School of Management](#) - MIT Sloan is a world-class business school long renowned for thought leadership and the ability to successfully partner theory and practice. This is a

subsection of the larger MIT OpenCourseWare site.

- [Investopedia Financial Investing Tutorials](#) - A plethora of detailed lessons on money management and investing.
- [U.S. Small Business Administration Training Network](#) - The Small Business Administration has one of the best selections of business courses on the web. Topics include everything from starting a business and business management to government contracting and international trade. Most courses take only 30 minutes to complete.
- [VideoLectures.NET \(Business\)](#) - A free and open access educational video lectures repository. The lectures are given by distinguished scholars and scientists at the most important and prominent events like conferences, summer schools, workshops and science promotional events from many fields of Science.
- [MIT OpenCourseWare](#) - MIT OpenCourseWare is a free web-based publication of MIT course materials that reflects almost all the undergraduate and graduate subjects taught at MIT.
- [Tufts OpenCourseWare](#) - Tufts OpenCourseWare is part of a new educational movement initiated by MIT that provides free access to course content for everyone online. Tufts' course offerings demonstrate the University's strength in the life sciences in addition

to its multidisciplinary approach, international perspective and underlying ethic of service to its local, national and international communities.

- [HowStuffWorks Science](#) - More scientific lessons and explanations than you could sort through in an entire year.
- [Harvard Medical School Open Courseware](#) - The mission of the Harvard Medical School Open Courseware Initiative is to exchange knowledge from the Harvard community of scholars to other academic institutions, prospective students, and the general public.
- [Khan Academy](#) - Over 1200 videos lessons covering everything from basic arithmetic and algebra to differential equations, physics, chemistry, and biology.
- [Open Yale Courses](#) - Open Yale Courses provides lectures and other materials from selected Yale College courses to the public free of charge via the Internet. The courses span the full range of liberal arts disciplines, including humanities, social sciences, and physical and biological sciences.
- [webcast.berkeley](#) - Every semester, UC Berkeley webcasts select courses and events for on-demand viewing via the Internet. webcast.berkeley course lectures are provided as a study resource for both students and the public.
- [UC San Diego Podcast Lectures](#) - UCSD's podcasting service was established for instructional use to benefit our students. Podcasts are taken down at the end of every quarter (10 weeks Fall-Spring and 5 weeks in the summer). If you're enjoying a podcast, be sure to subscribe and download the lectures. Once the podcast has been taken offline, faculty rarely approve their reposting.

- [Johns Hopkins OpenCourseWare](#) - The Johns Hopkins Bloomberg School of Public Health's OpenCourseWare project provides access to the content of the School's most popular courses. As challenges to the world's health escalate daily, the School feels a moral imperative to provide equal and open access to information and knowledge about the obstacles to the public's health and their potential solutions.
- [Carnegie Mellon Open Learning Initiative](#) - No instructors, no credits, no charge. Use these self-guiding Carnegie Mellon materials and activities to learn at your own pace.
- [Utah State OpenCourseWare](#) - Utah State OpenCourseWare is a collection of educational material used in our formal campus courses and seeks to provide people around the world with an opportunity to access high-quality learning opportunities.
- [AMSER](#) - AMSER (the Applied Math and Science Education Repository) is a portal of educational resources and services built specifically for use by those in Community and Technical Colleges but free for anyone to use.
- [Wolfram Demonstrations Project](#) - Wolfram brings computational exploration to the widest possible audience, open-code resource that uses dynamic computation to illuminate concepts. Free player runs all demos and videos.
- [The Science Forum](#) - A very active scientific discussion and debate forum.
- [Free Science and Video Lectures Online!](#) - A nice collection of video lectures and lessons on science and philosophy.
- [Science.gov](#) - Science.gov searches over 42 databases and over 2000 selected websites from 14 federal agencies, offering 200

million pages of authoritative U.S. government science information including research and development results.

