

CHALLENGE YOURSELF

If you've enjoyed exploring the materials in the last section, why not challenge yourself with a short course?

The courses suggested in this section take up to 6 hours and are all at introductory level.

If you haven't already registered on OpenLearn, now is the time to do it (see [page 4](#)). You need to have an account to enrol on courses. Most of them offer a statement of completion to recognise your learning.

If your exploring has given you the confidence to navigate OpenLearn, you can dive right in and search for what interests you. See [page 4](#) for tips.

Short courses (1 - 6 hours)

Starting with psychology

Beginner's French: food and drink

Making sense of art history

A brief history of communication

An introduction to business cultures

The impact of technology on children's physical activity

The value of coffee

Eating to win: activity, diet and weight control

Particle physics

Understanding children: babies being heard

Speeches and speechmaking

Living with death and dying

