ACADEMY

FREE GUIDE



The 3 Claude courses worth *your time*

Nine hours, zero dollars in course fees: which three of the 29 free courses in the Claude Academy really move your team forward, the order to take them in, how to pass the quiz, and a bonus course for Claude Code.

@reposprites

reposprites.com

Thanks for following ✓ · You commented: ACADEMY ✓

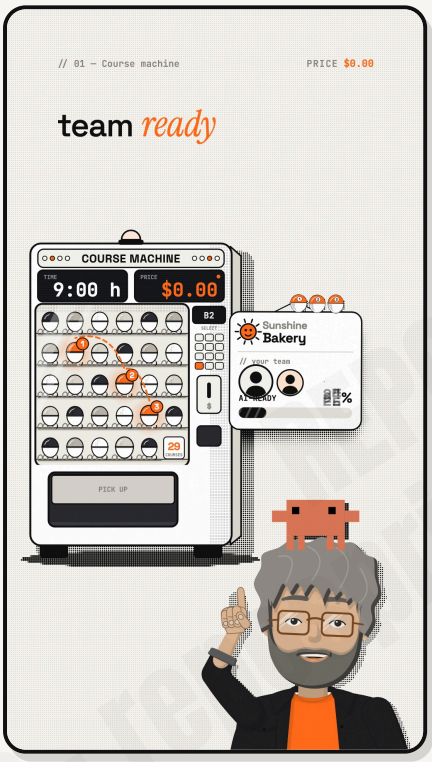
© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

// 01

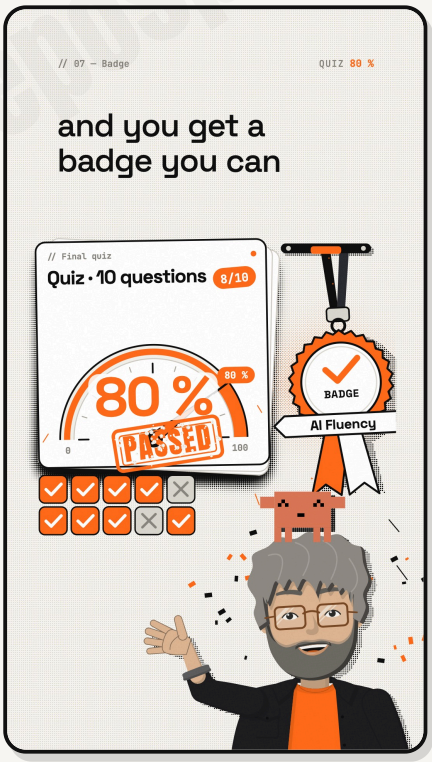
At a glance

QUESTION	SHORT ANSWER
What is it?	Anthropic's Claude Academy: 29 courses, free, at academy.claude.com
The 3 courses	Claude 101 (2.5 hrs) · Introduction to Claude Cowork (2.5 hrs) · AI Fluency (4 hrs)
Order	Claude 101 first, then AI Fluency, then Cowork
What does it cost?	The courses are free. For the Cowork exercises you need a paid Claude plan
What do you get?	A quiz after each course and a completion badge with a link you can share
Bonus	Claude Code 101 (1.5 hrs), if you or your team want to build things too

// FROM THE VIDEO







© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

// 02

Why these three

I get the same basic questions every day: How do I get started with Claude? What is Claude Code? Do I need to code for this? And the search data shows you're not alone:

GOOGLE SEARCHES PER MONTH	UNITED STATES	GERMANY
"claude academy", July 2026	5,400	1,600
"claude academy", Sept 2026	18,100	4,400
"claude code" (12-month avg.)	550,000	135,000
"claude cowork" (12-month avg.)	135,000	22,200
"claude certification" (Sept 2026)	22,200	480

Source: DataForSEO (Google search volume), pulled on Nov 4, 2026. This is Google search, not an Instagram number, but a good sign of real interest.

