# WordPress Syllabus for Beginners / Internship Training

**G** Goal: Learn to create, design, customize, and manage WordPress websites.

### **Duration:** 4 to 6 Weeks

# □ Module 1: Introduction to WordPress

- What is WordPress? History & Versions
- WordPress.com vs WordPress.org
- Advantages of using WordPress
- Popular websites using WordPress

# **☆**□ Module 2: Installation & Setup

- Domain & Hosting Overview
- Installing WordPress on:
  - Localhost (XAMPP, WAMP)
  - Live Server (cPanel, Hostinger)
  - Exploring WordPress Dashboard

# Module 3: Posts & Pages

- Difference between Posts and Pages
- Creating, Editing, and Deleting Posts
- Using Categories and Tags
- Managing Media: Images, Videos, PDFs

# **%** Module 4: Themes & Appearance

- Installing Free & Premium Themes
- Customizing Themes (Customizer, Widgets)
- Creating Menus (Header, Footer)
- Child Theme Introduction (Optional)

# **#** Module 5: Plugins & Extensions

- What are Plugins?
- Installing & Activating Plugins
- Must-have Plugins:
  - $\circ$  Elementor
  - Yoast SEO
  - Contact Form 7
  - WPForms
  - o UpdraftPlus
  - Wordfence
- Using Plugin Widgets and Shortcodes

# Module 6: Page Builders (Elementor)

- Introduction to Elementor
- Drag and Drop Interface
- Designing Responsive Pages
- Saving Templates & Using Blocks

# **&** Module 7: Contact Forms & Widgets

- Installing Contact Form 7 / WPForms
- Creating Custom Forms
- Using Widgets (Sidebar, Footer)

# **Q** Module 8: SEO & Optimization

- Basic SEO for WordPress
- Installing and Configuring Yoast SEO
- Setting Permalinks
- Image Optimization (Smush plugin)
- Caching Plugins (LiteSpeed / W3 Total Cache)

# ₩ Module 9: WooCommerce (Optional)

- Installing WooCommerce
- Adding Products, Categories
- Setting up Payments, Shipping
- Managing Orders & Customers

# ♡□ Module 10: Backup & Security

- Backup Methods (UpdraftPlus)
- Security Basics (Wordfence)
- Updating WordPress, Themes, Plugins
- User Roles & Permissions

# **Module 11: Final Project**

- Build a fully functional website:
  - o Business / Portfolio / Blog / eCommerce
- Use Elementor and Plugins
- Apply SEO and Security Basics

# Internship Deliverables

- Daily Activity Log
- Mini Projects
- Final Project Submission
- Internship Certificate

# **☆**□ Module 2: Installation & Setup

# 🖈 1. Domain & Hosting Overview

### ✓ What is a Domain?

A **domain name** is the web address of your site (e.g., www.yoursite.com). It is what users type in their browser to visit your site.

### 𝗇 What is Hosting?

Web hosting is a service that stores your website files and makes them accessible on the internet.

# **?** Key Terms:

- Domain Registrar: GoDaddy, Namecheap, etc.
- Hosting Providers: Hostinger, Bluehost, SiteGround
- Control Panel (cPanel/hPanel): A dashboard to manage hosting, databases, files, emails, etc.

## ★ 2. Installing WordPress on Localhost

Localhost allows you to run a website on your computer without buying hosting. Ideal for practice and development.

### Tools:

- XAMPP (Windows, Linux)
- WAMP (Windows only)

#### Steps (XAMPP Example):

- 1. Download & install XAMPP from <a href="https://www.apachefriends.org">https://www.apachefriends.org</a>
- 2. Start Apache and MySQL
- 3. Open http://localhost/phpmyadmin
- 4. Create a new database (e.g., wordpress\_db)
- 5. Download WordPress from <u>wordpress.org</u>
- 6. Extract it in C:\xampp\htdocs\wordpress
- 7. Go to http://localhost/wordpress
- 8. Follow the setup wizard:
  - o Database: wordpress\_db
  - o Username: root
  - Password: (leave blank)
- 9. Complete installation and login to Dashboard

## ★ 3. Installing WordPress on Live Server

Used when launching a live website on the internet.

