

## Free Online Courses!

Hello Students

I hope you and your families are all well,

It is unfortunate that your assignment work has ended but the silver lining is that you now have the opportunity to tailor your learning to your interests and future studies. This is what is more commonly known as **continuing professional development (CPD)** and you will add to it throughout your working life.

To help you prepare for further study, we have put together a list of **free (mainly) online courses** which you may find helpful.

### Why should I study a course?

## You really do get out what you put in!

It probably hasn't gone unnoticed that peers who were particularly successful in the Health and Social Care exams undertook more wider reading and active learning. When it comes to your future careers you may find yourself up against some **serious competition when you go for job or college interviews.**

The following courses are all **certified** and you will be able to add them to your CV.

The information that you gain from these may be useful in **future seminar, discussion or assignment work.**

Finally, you might just enjoy learning something new...



Courses are available from:

<https://www.futurelearn.com/>

<https://www.reed.co.uk/courses/free/health-social-care/online>

<https://www.open.edu/openlearn/free-courses>

## Nursing (Future Learn)


### Introduction to Nursing: The Role of Nurses Around the World

Understand the role of nurses: from personal care, to supporting families and communities, to public health and infection control.

Join now - just started



 Duration : **4 weeks**

 Weekly study : **3 hours**

 Learn : **Free**

Join now - just started

### Introduction to Nursing: Bioscience, Psychology, and Sociology

Explore the diverse skills and knowledge required to be a nurse and find out where a career in nursing could take you.

Join course for free



 Duration : **3 weeks**

 Weekly study : **4 hours**

 Learn : **Free**

Join course for free

Nutritional Health (<https://www.futurelearn.com/>)



University of Aberdeen

### Nutrition and Wellbeing

Demystify the complex and conflicting messages we hear about nutrition, health and lifestyle today, on this free nutrition course.

🕒 4 weeks 🕒 3 hrs per week

🔗 Included in Unlimited

[Find out more](#)



Deakin University & Food & Mood Centre

### Food and Mood : Improving Mental Health Through Diet and Nutrition

Explore how food, nutrition, mental and brain health, why diet matters are all related and how to make optimal dietary changes.

🕒 3 weeks 🕒 3 hrs per week

🔗 Included in Unlimited

[Find out more](#)



Taipei Medical University

### Introduction to Nutrition and Food Safety




Learn the basics of nutrition and understand what foods can harm us.

🕒 4 weeks 🕒 2 hrs per week

🔗 Included in Unlimited

[Find out more](#)

Social Work (<https://www.open.edu/openlearn/free-courses>)

**OpenLearn**   

Free courses | **Subjects** | For Study | For Life | TV & Radio


Free course



Free statement of participation on completion

## Introducing social work: a starter kit




More about this course 


This free course, *Introducing social work: a starter kit*, provides a glimpse into some of the things that social workers do and looks at why and how social work is done. The course is designed for people who might be interested in and curious about social work

### About this free course

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 12 hours study

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 Level 3: Advanced

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 Ratings  4.6 out of 5 stars

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Teaching (<https://www.futurelearn.com/>)


## Preparing for Teaching

Prepare for a career in teaching by learning what makes a teacher and reflecting on your own experiences of education.

Join course for free



 Duration : **3 weeks**

 Weekly study : **2 hours**

 Learn : **Free**

 Extra Benefits : **From £42** [Find out more](#)

Join course for free

## Professional Development for Early Career Teachers

Find out how to develop and improve your teaching abilities as you start your career as a teacher.

Join course for free



 Duration : **5 weeks**




 Weekly study : **3 hours**

 Learn : **Free**

 Extra Benefits : **From £42** [Find out more](#)

Join course for free

Additional health and social care issues (<https://www.open.edu/openlearn/free-courses> )

OpenLearn   

Free courses | **Subjects** | For Study | For Life | TV & Radio


Free course



Free statement of participation on completion

## Introducing public health



More about this course 


This free course, *Introducing public health*, presents some key elements of public health and health promotion. It considers the scope and focus of public health and how it is subject to change and located within the wider global context.

OpenLearn   

completion

## Diversity and difference in communication



More about this course 


Interpersonal communication in health and social care services is by its nature diverse. As a consequence, achieving good or effective communication whether between service providers and service users, or among those working in a service means taking account of diversity, rather than assuming that every interaction will be the same. This free course, *Diversity and difference in communication*, explores the ways in which difference and diversity impact on the nature of communication in health and social care services.