- [The National Science Digital Library](#) - NSDL is the Nation's online library for education and research in Science, Technology, Engineering, Mathematics.
- [EnviroLink Network](#)– A non-profit organization, grassroots online community uniting organizations and volunteers around the world. Up-to-date environmental information and news.
- [Geology.com](#) - Information about geology and earth science to visitors without charge: Articles, News, Maps, Satellite Images, Dictionary, etc.
- [Scitable](#) - A free science library and personal learning tool that currently concentrates on genetics, the study of evolution, variation, and the rich complexity of living organisms. The site also expects to expand into other topics of learning and education.
- [LearningScience.org](#) - A free open learning community for sharing newer and emerging tools to teach science.
- [My Own Business, Inc.](#) - Offers a free online business administration course that would be beneficial to new managers and to anyone interested in starting a business. This comprehensive course is split up into 16 sessions covering topics like business plans, accounting, marketing, insurance, e-commerce and international trade.
- [UC Irvine OpenCourseWare \(Business\)](#) - Rapidly with the addition of nearly 10 new courses every month. Many of our OCW offerings are directed at working adults seeking continuing education, with the option to enrol in instructor-led, for-credit courses, related to the OCW content.

- [Kutztown University of Pennsylvania](#) - The Kutztown University of Pennsylvania's Small Business Development Center offers more than 80 free business courses online. Kutztown's courses are individualized and self-paced. Many of the courses feature high-end graphics, interactive case studies and [audio streams](#).
- [Boston College Front Row \(Business\)](#) - Boston College Front Row is a Web site that offers free access through streaming media to tapes of cultural and scholarly events at Boston College.
- [Financial Management Training Center](#) - The Financial Management Training Center provides several free downloadable business courses for people who need to learn the finer points of financial management. All courses offered can be taken online; courses include full exams as well as evaluation forms for people seeking Continuing Professional Education (CPE) credits.
- [The Free Nonprofit Micro-eMBA](#) - Free Management Library's Free Nonprofit Micro-eMBA Program is an especially great resource for students wishing to learn more about nonprofit management, but most of the lessons also apply to general business management. Completion of this program will not result in an MBA degree, but enrollment is free and the material is well structured.
 - [Bookboon Free Business e-books](#) - Hundreds of free business books online in PDF format.
 - [TheStreet University](#) - If you're just starting as a stock and bond investor or need a refresher's course, this is the place to learn what you need to know.

Computer Science and Engineering

- [VideoLectures.NET \(Computer Science\)](#) - A free and open access educational video lectures repository. The lectures are given by distinguished scholars and scientists at the most important and prominent events like conferences, summer

schools, workshops and science promotional events from many fields of Science.

- [Wikiversity School of Computer Science and Technology](#) - Wikiversity is a Wikimedia Foundation project devoted to learning resources, learning projects, and research for use in all levels, types, and styles of education from pre-school to university, including professional training and informal learning.
- [New York State University \(US\), Computer Science](#) - Hundreds of lectures, tutorials and links to educational material.
- [Dream.In.Code Tutorials](#) - Lots of computer programming tutorials.
- [MIT OpenCourseWare \(Engineering and Computer Science\)](#) - MIT OpenCourseWare is a free web-based publication of MIT course materials that reflects almost all the undergraduate and graduate subjects taught at MIT.
- [Maine University \(US\), Fogler Guide to Computer Science](#) - An insanely detailed list of computer science resources.
- [FreeComputerBooks.com](#) - Free computer, mathematics, technical books and lecture notes.
- [Collection of Computer Science Bibliographies](#) - A massive collection of bibliographies of scientific literature in computer science, updated weekly from original locations, more than 3

millions of references (mostly to journal articles, conference papers and technical reports), clustered in about 2000 bibliographies.

- [W3Schools](#) - Web-building tutorials, from basic HTML and XHTML to advanced XML, SQL, Database, Multimedia and WAP.
- [FreeTechBooks.com](#) - This site lists free online computer science, engineering and programming books, textbooks and lecture notes, all of which are legally and freely available over the Internet.
- [Free computer Tutorials](#) - Free computer courses and tutorials site. All the courses are aimed at complete beginners, so you don't need experience to get started.
- [Programmer 101: Teach Yourself How to Code](#) - Several helpful resources for computer programming beginners.
- [Google Code University](#) - Provides sample course content and tutorials for Computer Science (CS) students and educators on current computing technologies and paradigms.