#### Steps (Hostinger or cPanel):

- 1. Buy Domain and Hosting
- 2. Login to your Hosting Panel (hPanel/cPanel)
- 3. Use Auto-Installer:
  - Click on Auto Installer > WordPress
  - $\circ$  Fill in:
    - Site Name
    - Admin Username and Password
    - Domain/Subdomain
  - o Click Install

#### 4. Login to Dashboard:

- o Gotowww.yourdomain.com/wp-admin
- o Enter your login credentials

## ★ 4. Exploring the WordPress Dashboard

After installation, log in to the admin panel:

URL: yourdomain.com/wp-admin
Example: localhost/wordpress/wp-admin

#### Dashboard Sections:

- **Dashboard** Site overview, quick links
- Posts Add/edit blog posts
- Media Manage images, videos, documents
- Pages Create static pages like About, Contact
- Comments Moderate user comments
- Appearance Manage themes, menus, widgets
- Plugins Add features like SEO, contact forms
- Users Add team members, assign roles

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• **Settings** – Site title, permalink, timezone, etc.

## **?** Summary:

Setup Type Best For

Localhost Practice, development, learning

Live Server Real websites accessible by users

# **Module 1: Introduction to WordPress**

### ★ 1. What is WordPress?

**WordPress** is an open-source **Content Management System** (**CMS**) used to build websites and blogs easily without needing to code from scratch.

- It is written in PHP and uses a MySQL or MariaDB database.
- It provides a user-friendly dashboard to manage content, themes, plugins, and users.
- Suitable for blogs, business websites, portfolios, eCommerce stores, news sites, etc.

 $\checkmark$  As of 2025, WordPress powers over **43% of all websites** on the internet.

★ 2. History & Versions

Year Version	Key Milestone
2003 0.7	First release by Matt Mullenweg & Mike Little
2004 1.2	Plugin architecture introduced
2010 3.0	Custom post types, multi-site feature
2018 5.0	Gutenberg (Block Editor) launched
2024 6.x	Modern UI, full-site editing, block themes

Latest Version (2025): WordPress 6.5+ with enhanced block editing and performance improvements.

# ★ 3. WordPress.com vs WordPress.org

Feature	WordPress.com	WordPress.org
Hosting	Hosted by WordPress	Self-hosted (you need to buy hosting)
Custom Themes/Plugins	Limited (premium plans only)	Full access to all themes/plugins
Control & Ownership	Limited control	Full control over the website
Free Plan	Yes (with ads and subdomain)	No (you need your own hosting/domain)
Best For	Beginners, blogs, non-tech users	Developers, businesses, freelancers

# ★ 4. Advantages of Using WordPress

- 🔗 Free & Open Source
- Solution Section 2015 Contraction (No coding needed for most tasks)
- *√* Thousands of Themes & Plugins
- SEO-Friendly
- **V Responsive Design** (Mobile-friendly)

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- *Strong Community Support Support*
- $\checkmark$  Scalable From blog to large eCommerce site
- 🔗 Multi-language & RTL Support

### ★ 5. Popular Websites Using WordPress

Website Name	Туре	URL
The Walt Disney Company	Corporate Site	https://thewaltdisneycompany.com
TechCrunch	News & Tech Blog	https://techcrunch.com
BBC America	Entertainment	https://www.bbcamerica.com
Sony Music	Music Portfolio	https://www.sonymusic.com
Time Magazine	News Magazine	https://time.com

 $\checkmark$  Even large companies trust WordPress because of its flexibility and performance.

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# Module 3: Posts & Pages

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## **★** 1. Difference between Posts and Pages

Feature	Posts	Pages
Purpose	For dynamic content like blogs/news	For static content like About, Contact
Time-based	Yes, sorted by date	No
Categories & Tags	Supported	Not used
Comments	Enabled by default	Disabled by default

Feature	Posts	Pages
Number	Unlimited	Usually a few (About, Services, etc.)
Examples	Blog articles, news updates	About Us, Privacy Policy, Contact

 ${\cal P}$  Tip: Use **Posts** for regular updates and **Pages** for permanent content.