The Academy has 29 courses. Many are for developers (API, MCP, evals), for cloud platforms, or for specific groups such as teachers. For a business that wants to use Claude day to day, three matter most: one for the basics, one for the mindset and one for real work on your own files.



THE MENTOR SAYS

You don't have to take all 29. Three good courses in the right order get your team further than six months of trial and error.

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

// 03

What the original video doesn’t say

The idea for this reel came from a video by **Jack Roberts**, who recommended three courses from the Academy. Thanks for that! I checked everything on the official pages, and a few things aren't quite right:

- **There are 29 courses, not 26.** The 26 date back to the launch in August 2026. More courses have been added since.
- **"Claude 101" is not a course about installation, Plan Mode and subagents.** That's **Claude Code 101** (1.5 hrs). Claude 101 takes 2.5 hours and covers everyday work with Claude: chat, projects, artifacts, skills and tools. For business owners, that's exactly the right start.
- **It's a badge, not an exam-based certification.** The Academy calls it a "completion badge". It shows you finished the course and passed the quiz. The paid, proctored Claude certifications are something else.
- **Cowork is now just Claude.** The course pages say: "Claude Cowork is now just Claude. What you learn here still works."

// 04

The 3 courses with links

1. Claude 101: the basics

Claude 101 · Claude Academy

13 lessons, 2.5 hrs, 1 quiz, completion badge

academy.claude.com ↗

- **Who it's for:** "anyone getting started with Claude at work", and anyone who wants a structured tour.
- **What's inside:** your first conversation with Claude, better results with clear prompts, projects, artifacts, skills, connecting your tools, research and use cases by role.
- **Prerequisite:** a Claude account; the free plan works. Some features like Cowork and Research need a paid plan.

2. AI Fluency: the mindset

AI Fluency: Framework & Foundations · Claude Academy

14 lessons, 4 hrs, 1 quiz, completion badge

academy.claude.com ↗

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

- **Who it's for:** everyone, at any level of AI experience. Developed with Prof. Joseph Feller (University College Cork) and Prof. Rick Dakan (Ringling College).
- **What's inside:** Anthropic's own framework of four competencies, the "4D":

COMPETENCY	WHAT IT MEANS FOR YOU
Delegation	What do I hand off to AI, and what do I do better myself?
Description	How do I describe the task, the process and the result I want?
Discernment	How do I check that the result is right and good?
Diligence	How do I work with it carefully, openly and responsibly?

This is where most people go wrong: they hand off too much, describe too little and don't check at all.

3. Introduction to Claude Cowork: hand off real work

Introduction to Claude Cowork · Claude Academy

14 lessons, 2.5 hrs, 1 quiz, completion badge

academy.claude.com ↗

- **Who it's for:** per the course page, "knowledge workers whose day is spent moving information between files, apps, and tools".
- **What's inside:** Claude works directly with your files, folders and apps. You hand off a task from start to finish, answer clarifying questions and review the result. With scheduled tasks, recurring work runs on its own, and you can start or check a task from your phone or any browser. Plus skills, plugins, Claude in Chrome and Claude for Microsoft 365 (Word, Excel, PowerPoint).
- **Prerequisite:** a paid Claude plan (Pro, Max, Team or Enterprise) and the Claude desktop app. No coding needed.

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

// 05

The best order

STEP	COURSE	WHY HERE
Week 1	Claude 101	Afterwards everyone on the team speaks the same language: projects, skills, artifacts
Week 2	AI Fluency	Before you hand off work, you learn what to hand off and how to check it
Week 3	Cowork	Now you hand off real tasks, with your own files
Bonus	Claude Code 101	For anyone who wants to build their own tools, websites or automations



THE MENTOR SAYS

Take AI Fluency before Cowork. If you learn to describe well and check properly first, Cowork gives you better results from day one.