English and Communications

- [Open Yale Courses \(English\)](#) - Open Yale Courses provides lectures and other materials from selected Yale College courses to the public free of charge via the Internet.
- [Writing Guidelines for Engineering and Science Students](#) - These guidelines for engineering writing and scientific writing are designed to help students communicate their technical work.

- [MIT Writing and Humanistic Studies](#) - The MIT Program in Writing and Humanistic Studies allows students to learn the techniques, forms, and traditions of several kinds of writing, from basic expository prose to more advanced forms of non-fictional prose, fiction and poetry, science writing, scientific and technical communication and digital media.
- [Merriam-Webster Online](#) - In this digital age, your ability to communicate with written English is paramount skill. And M-W.com is the perfect resource to improve your English now.
- [National Novel Writing Month](#) - Valuing enthusiasm and perseverance over painstaking craft, NaNoWriMo is a novel-writing program for everyone who has thought fleetingly about writing a novel but has been scared away by the time and effort involved.
- [Lifewriting](#) - A complete text of the 9-week writing class a professor taught for years at UCLA.
- [Guide to Grammar and Writing](#) - Grammar and writing techniques, lessons and quizzes.
- [Purdue Online Writing Lab](#) - Over 200 free resources including lessons on writing, research, grammar, and style guides.

Foreign and Sign Languages

- [BBC Languages](#) - Teach yourself a new spoken language online.
- [American Sign Language Browser](#) - Teach yourself sign language online.
- [Livemocha](#) - Start learning a new language online for free.

- [Learn10](#) - Gives you a language learning habit that's hard to kick. 10 new words; everywhere, every day.
- [One Minute Languages](#) - Learn a new language via podcasts that are updated regularly.
- [Mango Languages](#) - Over 100 lessons, shown to you in PowerPoint style with interstitial quizzes, to move you through any language without cracking a book.

History and World Culture

- [University of Washington's OpenUW](#) - Explore a variety of learning in several free history-centric online courses from the University of Washington.
- [Notre Dame OpenCourseWare](#) - Notre Dame OCW is a free and open educational resource for faculty, students, and self-learners throughout the world.
- [Bio's Best](#) - Biography.com's most popular biographies on notable historical figures.
- [UC Irvine OpenCourseWare \(Social Science\)](#) - Rapidly with the addition of nearly 10 new courses every month. Many of our OCW offerings are directed at working adults seeking continuing education, with the option to enrol in instructor-led, for-credit courses, related to the OCW content.
- [Boston College Front Row \(History\)](#) - Boston College Front Row is a Web site that offers free access through streaming media to tapes of cultural and scholarly events at Boston College.
- [MIT OpenCourseWare \(History\)](#) - The MIT History Faculty

offers about 70 subjects in the areas of Ancient, North American, European, East Asian, and Middle Eastern history.

- [Wikiversity School of Social Sciences](#) - Wikiversity is a Wikimedia Foundation project devoted to learning resources, learning projects, and research for use in all levels, types, and styles of education from pre-school to university, including professional training and informal learning.
- [OpenLearn \(Arts and Humanities\)](#) - The OpenLearn website gives free access to Open University course materials.
- [A Biography of America](#) - A Biography of America presents history not simply as a series of irrefutable facts to be memorized, but as a living narrative of America's story.
- [Have Fun with History](#) - A resource for students, educators and all lovers of American History.
- [The USGenWeb Project](#) - Free genealogy and family history resources online.
- [MacroHistory and World Report](#) - Tell without illusions or ideological restraints the story of our ancestors, our parents and us.
- [World History HyperHistory](#) - Navigates through 3000 years of World History with links to important persons and events of world-historical importance.
- [American Digital History](#) - Online American history textbook. An interactive, multimedia history of the United States from the Revolution to the present.