# ★ 2. Creating, Editing, and Deleting Posts

#### **☆**□ To Create a Post:

- 1. Go to **Dashboard > Posts > Add New**
- 2. Enter the Title (e.g., "Top 5 SEO Tools")
- 3. Add content using Block Editor (Gutenberg)
- 4. Add Image, Category, and Tags
- 5. Click Publish

#### *- ■ □ To Edit a Post:*

- Go to Dashboard > Posts > All Posts
- Hover over a post > Click Edit
- Make changes > Click Update

#### To Delete a Post:

- Hover over the post > Click **Trash**
- It goes to the **Trash** folder. You can restore or delete permanently.

# ★ 3. Using Categories and Tags

#### *≪Categories*:

• Help group related posts together

- You can create main categories and sub-categories
- Example:
  - Digital Marketing
    - SEO
    - Social Media

### ✓ Tags:

- Describe specific details of the post
- Help in SEO and search filtering
- Example: "on-page SEO", "Yoast plugin", "backlinks"

Add Categories/Tags while creating a post or from:

Dashboard > Posts > Categories / Tags

## ★ 4. Managing Media: Images, Videos, PDFs

#### **Q** *Media Library:*

- Go to Dashboard > Media > Library
- All uploaded files are stored here:
  - Images (jpg, png, gif)
  - Videos (mp4, mov)
  - o Documents (pdf, docx)

### ≪ To Add Media:

- While editing a post/page, click Add Media
- Upload or select from the library

### XTo Delete Media:

- Go to Media > Library
- Click on file > Click **Delete permanently**

Pro Tip: Use optimized images to improve loading speed.

# Summary of Module 3:

- **Posts** = Dynamic, category-based content
- Pages = Static, standalone content
- **Categories/Tags** = Organize your content
- Media Library = Manage all site files in one place

Module 4: Themes & Appearance

### **★** 1. Installing Free & Premium Themes

#### ✓ Free Themes:

- Available from the official WordPress Repository
- Easy to install and lightweight

Steps:

- 1. Go to Dashboard > Appearance > Themes
- 2. Click Add New
- 3. Browse or search (e.g., "Astra", "OceanWP", "Twenty Twenty-One")
- 4. Click Install > then Activate

#### *i* Premium Themes:

• Purchased from third-party sources (e.g., ThemeForest, Elegant Themes, TemplateMonster)

#### Steps:

1. Download the theme .zip file after purchase

- 2. Go to Appearance > Themes > Add New > Upload Theme
- 3. Select the .zip file and click Install Now
- 4. Click Activate

 ${\cal P}$  Tip: Always install only from trusted sources to avoid security risks.

## ★ 2. Customizing Themes (Customizer & Widgets)

#### **Using Customizer:**

- 1. Go to Appearance > Customize
- 2. Common settings include:
  - **Site Identity**: Logo, site title, tagline
  - Colors: Background, header, link colors
  - Typography
  - Homepage Settings: Static page or latest posts
  - Menus: Add/edit navigation
  - o Widgets: Add elements to sidebars, footer
  - Additional CSS: Add custom CSS code

Changes are live previewed before publishing.

#### 2 Widgets:

• Small content blocks placed in sidebar, footer, or other widget-ready areas.

#### Examples:

- Search box
- Recent posts
- Social links
- Custom HTML or text

#### Steps:

• Go to Appearance > Widgets

• Drag and drop available widgets to a widget area (like Footer or Sidebar)

### **\*** 3. Creating Menus (Header, Footer)

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- 1. Go to Appearance > Menus
- 2. Click Create a new menu (e.g., Main Menu)
- 3. Add items (Pages, Posts, Categories, Custom Links)
- 4. Assign to location:
  - Header Menu
  - o Footer Menu
  - Mobile Menu (if supported by theme)
- 5. Click Save Menu
- Use dropdowns/submenus to organize nested items.

