Here's a suggested learning program for you to spend 10 hours a week over the next month to learn QA processes and methodologies. Each day consists of two 30-minute learning blocks, and the program is spread across four weeks:

Week 1:

Day 1-2:

Block 1: Introduction to QA

- Overview of Quality Assurance
- Importance of QA in software development

Block 2: Types of Testing**

- Understanding manual and automated testing
- Overview of functional, non-functional, and regression testing

Day 3-4:

Block 3: QA Life Cycle

- Phases of the QA life cycle
- Importance of early testing

Block 4: Testing Documentation

- Introduction to test plans, test cases, and test scripts

Day 5-6:

Block 5: Bug Life Cycle

- Understanding the bug life cycle
- Importance of effective bug tracking

Block 6: Test Execution

- Executing test cases and reporting results

Day 7:

Block 7: Test Automation Overview

- Introduction to test automation
- Benefits and challenges of test automation

Week 2:

Day 8-9:

Block 8: Introduction to Agile Methodology

- Overview of Agile and its impact on QA
- Role of QA in Agile teams

Block 9: Scrum and Kanban

- Understanding Scrum and Kanban methodologies
- Agile ceremonies and their impact on testing

Day 10-11:

Block 10: Continuous Integration/Continuous Deployment (CI/CD)

- Introduction to CI/CD and its impact on testing
- Role of QA in CI/CD pipelines

Block 11: Performance Testing

- Overview of performance testing
- Common performance testing tools

Day 12-13

Block 12: Security Testing

- Introduction to security testing
- Common security testing techniques

Block 13: Usability Testing

- Understanding usability testing
- Importance of user experience in testing

Day 14:

Block 14: Exploratory Testing

- Overview of exploratory testing
- Benefits and challenges

Week 3:

Day 15-16:

Block 15: Risk-Based Testing

- Understanding risk-based testing
- Identifying and prioritizing test cases based on risk

Block 16: Test Metrics and Reporting

- Importance of test metrics
- Creating effective test reports

Day 17-18:

Block 17: Test Environment Setup

- Setting up test environments
- Considerations for different testing environments

Block 18: Mobile Testing

- Introduction to mobile testing
- Challenges and strategies in mobile testing

Day 19-20:

Block 19: API Testing

- Understanding API testing
- Common tools for API testing

Block 20: Mock Interviews and Q&A Session

- Practice answering potential interview questions
- Clarify any doubts and reinforce learning

Week 4:

Day 21-22:

Block 21: Emerging Trends in QA

- Overview of the latest trends in QA
- Continuous learning in the QA field

Block 22: QA Best Practices

- Best practices in QA processes
- Learning from industry case studies

Day 23-24:

Block 23: Soft Skills for QA Professionals

- Communication skills
- Collaboration and teamwork in QA

Block 24: Recap and Review

- Summarize key concepts
- Address any remaining questions or uncertainties

Day 25:

Block 25: Certification Options

- Explore relevant QA certifications
- Benefits and preparation strategies

Day 26:

Block 26: Resume Building and LinkedIn Optimization

- Tips for building a strong QA resume
- Optimizing your LinkedIn profile for QA roles

Day 27:

Block 27: Networking in the QA Community

- Importance of networking
- Joining QA forums and communities

Day 28:

Block 28: Final Q&A and Reflection

- Answer any remaining questions
- Reflect on the learning journey

Day 29-30:

Block 29-30: Project or Case Study

- Apply learned concepts in a small project or case study
- Seek feedback and make improvements