Law

- [Duke Law Center for the Public Domain](#) - Duke University is counted amongst the best schools in the South. If you're interested in law, Duke's open courseware in that subject area can go a long way towards helping you learn more about the justice system.
- [Intute Law](#) - Provides free access to high-quality resources on the Internet. Each resource has been evaluated and categorised by subject specialists based at UK universities.
- [Boston College Front Row \(Law\)](#) - Boston College Front Row is a Web site that offers free access through streaming media to tapes of cultural and scholarly events at Boston College.
- [American University](#) - Offers a selection of podcasts on some different law-related subjects. There is even a very interesting podcast on debt relief and the law.
- [Lewis & Clark Law School](#) - Provides several podcasts from the law school. Subjects include tax law, business law, environmental law and other areas of law. Interesting and insightful lectures on the law.
- [Case Western Reserve University School of Law](#) - offers many interesting lectures on different law subjects. These lectures are both podcasts and Webcasts. You can look ahead to the coming school year, which already has some interesting subjects lined up.
- [Harvard Law School](#) - Provides some Web casts of law lectures, symposia, panels and conferences. A great collection of relevant information and insights on how the law interacts with current events.
- [Stanford Law](#) - Provides open courseware via iTunes on a variety

of law subjects, including the theory of justice, mobile content distribution, gay marriage, judicial review and privacy protection. The tracks are available for free, but you'll need iTunes. Put the lectures on your iPod or iPhone and listen to them anywhere.

- [MoneyInstructor Business Law](#) - From MoneyInstructor.com provides a look at many of the basics in business law. Learn how to define crimes under business law. Worksheets and curriculums are available for teachers. Ordinary folks will find them useful as well.
- [Wesleyan College Constitutional Law](#) - From North Carolina Wesleyan College offers an overview of the U.S. Constitution and the laws springing from it. Online lectures and class notes are included, which can help you develop a strong understanding of the Constitution and how it forms the basis of our laws.

Mathematics

- [Oxford University Mathematics OpenCourseWare](#) - Various online mathematics classes provided free by Oxford University.
- [UMass Boston Mathematics](#) - Various online mathematics classes provided free by UMass Boston.
- [Whatcom Online Math Center](#) - Various math lessons provided free by Whatcom Community College.
- [VideoLectures.NET \(Mathematics\)](#) - A free and open access educational video lectures repository. The lectures are given by distinguished scholars and scientists at the most important and prominent events like conferences, summer schools,

workshops and science promotional events from many fields of Science.

- [Wikiversity School of Mathematics](#) - Wikiversity is a Wikimedia Foundation project devoted to learning resources, learning projects, and research for use in all levels, types, and styles of education from pre-school to university, including professional training and informal learning.
- [AMSER Mathematics](#) - AMSER (the Applied Math and Science Education Repository) is a portal of educational resources and services built specifically for use by those in Community and Technical Colleges but free for anyone to use.
- [Math.com](#) - Math.com is dedicated to providing revolutionary ways for students, parents, teachers, and everyone to learn math.
- [Intute Mathematics](#) - Provides free access to high-quality resources on the Internet. Each resource has been evaluated and categorized by subject specialists based at UK universities.
- [Free-Ed College Mathematics](#) - Offers a wide range of free online math courses and study programs.

Multiple Subjects and Miscellaneous

- [OpenLearn](#) - The OpenLearn website gives free access to Open University course materials. Multiple subjects are covered.
- [Capilano University OpenCourseWare](#) - The Capilano University OpenCourseWare site is a free and open educational resource for faculty, students, and self-

learners throughout the world.

- [University of Southern Queensland's OpenCourseWare](#) - Provides access to free and open educational resources for faculty members, students, and self-learners throughout the world.
- [YouTube EDU](#) - Educational videos on YouTube organized by subject matter.
- [LearnHub Test Prep](#) - Raise your test scores with free practice tests and counselling on various subjects.
- [iTunes U](#) - Hundreds of universities – including Stanford, Yale and MIT – distribute lectures, slide shows, PDFs, films, exhibit tours and audiobooks through iTunes U. The Science section alone contains content on topics including agriculture, astronomy, biology, chemistry, physics, ecology and geography.
- [United Nations University OpenCourseWare](#) - Showcases the training and educational programs implemented by the University in a wide range of areas relevant to the work of the United Nations.
- [Brigham Young Independent Study](#) - BYU Independent Study now offers free courses in different areas of study. These areas include Family History, Family Life, and Religious Scripture Study, Personal Dev elopement, etc. Use these courses as a starting point for your studies or just to add insight to an area of interest.