# **\*** 4. Child Theme Introduction (Optional)

#### What is a Child Theme?

A **child theme** is a theme that inherits the design and functionality of another theme (parent theme) and allows you to customize it **without affecting the parent theme's code**.

#### **☆**□ When to Use:

- When you want to modify CSS, functions.php, or templates
- To prevent updates from overwriting your changes

#### *Structure:*

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chil	d-theme/
├	style.css

- functions.php

#### Example: style.css content:

```
css
CopyEdit
/*
Theme Name: My Child Theme
Template: twentytwentyone
*/
```

Note: The folder name of the parent theme must match exactly.

# Summary of Module 4:

Торіс	Key Points
Free Themes	Install from WordPress Dashboard
Premium Themes	Upload via .zip file
Customization	Change appearance via Customizer & Widgets
Menus	Create and assign Header/Footer navigation
Child Theme (Optional)	Modify theme safely without affecting updates

**Module 5: Plugins & Extensions** 

## ★ 1. What are Plugins?

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- Plugins are add-ons or extensions that add new features and functionalities to your
   WordPress site without coding.
- Examples: Contact forms, SEO tools, security, backups, sliders, eCommerce.

• Thousands of free and premium plugins are available.

# ★ 2. Installing & Activating Plugins

#### Steps to Install from Dashboard:

- 1. Go to Dashboard > Plugins > Add New
- 2. Search for a plugin (e.g., "Elementor")
- 3. Click Install Now
- 4. Click Activate

#### Uploading a Plugin:

- For premium or downloaded plugins (zip file)
- 1. Go to Plugins > Add New > Upload Plugin
- 2. Choose . zip file > Install Now > Activate

## ★ 3. Must-have Plugins

Plugin Name	Purpose	Notes
Elementor	Drag & drop page builder for easy design	Great for building custom layouts
Yoast SEO	SEO optimization and readability analysis	Helps improve Google rankings
Contact Form 7	Simple contact form builder	Easy to use, supports CAPTCHA, spam filters
WPForms	Advanced drag & drop form builder	User-friendly, premium features
UpdraftPlus	Backup and restore plugin	Schedule automatic backups
Wordfence	Security plugin for firewall & malware scan	Protects your site from hackers

## ★ 4. Using Plugin Widgets and Shortcodes

#### Widgets:

- Many plugins add their own **widgets** you can place in sidebars or footers.
- Go to **Appearance > Widgets**, look for plugin widgets, drag & drop.

#### Shortcodes:

- Shortcodes are small code snippets you can insert into pages/posts to show plugin features.
- Example with Contact Form 7: [contact-form-7 id="1234" title="Contact form 1"]

#### How to use:

- Copy the shortcode provided by the plugin
- Paste it inside the WordPress editor where you want the feature to appear

## **⊘** Summary:

Action

How to Do It

Install Plugin Dashboard > Plugins > Add New > Search & Install

Activate Plugin Click Activate after installation

Use Widget Appearance > Widgets > Drag plugin widget

Use Shortcode Copy shortcode and paste in editor

# Module 6: Page Builders (Elementor)

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## ★ 1. Introduction to Elementor

- Elementor is a popular **drag-and-drop page builder plugin** for WordPress.
- Allows users to create custom, professional-looking pages visually without coding.
- Works with most themes.
- Has both free and pro versions with advanced features.

## ★ 2. Drag and Drop Interface

- Elements Panel: Contains widgets like headings, images, buttons, videos, forms, etc.
- Canvas Area: Where you design and see the live preview of the page.
- Simply **drag any widget** from the panel and **drop it onto the canvas**.
- Customize each widget by clicking it and editing options like color, size, text, padding, and more.

### **\*** 3. Designing Responsive Pages

- Elementor allows you to design pages that look good on desktop, tablet, and mobile.
- Use the **Responsive Mode** icon (bottom left) to switch views.
- Customize settings separately for each device (font size, alignment, spacing).
- You can hide/show elements on specific devices if needed.

### ★ 4. Saving Templates & Using Blocks

- Templates: Save your custom-designed sections or full pages to reuse later.
  - Click the arrow next to the Publish/Update button > Save as Template
  - Access saved templates via Add Template button in Elementor.
- Blocks: Pre-designed sections or page parts (like headers, testimonials, CTAs).
  - Insert blocks from the Elementor library.

