

USE OF EXTREME PROGRAMMING IN SOFTWARE ENGINEERING EDUCATION: A PILOT STUDY

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ABSTRACT

The recent success of Extreme Programming (XP) methodology within the software industry has exercised a growing pressure and demand on educational institutions to introduce XP practices in software engineering courses. This paper reports an empirical pilot study conducted to apply XP in one of the software engineering course-projects offered in the department of Computer Science at the College of Computer and Information Sciences, King Saud University. The study was conducted on four groups of senior pair-students who were asked to develop a simple Automatic Teller Machine "ATM" system. The project lasted eleven weeks and included three releases. Results and feedback from students are reported and recommendations are highlighted.

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Keywords: Extreme Programming, XP, Software Engineering, Students Projects, Educational Environment.

1. INTRODUCTION

The development of software systems is a risky endeavor that usually encompasses constraints of schedule and budget besides risks of volatile requirements. Agile programming was proposed recently to remedy the problems encountered in traditional development methodologies. Extreme Programming (XP) is considered as the most famous and prominent agile methodology. Since the development of XP methodology by Kent Beck [1], researchers in universities and managers in software organizations tried to evaluate the success of this new model. Researchers concluded that using XP in educational domain have many benefits [2]. In this paper we discuss an experiment for adopting XP methodology in course projects at a senior level software engineering course.

This paper is organized as follows: Section 2 explains what is extreme programming and introduces the twelve XP practices; section 3 reviews related work of the use of XP in education; section 4 gives details on the current pilot study set up; section

5 discusses the results; and finally section 6 presents the conclusion and recommendations.

2. EXTREME PROGRAMMING

Extreme Programming is considered as the most popular of the various flavours of "agile" software methodologies. Agile/XP methodologies are considered as bottom-up software development approach. In fact, practitioners rather than academics proposed the original ideas and their subsequent refinements of Agile/XP methodologies. Therefore, they might appear more credible to practitioners - e.g., developers, managers, customers - than if they were the result of academic research. For a counter example, recall the formal methods for requirements specification, most of which were designed in the academia, but few of which were ever accepted by the community of practitioners [17]. Extreme Programming is a discipline of software development based on values of simplicity, communication, feedback, and courage. It works by bringing the whole team together in the presence of simple practices, with enough feedback to enable the team to

see where they are and to tune the practices to their unique situation [18]. XP includes a set of values, principles and practices for rapidly developing high-quality software. XP is extreme in the sense that it takes many well-known software development "best practices" to their logical extreme [3].

XP was developed with four core values in mind: Communication, Simplicity, Feedback and Courage. Communication is the first XP value. For example, XP takes the "best practice" of "good communication with the customer" to an extreme by recommending that the customer works in the same room as the programmers, interacting with the team as necessary. Besides, each morning programmers participate in a short stand up meeting; this enhances the effectiveness of communication as participants become closer.

2.1. XP Practices

From the four XP values, twelve practices were derived [4, 5] as discussed below

1. **The Planning Game:** the business and development teams get together to decide on what features of the required system will be of maximum value to the business. The techniques for gathering requirements in XP are a radical departure from that of more traditional software methodologies. First, customer requirements are written in natural language, informal "User Story" cards, similar to use cases [6]. These cards are never formalized, no relationships or dependencies between the cards are identified. Software developers place time estimates and customers assign priorities to each card. Together, the developers and the customers play the "Planning Game" in which the customer chooses those User Stories that comprise the most important content for a short, incremental deliverable of about 3-4 weeks. Each short implementation increment is accepted and tried by the customer. Then, the remaining User Stories are re-examined for possible requirement and/or priority changes and the Planning Game is re-played for the next implementation increment.
2. **Small Releases:** a simple system containing a useful set of features is put into production early and updated frequently in short cycles. XP heightens the pace of spiral development by having short releases of 3-4 weeks. At the end of each release, the customer reviews the interim product, identify defects, and adjust future requirements.
3. **Metaphor:** each project has a "system of names" and description which help to guide the development process and communication between all parties. XP believes that each application should have conceptual integrity based on a

simple metaphor, which explains the essence of how the system works. For example, one large XP project was a payroll system for Chrysler. The metaphor for this project was that the payroll system was like an assembly line where hour parts were converted to dollar parts, all parts were assembled and a paycheck was produced.