- The [University of Utah OpenCourseWare](#) - Provides access to free and open educational resources for faculty members, students, and self-learners throughout the world.
- [United States Nation Archives](#) - The National Archives and Records Administration (NARA) is the nation's record keeper. Valuable records are preserved and are available to you, whether you want to see if they contain clues about your family's history, need to prove a veteran's military service, or are researching a historical topic that interests you.
- [Wikiversity](#) - Wikiversity is a Wikimedia Foundation project devoted to learning resources, learning projects, and research for use in all levels, types, and styles of education from pre-school to university, including professional training and informal learning.
- [UMass Boston OpenCourseWare](#) - Various online classes provided free by UMass Boston.
- [About U](#) - A collection of free online educational courses from About.com.
- [Academic Earth](#) - Online degrees and video courses from leading universities.
- [Free-Ed](#) - Clusters of courses that support your preparation for today's fastest-growing careers and critical academic disciplines.
- [Connexions](#) - A place to view and share educational material made of small knowledge chunks called modules that can be organized as courses, books, reports, etc. Anyone may view or contribute.
- [TED](#) - Motivational and educational lectures from

noteworthy professionals around the world.

- [Intute](#) - Provides free access to high-quality resources on the Internet. Each resource has been evaluated and categorised by subject specialists based at UK universities.
- [Boston College Front Row](#) - Boston College Front Row is a Web site that offers free access through streaming media to tapes of cultural and scholarly events at Boston College.

Free Books and Reading Recommendations

- [LibraryThing](#) - LibraryThing connects you to other people who are reading what you're reading and allows you to see which books are popular in various categories of reading.
- [Textbook Revolution](#) - Links to free online textbooks and other educational materials.
- [Book TV](#) - This is the companion site to Book TV on C-Span2. The site holds some current interviews with authors, many past interviews, opinions, reviews, and featured programs through online video.
- [Bookboon](#) - Bookboon provides online textbooks for students in PDF format. The free eBooks can be downloaded without registration. Our books are legal and written exclusively for Bookboon. They are financed by a few in-book ads.
- [Scribd](#) - Scribd, the online document sharing site which supports Word, Excel, PowerPoint, PDF and other popular formats. You can download a document or embed it in your blog or web page.
- [BookYards](#) - BookYards is a web portal in which books, education materials, information, and the content will be

free to anyone who has an Internet connection.

- [Planet eBook](#) - Free classic literature to download and share. [E-Books Directory](#) - Thousands of eBooks on various subjects to download and share.
- [Read Print Library](#) - Free online books library for students, teachers, and the classic enthusiast.
- [GoodReads](#) - Get great book recommendations and keep track of what you want to read.
- [The Online Books Page](#) - University of Pennsylvania database with over 30,000 books.
- [Public Literature](#) - Thousands of familiar classics, children's books, plays and poems, as well as books by new authors.
- [Full Books](#) - Thousands of full-text nonfiction and fiction books.
- [Many Books](#) - Free fiction and nonfiction eBooks for your PDA, iPod or eBook reader.
- [Get Free Books](#) - Thousands of free eBooks to download.
- [Project Gutenberg](#) - More than 20,000 free books from the first producer of free e-books.
- [Bibliomania](#) - Thousands of classic books, poems, short stories and plays.
- [Classic Reader](#) - Large collection of free classic books, plays, and short stories from more than 300 authors.
- [Bartleby Fiction](#) - Classic anthologies and volumes.

- [The Personal MBA Recommended Reading List](#) - MBA programs don't have a monopoly on advanced business knowledge: you can teach yourself everything you need to know to succeed in life and at work. The Personal MBA features the very best business books available, based on thousands of hours of research.
- [Books Should Be Free](#) - Free audiobooks from the public domain.