• Customize them as needed to speed up design.

# **⊘** Summary:

Торіс	Key Points
Elementor Introduction	Visual drag-and-drop builder, easy for beginners
Drag and Drop	Add and customize widgets without coding
Responsive Design	Customize layouts for desktop, tablet, and mobile
Templates & Blocks	Save and reuse designs, use pre-built sections

# **Module 7: Contact Forms & Widgets**

# ★ 1. Installing Contact Form 7 / WPForms

• Both are popular plugins to create contact forms easily.

#### Steps to Install:

- 1. Go to Dashboard > Plugins > Add New
- 2. Search for Contact Form 7 or WPForms
- 3. Click Install Now > Activate



#### Contact Form 7:

- After activation, go to **Contact > Contact Forms**
- Click Add New
- Customize form fields (name, email, message, etc.) using simple markup tags
- Save the form, copy the generated **shortcode**

#### WPForms:

- Go to WPForms > Add New
- Choose a template (e.g., Simple Contact Form)
- Use drag-and-drop to add/remove fields
- Save the form, copy the **shortcode**

### ★ 3. Using Widgets (Sidebar, Footer)

• Plugins add form widgets to use in widget areas like sidebar or footer.

#### Steps:

- 1. Go to Appearance > Widgets
- 2. Find Contact Form 7 or WPForms widget
- 3. Drag it into the desired widget area
- 4. Select the form you created from the dropdown
- 5. Save the widget

You can also use the **shortcode** to add forms inside posts, pages, or custom HTML widgets.

## **⊘** Summary:

#### Task

#### How to Do It

Install Form Plugin Plugins > Add New > Search & Install

#### Task

#### How to Do It

Contact Form 7: Contact > Add New Create Form

WPForms: WPForms > Add New

Add Form via Widget Appearance > Widgets > Drag & Drop form widget

Add Form via Shortcode Copy shortcode and paste inside page/post

# Module 8: SEO & Optimization

### ★ 1. Basic SEO for WordPress

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- SEO (Search Engine Optimization) helps your website rank higher in search engines like Google.
- Important SEO elements include:
  - Keywords in titles, headings, content
  - Meta descriptions for pages/posts
  - **Proper URL structure**
  - Mobile-friendly design
  - Fast loading speed

## ★ 2. Installing and Configuring Yoast SEO

• Yoast SEO is a popular WordPress plugin to help improve your SEO.

### Installation:

• Go to **Plugins > Add New**, search for **Yoast SEO**, install and activate.

#### **Basic Configuration:**

- Follow the **configuration wizard** for site type, organization/person, search engine visibility.
- Use Yoast's **SEO analysis** when editing posts/pages to optimize titles, meta descriptions, keyword usage, readability.
- Submit your website sitemap to Google Search Console through Yoast.

## ★ 3. Setting Permalinks

- Permalinks are the URLs of your posts and pages.
- Go to **Settings > Permalinks**
- Recommended: Select Post name for clean, SEO-friendly URLs (e.g.,

yourdomain.com/sample-post).

• Save changes.

## **\*** 4. Image Optimization (Smush plugin)

- Optimizing images reduces file size without losing quality to improve loading speed.
- Smush plugin automatically compresses and resizes images.

#### Steps:

- Install and activate Smush.
- Configure settings for auto compression and lazy loading.
- Bulk optimize existing images via the plugin dashboard.

## ★ 5. Caching Plugins (LiteSpeed / W3 Total Cache)

- Caching improves website speed by saving a static version of pages.
- Popular caching plugins:
  - LiteSpeed Cache: Best if your server supports LiteSpeed.

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• W3 Total Cache: Versatile, supports many hosting environments.

#### **Basic Setup:**

- Install and activate caching plugin.
- Enable page cache, browser cache, and minification of CSS/JS files.
- Test website speed before and after caching.