4. **Simple Design:** the simplest design is always used to build the application as long as it meets the current business requirements. Do not worry about future requirements as requirements change with time anyway. Re-factoring practice (see below) will ensure that the design is of a high standard. XP strives for supremely simple designs. They stress that programmers should not try to predict future needs and to produce a more complicated design accordingly. Developers should follow the simple design practice and "Do the simplest thing that could possibly work."
 5. **Testing:** XP follows a "Test-first" approach, that is before new features are added, tests are written to verify the software. The software is then developed to pass these tests. Software developed with XP is validated at all times. Two types of testing is carried out, unit and functional testing.
 - 5.1. **Unit Testing.** Extensive, automated white box test cases are written before production code is produced. These automated tests are added to the code base. Before a programmer can integrate their code into the code base, they must pass 100 % of their own test cases and 100% of every test that was ever written on the code base. This ensures that the new code implements the new functionality without breaking anyone else's code.
 - 5.2. **Functional Testing.** Traditionally, project management techniques have been based on a developer's own assessment of how much of their task has been completed. Alternately, XP promotes the use of functional test case tracking for calculating project completeness. XP terms this assessment "Project Velocity." Functional test cases are based on customer scenarios. When a functional test case is successfully passed, it can be considered that a specified functionality has been implemented properly. Project completeness is based on the percentage of functional test cases that have been passed. Team members can unequivocally compute this measure.
- Automated Testing:** It isn't enough to write tests: you have to run them. Unit tests are all collected together, and every time any programmer releases any code to the repository (pairs typically release twice a day or more), every single one of the programmer tests must run correctly. One hundred

percent, all the time! Developer have interest to use appropriate automated testing frameworks, e.g. JUnit [23] and NUnit [24], to control and simplify the task of repeated testing and continuous integration. This means that programmers get immediate feedback on how they're doing. Additionally, these tests provide invaluable support as the software design is improved.

6. **Refactoring:** Refactoring is the process of improving the code's structure while preserving (not improving) its function [7]. XP advocates refactoring code continuously and explicitly. This is a technique for improving the design of an existing code-base. Its essence is applying a series of small behavior preserving transformations that improve the structure of the code. By doing them in small steps you reduce the risk of introducing errors [8].
7. **Pair Programming:** programmers using XP are paired and write all production code using a single machine per pair. This helps the code to be constantly reviewed while being written. Pair Programming has proved to produce high quality code with little or no decrease in productivity [9].
8. **Collective Code Ownership:** all the code belongs to every member of the team, no single member of the team owns a piece of code and anyone can make changes to the codebase at any time. This encourages everyone to contribute new ideas to all segments of the project.
9. **Continuous Integration:** software systems are built and integrated several times a day; at the very least all changes are integrated into the main codebase, on an integration machine, at least once a day. As a result, there are many product builds each day. Each build is tested using the associated test cases.
10. **40-Hour Week:** programmers in an XP project normally adhere to a 40-hour working week in order to maintain productivity and avoid burn out. It was found that during crunch periods when overtime is worked, the artifacts that are produced are poor.
11. **On-site Customer:** one or more customers who will use the system being built are allocated to the development team. The customer helps to guide the development and is empowered to prioritize state requirements and answer any questions the developers may have. This ensures that there is effective communication with the customer and, as a result, less documentation will be required.
12. **Coding Standards:** everyone on an XP project use the same Coding Standards which makes it

easy to work in pairs and share ownership of all code. One should not be able to tell who worked on what code in an XP project. An agreed upon coding standard should be defined and followed.

2.2 Other XP Strategies

Incremental Change: Big changes can be risky and prone to failure, so, only small changes are recommended.

Small Initial Project Investment: XP projects are started with a small number of developers and then built up, as more developers are required.

Stand up Meetings: meetings are held physically standing up to keep the meeting brief, at the same time each day. The purpose of this is for members to report problems but no solutions are proposed. The developers then leave the meeting and ponder on the solutions.

Tracking Progress: a designated team member is responsible for tracking the progress of other team members.

Minimal Documentation: documentation is kept to the barest minimum.