// 06

Tips for the quiz and the badge

- **Sign in before you start.** You can read without an account, but your progress won't be saved. The badge is issued to your Claude account.
- **The AI Fluency quiz:** 10 questions, about 8 minutes, passing score 80 %. Then click "Create your completion badge".
- **Review the 4D before the quiz.** They carry the whole course. Write down one example from your own work for each.
- **Share the badge.** You get a link others can verify. According to one review, there's also an "Add to LinkedIn" button under the badge.
- **Block fixed time.** Two 75-minute blocks per course are enough for Claude 101 and Cowork. AI Fluency needs about three.

// 07

Bonus: Claude Code 101

Claude Code 101 · Claude Academy

12 lessons, 1.5 hrs, 1 quiz, completion badge

academy.claude.com ↗

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

This is the course many people mix up with Claude 101. It covers installation (terminal, VS Code, JetBrains, desktop app, web), the explore, plan, code, commit workflow, Plan Mode, the CLAUDE.md file as project memory, subagents, skills, MCP and hooks. You need a paid plan or an API key.

Two more courses that fit business owners:

COURSE	FOR WHOM	LINK
AI Fluency for small businesses	Small companies, 8 lessons	open
AI capabilities and limitations	How AI works, 3.5 hrs	open

// 08

Prompts to copy

Try these right after the course:

```
I run [type of business] with [number] employees. Name the 5 tasks from our day-to-day work I can most easily hand off to Claude, and for each one, what I still need to check myself.
```

```
Here's a task I want to hand off: [task]. First ask me every question you need to do it well. Only start once I've answered.
```

```
Review the result you just gave me like a strict colleague: what could be wrong, what's missing, and what should you still ask me?
```

```
Turn these three courses into a three-week learning plan for my team of [number] people, with fixed dates and one short exercise per week from our everyday work: [industry].
```

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

// 09

Who gains what

WHO	PROBLEM	WHAT THE COURSE BRINGS
Owner	Everyone uses AI differently	A shared foundation after Claude 101
Office, admin	Moving data between files and tools	Cowork takes over whole tasks, weekly too
Marketing	Copy sounds like AI	AI Fluency: describe better, check properly
Agency, consultant	Clients ask about AI skills	Completion badges as proof
Tech-curious	Want to build their own tools	Bonus course Claude Code 101

// 10

Limits

- **A badge isn't a degree.** There's no proctoring and no ID check. It shows interest and basic knowledge, not a verified qualification.
- **The courses are free, the exercises not always.** Cowork, Research and Claude Code need a paid plan.
- **Data in your team.** Before you put real customer data into Cowork, agree on what data is allowed. The lesson "Best practices for working safely" helps.
- **The Academy changes fast.** Courses get added and renamed. Check the course page before you start.

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1

// 11

Your first hour

- [ ] Sign in at academy.claude.com with your Claude account
- [ ] Start Claude 101 and do the first three lessons
- [ ] Put one fixed slot per week for the courses in your team calendar
- [ ] Write the four AI Fluency competencies on a sticky note
- [ ] Pick one everyday task you want to hand off after course 3
- [ ] Check whether anyone needs a paid plan for Cowork
- [ ] Create your badge after each course and collect the links

// 12

My tip

Don't start with the course that sounds most exciting. Start with the one your whole team can finish: Claude 101. Once everyone shares the same basics, every AI meeting gets shorter and every handed-off task gets better.

I checked all links, course details and search numbers on Nov 4, 2026 on the official pages and with DataForSEO. Source of the course picks: a video by Jack Roberts. I verified every detail myself and corrected where needed.

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1



THE MENTOR SAYS

Nine hours isn't a big investment. After that, your team stops talking about AI and starts working with it.

— @reposprites

Want to make animated videos like this too? Visit my website and get the reel engine.

reposprites.com ↗

@reposprites · reposprites.com

ACADEMY

© 2026 REPOSPRITES · @reposprites · reposprites.com · Personal copy, no sharing or resale · ID RS-20261104-05D19EE1