# **⊘** Summary:

Торіс	Key Actions
Basic SEO	Use keywords, meta descriptions, mobile-friendly design
Yoast SEO	Install, configure, optimize content
Permalinks	Set to "Post name" for SEO-friendly URLs
Image Optimization	Use Smush plugin for compression
Caching Plugins	Install & configure LiteSpeed or W3 Total Cache

# Module 9: WooCommerce (Optional)

## ★ 1. Installing WooCommerce

• WooCommerce is a free plugin that turns your WordPress site into a full-featured online store.

#### Steps:

- 1. Go to **Dashboard > Plugins > Add New**
- 2. Search for WooCommerce
- 3. Click Install Now and then Activate

4. Follow the **Setup Wizard** for basic store settings (currency, location, payment methods, shipping)

## ★ 2. Adding Products & Categories

- Go to **Products > Add New** to create a product.
- Add product details like:
  - Title, description
  - Price
  - Product image/gallery
  - Inventory (stock status)
  - Product categories and tags
- Create product categories under **Products > Categories** to organize your products.

# ★ 3. Setting up Payments & Shipping

### • Payments:

 WooCommerce supports PayPal, Stripe, bank transfers, cash on delivery, and more.

 Go to WooCommerce > Settings > Payments to enable and configure payment gateways.

- Shipping:
  - Configure shipping zones, methods, and rates under WooCommerce > Settings > Shipping.
  - Options include flat rate, free shipping, local pickup.

# ★ 4. Managing Orders & Customers

- View and manage orders at **WooCommerce > Orders**.
- Process orders by changing statuses (pending, processing, completed).

- Manage customer information and order history.
- Send order updates and notifications.

# **Summary:**

Task	How to Do It
Install Woo Commerce	Plugins > Add New > Search & Install
Add Products	Products > Add New
Create Categories	Products > Categories
Setup Payments	Woo Commerce > Settings > Payments
Setup Shipping	Woo Commerce > Settings > Shipping
Manage Orders & Customers	Woo Commerce > Orders

# **Module 11: Final Project**

## **★** 1. Build a Fully Functional Website

- Choose a website type based on your interest or assignment:
  - **Business Website** (showcase services, about, contact)
  - **Portfolio Website** (display work, projects, testimonials)
  - **Blog** (regular posts, categories, tags)
  - eCommerce Store (products, cart, checkout)

## ★ 2. Use Elementor and Plugins

• Use **Elementor** to design custom pages with drag-and-drop ease.

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- Incorporate key plugins learned in the course, such as:
  - Contact forms (Contact Form 7 or WPForms)
  - SEO plugin (Yoast SEO)
  - Security (Wordfence)
  - Backup (UpdraftPlus)
  - Performance plugins if needed

## **\*** 3. Apply SEO and Security Basics

- Optimize your site using **Yoast SEO**:
  - Write SEO-friendly titles and meta descriptions
  - Use keywords effectively
  - Set permalinks properly
- Implement basic security measures:
  - Activate Wordfence plugin
  - Use strong passwords
  - Keep WordPress, themes, and plugins updated
- Enable backup with UpdraftPlus for site recovery.

# **⊘** Summary:

#### Task

#### **Key Points**

Website Type Selection Business, Portfolio, Blog, or eCommerce

Design with Elementor Use drag-and-drop, responsive design

Use Plugins Contact forms, SEO, security, backup

SEO & Security Basics Optimize content, secure your website

# **Internship Deliverables**

### **1. Daily Activity Log**

- Maintain a daily record of tasks performed.
- Include:
  - o Date
  - Description of work done
  - Challenges faced (if any)
  - Learnings and next steps

### 2. Mini Projects

- Complete small projects based on each module.
- Examples:
  - Create a blog post with categories and tags
  - Design a custom contact form
  - Install and configure an SEO plugin
  - Build a responsive landing page using Elementor

### 3. Final Project Submission

- Build a fully functional WordPress website applying all learned skills.
- Should include:
  - Multiple pages or posts
  - Use of plugins and themes

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- SEO optimization
- Contact form and basic security setup

# 4. Internship Certificate

- Issued after successful completion of the internship.
- Certifies the skills and projects completed during the internship.