EXCEL academy skillfully

A detailed outline of the standard Excel Academy workshop contents is shown below.

Excel 101	Contents
Introduction	Parts of the Excel Screen, MOUSE Personalities, Entering & Editing Data
High-Five Efficiency Formula Part 1: FingerTips	Keyboard Shortcuts: Navigation, Selection, Alt, Inserting and Editing Data, Windows
High-Five Efficiency Formula Part 2: Formulas	Order of Operations, Absolute and Relative References
High-Five Efficiency Formula Part 3: Functions	SUM, MAX, MIN, AVERAGE, COUNT, COUNTBLANK, COUNTA, TODAY, NOW, Function Library, Insert Function
High-Five Efficiency Formula Part 4: Familiarity	Name Manager, Move Sheets, Copy Sheets, Group Sheets
High-Five Efficiency Formula Part 5: Formatting	Cell Styles, Alignment, Number Formats, Cell Protection, Printing, a Basic Chart

Excel 202	Contents
Data Intelligence Integrator Part 1: Table	Converting data to Table, Advantages of Tables
Data Intelligence Integrator Part 2: Tidy	Sort & Filter, CONCATENATE, PROPER / UPPER / LOWER, TRIM, LEFT / MID / RIGHT, Text to Columns, DATE, IF
Data Intelligence Integrator Part 3: Track Down	Find and Replace, Go To, Data Validation, VLOOKUP, Index Match
Data Intelligence Integrator Part 3: Trends	Conditional Formatting: Data Bars, Colour Scales, Icon Sets
Data Intelligence Integrator Part 3: Tailored Pivots	Pivot Tables, Pivot Charts, Building a Dashboard

Excel 303	Contents
Introduction	Macro Security, Developer Tab
The Macro Genius Method Part 1: Record	Macro Recorder, Personal Macro Workbook, VBA Environment
The Macro Genius Method Part 1: Run	Assign Shortcut, Step Through
The Macro Genius Method Part 1: Referencing	Named Ranges in VBA, Relative & Absolute References
The Macro Genius Method Part 1: Repeat	For-Next Loop, Do-Loop
The Macro Genius Method Part 1: Refine	Input Box, Message Box