Educational Mainstream Broadcast Media

- [BBC Learning](#) - Online learning, support, and advice. This site offers internal and offsite links to a vast amount of materials.
- [Biography](#) - The site holds videos to past interviews and biographies on people in topics that range from Black history to women's history.
- [Book TV](#) - This is the companion site to Book TV on C-Span2. The site holds some current interviews with authors, many past interviews, opinions, reviews, and featured programs through online video.
- [CBC Archives](#) – Relive Canadian history through thousands of available radio and television clips.
- [Discovery](#) – This channel is home to several different networks that focus on the military, animals, travel, etc. The Discovery site offers a “Video of the Day” from its home page, a separate online [video section](#), and a [Discover Education](#) centre where teachers can accumulate materials for [K-12 teaching](#). It's impossible to list all their offerings here, so go discover!

- [History Channel](#) - Visit the [Video Gallery](#) for a selection of historical topics. Like the Discovery Channel, this network provides many opportunities for you to gain access to information and reference materials.
- [NOVA](#) – Watch current science shows or browse by category. PBS sponsors this channel.
- [Research Channel](#) – Speakers, researchers and professors present revolutionary thoughts and discoveries. Use their Web streams and an extensive video-on-demand library for research.
- [Weather Channel](#) - You can learn about weather all over the world, but the Weather Channel also offers dynamic content based upon seasons and special conditions and a special [multimedia](#) and [education](#) section.

Online Archives

- [American Memory](#) - The Library of Congress provides extensive multimedia offerings on various topics through their American Memory Collection, including their outstanding [Built in America](#) project that showcases historical buildings through photographs.
- [Fathom](#) - This archive, provided by Columbia University, offers access to the complete range of free content developed for Fathom by its member institutions. The archives include online learning resources including lectures, articles, interviews, exhibits and seminars.
- [Internet Archive Open Educational Resources](#) - A digital library of Internet sites and other cultural artefacts in digital form.

- [National Archives](#) - Provides primary source materials from NARA along with lesson plans for teaching with those sources.
- [National Climatic Data Center](#) - The NCDC, a division of NOAA, maintains climatic archives, including lists of storms in given counties, and records about global extremes, etc.
- [The Rosetta Project](#) - A global collaboration of language specialists and native speakers building a publicly accessible online archive of all documented human languages.
- [September 11 Digital Archive](#) - This site uses electronic media to collect, preserve, and present the history of the 9/11 attacks.
- [U.S. Census Bureau](#) - If you think the Census Bureau is all about numbers, you might be surprised to learn about their archived photographs, daily radio features, and more available through their [Newsroom](#).

Directories of Open Education

- [Google Scholar](#) - Provides a simple way to broadly search for scholarly literature. From one place, you can search across many disciplines and sources: articles, theses, books, abstracts and court opinions, from academic publishers, professional societies, online repositories, universities and other web sites.
- [OpenCourseWare Consortium](#) - This site provides a portal to search through hundreds of free courses or to add new courses you know about to the database.

- [iBerry](#) - Check out this site for a huge directory of open courseware organized by school and subject matter that can point you in the right direction for any type of learning.
- [Self-Made Scholar Directory](#) - Free online directory of web-based classes and courses.

9. OTHER WEBSITES FOR ONLINE LEARNING

Please inform the author (walkerun@gmail.com) if you know of a valuable site missing from this list or the websites given in the previous chapter.

www.aquent.com

www.coursera.com

www.duolingo.com

www.edX.org

www.futurelearn.com

www.indiegree.com

www.itunes.com

www.jazzguitarlessons.net

www.oercommons.org

www.tnars.net

www.codecademy.com

www.topfreeclasses.com

www.udacity.com

www.udemy.com

ABOUT THE AUTHOR

Bryan Walker BSc MSc PhD CBIol FSBIol FRSM has followed careers in industry, hospitals, academia and education, the civil service and humanitarian work. After being Head of a UK University Department of Pharmacology for 15 years he was appointed as one of Her Majesty's Inspectors of Further and Higher Education. With the University of London Teaching Methods Unit, he provided training for new teachers and organised many other workshops in modern teaching methods in Africa, Asia and Europe.

For three years he set up and directed the Birth Research Unit in Sri Lanka; over half the communications to learned societies received national or international awards. After working for people with disabilities in Uganda he relocated to Thailand to continue his humanitarian work. These experiences have come together in this book.

