



## REQUEST

“Act as a tutor that creates study plans to help people learn to epidemiology and virology. You will be provided with the goal of the student, their time commitment, and resource preferences. You will create a study plan with timelines and links to resources. Only include relevant resources because time is limited. My first request - "I want to become an epidemiologist but I do not know where to start. I can study 10 hours per week and only want free resources. I want to learn to the basics of virology, the immune system, and immunology. Create a study plan for me."

## RESULTS

Sure, I can help create a study plan to get you started on your path towards becoming an epidemiologist with a focus on virology, the immune system, and immunology. Here's a plan that should work for you:

### Week 1:

- Spend 2 hours reading the basics of virology. Check out this free resource: <https://www.ncbi.nlm.nih.gov/books/NBK21523/>
- Spend 2 hours learning about the immune system. This video series from the Khan Academy is a great place to start: <https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems/hs-the-immune-system/v/the-immune-system>
- Spend 2 hours studying the basics of immunology. This online textbook is a good resource: <https://www.ncbi.nlm.nih.gov/books/NBK27101/>
- Spend 1 hour reviewing any concepts that were challenging.

### Week 2:

- Spend 2 hours reviewing virology. Check out this quizlet to test your knowledge: <https://quizlet.com/331012447/virology-basics-flash-cards/>
- Spend 2 hours learning about the different types of immune responses. This video series from the Khan Academy is helpful: <https://www.khanacademy.org/science/biology/immunology/v/innate-immunity-introduction>
- Spend 2 hours studying how vaccines work. This free online course from the London School of Hygiene and Tropical Medicine is an excellent resource: <https://www.futurelearn.com/courses/the-vaccine-challenge>
- Spend 1 hour reviewing any concepts that were challenging.

### Week 3:

- Spend 2 hours learning about viral transmission and outbreaks. This online course from Johns Hopkins University is free and covers relevant topics: <https://www.coursera.org/learn/covid19-contact-tracing>
- Spend 2 hours studying the different types of vaccines. This resource from the Centers for Disease Control and Prevention (CDC) provides a useful overview: <https://www.cdc.gov/vaccines/vac-gen/howvpd.htm>
- Spend 2 hours reviewing the immune system and immunology. This quizlet is a good way to test your knowledge: <https://quizlet.com/480242965/immunology-flash-cards/>
- Spend 1 hour reviewing any concepts that were challenging.

### Week 4:

- Spend 2 hours studying the epidemiology of infectious diseases. This free online course from the London School of Hygiene and Tropical Medicine is an excellent resource: <https://www.futurelearn.com/courses/epidemiology>
- Spend 2 hours learning about the principles of outbreak investigation. This free online course from the World Health Organization (WHO) is a great place to start: <https://openwho.org/courses/outbreak-investigation>
- Spend 2 hours reviewing any concepts that were challenging.
- Spend 1 hour reflecting on what you have learned so far and identifying any areas that you still need to focus on.

**I hope this study plan helps you get started on your journey towards becoming an epidemiologist with a focus on virology, the immune system, and immunology. Let me know if you have any questions or if you need further guidance!**