Teaching Strategies: to enable staff to learn, e.g. how much testing should be done.

Experiment: experiments are carried out to reduce or eradicate the risk of incorrect technological decisions.

3. XP IN EDUCATIONAL ENVIRONMENT

Many studies have been carried out on the use of XP in educational environment [11, 12, 13, 14, 15]. The study of [11, 13] concluded that it is not advisable to teach and practice entire traditional and agile methodologies in one semester course, and suggested a hybrid process that includes both agile and traditional practices if the students had only one software engineering course.

The results of [12, 14] showed that the planning game and the 40-hour week practices were the most successfully established XP-practices; in particular the continuous integration and pair programming practices were not successfully followed.

The study of [13] for ten-week software engineering course indicated that the XP teams were unable to adopt many XP practices, with weak customer engagement, a lack of collective code ownership, and batch integration.

The work of [14] showed that it was possible to use the XP methodology successfully for final year capstone projects, but that students need to be actively coached in the skills necessary to practice XP.

According to [15], the key factors producing successful XP outcome for a project course were:

skilled tutors were able to act as Extreme Programming coaches for the teams; timetabling and physical facilities that strongly support group working; and external clients who were willing and able to engage with the Extreme Programming processes.

The pilot study of [22] on the perception of extreme programming used automated testing and pointed out that JUnit [23] was used for unit testing and Http Unit [25] for acceptance testing. Students wrote the unit tests whereas acceptance tests were written by the customer.

The empirical study of [26] on distributed pair programming showed that pair programming provides many benefits, both to the programmers and to the product that they develop. A software tool that allowed the pair to work from separate locations was developed and some initial results were presented from a distributed pair programming experiment conducted on students in an introductory programming class used such a tool.

4. THE EXPERIMENT

A description of the experiment setup is given hereafter, more details may be found in ref [19, 20]. The setup includes student's previous exposure to XP, students' background, duration of the experiment, ATM project scope, group formation, tools, and customer and XP mentor activities.

Previous Exposure to XP

Students participating in this experiment had no previous exposure to XP. Therefore, they had been introduced to the practices of XP in the first two weeks of study. As for instructors, the experiment is the first one in using XP for developing course projects.

Students' Background

The experiment was conducted on senior-level class of eight students enrolled in CSC540 Software Engineering course offered by the department of Computer Science at the college of Computer and Information Sciences, King Saud University. Students' background related to the experiment includes passing two programming courses in C language, CSC 112 and CSC 113, and a first course in Software Engineering, CSC342, as well as two database courses CSC380 Fundamentals of Database Systems and CSC383 Advanced Database Management Systems. Students also had completed their BSc graduation projects, CSC 496, CSC 497, using traditional methodologies, mostly waterfall approach.

Duration of the Experiment

The experiment was conducted within a timeframe of a single semester, fall 2004. Within CSC540 software

engineering course, students are usually required to present assignments, discuss papers, and develop a course project. In addition, they have to pass midterm and final exams. Typically, students would have some 10-12 weeks conducting the course project. In our experiment, the project lasted eleven weeks including two weeks at the beginning for project and methodology definitions and one week at the semester end for presentation. It should be noted that the current experiment may suffer from the fact that the time allowed for the experiment is relatively short (eight weeks) thus allowing only for small scale projects.

ATM Project Scope

Since the aim of this study was not to deliver a software product to a customer, a simple but rather real problem had to be given to the students participating in the experiment. In the context of simple problem, it has been pointed out [11] that the disadvantage of a simple problem, such as a roman number converter, is that somehow it is not real enough - the consequence is that students lose confidence after they return from their course because some of the subtle aspects of XP have not been explored. Taking this into consideration, we selected a real-world problem, namely, simulation of an ATM system for which students were asked to develop the corresponding system. The system scope was limited to providing the following basic services to the user: ATM access 'login', change PIN, cash withdrawal, cash deposit, transfer to another account, balance inquiry, and mini statement.

Group Formation: The 8 students participating in the experiment were asked to form 4 groups each comprising 2 students. During the first two weeks of study, the XP methodology was rapidly explained and a comparison with the waterfall model was highlighted. Also the ATM project was succinctly presented. Three groups of students selected to develop the ATM project using the XP methodology while the fourth group selected the WF approach.

