

Daniel Lyons

Talks about studying on a part-time basis for a BOst degree.



When Daniel left school at 16 he could never have imagined that a several years later he would be graduating from the London School of Osteopathy with a BOst degree.

Daniel was successfully practising in sports therapy but felt there was something more that he could offer clients. He started looking into gaining the qualification need to practice as an osteopath.

The fact he didn't have any A levels wasn't an automatic barrier to studying at the LSO. The practical experience he had gained since leaving school was taken into consideration when he applied to study for the undergraduate osteopathy course.

After visiting the college on an Open Day Daniel felt that college offered the type of learning environment that appealed to him. On his first day at the college he knew he'd made the right decision to study at the LSO.

Daniel says "On the first day I was nervous and started to doubt my own capabilities. I felt a bit like a rabbit caught in the headlights, and very much out of my depth. My lecturer quickly picked up on my anxieties and was able to reassure me that this was something I could do.

Yes there have been moments along the way when parts of the course have been difficult but there has always been a lecturer or tutor who I could turn to for support. Working in small tutor groups has made studying both accessible and enjoyable.

Being able to gain practical hands on experience from the first year has been a huge positive for me. I think if I'd had to wait until the second or third year of studies I would have started to become apprehensive about working in the clinic.

Studying on alternative weekends gives you the opportunity between lectures to consolidate your learning and spend time in the clinic practising the techniques you have recently studied. Studying part-time has meant I could carry on earning whilst learning".

"You never know what you can achieve unless you try!"

Daniel graduated from the LSO in the summer of 2019 and is now a qualified osteopath and is in the process of setting up his own Osteopathic Clinic in London.