OpenLearn   

participation on completion

## Infection and immunity



More about this course 

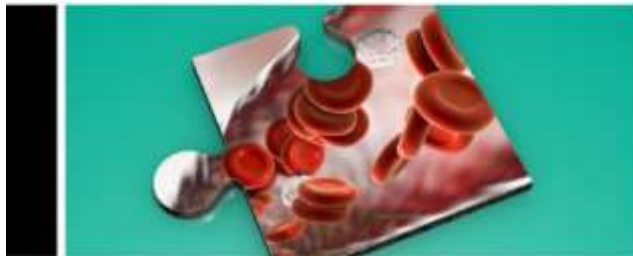
In this free course, *Infection and immunity*, you will be introduced to infectious diseases and to the biological agents that invade our bodies and cause them: pathogens. You will also learn about the immune system, the human body's vital defence against pathogens. Along the way you will learn about the scientific method and how it has helped scientists understand pathogens and aid the prevention of infectious disease. But the challenge is ongoing. Pathogens are everywhere and come in all shapes and sizes. As you will see, the fight against infectious disease remains critical for global health

Cardiovascular Disease (<https://www.futurelearn.com/>)

## Causes of Human Disease: Understanding Cardiovascular Disease

Explore how the cardiovascular system works, and how to lower the risk of heart attack, stroke, and other cardiovascular diseases.

Join course for free



 Duration : 2 weeks

 Weekly study : 4 hours

 Learn : Free

Join course for free


## It Starts with Your Heart: Understanding Heart and Circulatory Diseases

Every three minutes, someone in the UK dies from heart and circulatory disease. Let's beat heartbreak forever.

Join course for free

It starts with  
your heart

 Duration : 3 weeks

 Weekly study : 3 hours

 Learn : Free



## British Sign Language

british-sign.co.uk are currently offering a significantly reduced rate of just £3 (usually £25) to students:

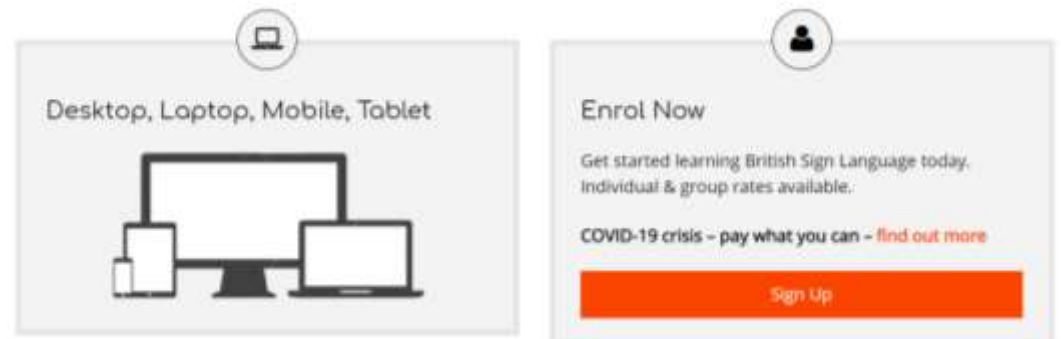
<https://british-sign.zendesk.com/hc/en-us/articles/360044794654-Coronavirus-Crisis-Discounted-Free-Enrolments>

This is a 20hr CPD certified course that you study at your own pace and would therefore provide you with something meaningful to add to your CV.

### Who is this course suitable for?

Any of you who are thinking of working in health or social care settings may encounter service users who have additional communication needs.

If you are considering becoming a teacher, sign language may come in useful if you choose to work with children with special educational needs.



Desktop, Laptop, Mobile, Tablet

Enrol Now

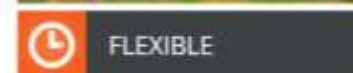
Get started learning British Sign Language today. Individual & group rates available.

COVID-19 crisis - pay what you can - [find out more](#)

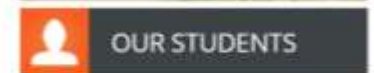
Sign Up



Learning British Sign Language with us is fun, easy, & flexible. Our unique online signing course is a comprehensive introduction for anybody who is interested in learning BSL. You can now learn wherever and whenever you like.



You can access Introducing British Sign Language whenever you like (desktop, laptop, tablet or mobile). Study at your own pace and at a time that is convenient to you. You can access the course for 1 year. Designed to be studied over approximately 16-20hrs - 1.5 - 2hrs/week.



Ideal for anyone interested in learning BSL.

- Beginners
- Level 1 Revision
- School Use (staff & students)
- Staff Training (medical, education, retail, childcare etc.)
- DofE Award - Bronze/Silver ([details](#))

Fun & flexible