Tools

Because of time constraints to complete the project within the semester time frame, we preferred to allow students to select the tools they have more experience with. The three XP teams developed their projects using the different tools. Team 1: ASP.net and SQL Server, Team 2: Delphi and Access, and team 3: Java and SQL Server. The WF team worked with C# and Access database.

The fact that the three groups used different tools may be problematic vis-à-vis the accurate interpretation of collected measurements. It should be noticed that this is a typical problem within an educational environment at MSc level where students have differences in background and come from

different environments with different software tools culture. In the beginning, we tried to impose unified tools to all students but we faced resistance to this and students claimed that this would affect their productivity and consequently the measurements.

Customer and XP mentor Activities

In carrying out this experiment, two functions had to be defined, namely the customer and XP mentor functions. The customer and, to some extent, the XP mentor functions were assumed by the first three authors while the fourth author partially covered the activities of XP mentor.

5. RESULTS AND DISCUSSIONS

This section presents the results and discusses the following issues: partial adoption of XP, on-site customer, planning game, Shodan and IBM surveys, customer and communication level and response to changes in requirements.

Partial Adoption of XP “sub-practice”

In the current experiment, only the XP practices pertinent to small-scale projects were focused on “sub-practice”. The sub-practices included those contributing to rapid feedback and learning process, namely, planning game, pair programming, collective code ownership, unit testing, simple design, refactoring, and use of coding standards.

On-Site Customer

Due to real-world constraints, there was no real customer that could be present 100% of the time on site; as indicated above, the authors simulated customer and XP mentor activities. On the average, students had three contact hours per week with the simulated customer and 1-2 hours with the XP mentor. To enhance communication between development teams and 'simulated' customer, we established a web site where we posted the stories and suggested project releases and deadlines; we also exchanged email messages extensively. In addition, in order to avoid delayed decisions for questions requiring an immediate response, we allowed students to contact us by phone, mobiles, and SMS messages.

Planning Game

The ATM requirements were discussed with the XP groups and many proposals for releases were evaluated. Based on the time frame of the project and the availability of students, students agreed upon three releases as shown in Table 1. After detailed discussion, the students identified seven stories to be included in the three releases. Release 1 included three stories, ATM access 'login', change PIN, and cash withdrawal. Release 2 included two stories, cash deposit, and transfer to another account. The last two stories, balance inquiry and mini statement, were

included in Release 3. It should be mentioned that the planning game practice was implemented with full success with all XP groups. In the classroom, we discussed with students a template for the customer story and students 'developers' added some features they judged necessary for the understanding of the requirements; the template depicted in Figure 1 was adopted by the student. In addition, students developed many templates to be used for the measurement process, e.g. the template depicted on Figure 2 for story tasks planning and tracking. The template shows the breakdown of story tasks into different activity types and allows for multiple estimations as the project advances in time; this would help highlight the improvement of estimation as students gain more experience along time.

Results of Shodan and IBM Surveys

To assess the adherence of students to XP practices and to get a feedback on students' acceptance of the XP methodology, two surveys were used, namely, Shodan Adherence survey and IBM survey. Details on both surveys are given hereafter.

<p>Customer Story Card (by customer)</p> <p>Story Card No: Story Card Name: System: Date: Customer: Priority (High/Medium/Low): Type of activity</p> <ul style="list-style-type: none"> ○ New Story/ ○ Fix Defect (related St) – e.g. Fix 5 ○ Enhance New Feature (related St) e.g. Enhance 3: <p>Short Description (max 3 sentences):</p>
<p>Story Technical Description (by developers)</p> <p>Pre-conditions 1. ... Story Description ... Post-conditions 1. ... Estimated development effort (man-hr): Effort writing technical SC (man-hr): Failure Risk Impact (High/Medium/Low): Acceptance Black-box Test Cases No: Notes:</p>

Figure 1: Template used for customer story card.

Table 1: Project Schedule and Deliverables

Week	Deliverables of XP Groups
W1- W2	Define project objectives and methodology
W3	Planning Game: Task estimation cards
W6	Release 1
W9	Release 2
W10	Release 3
W11	Full system and presentation

Shodan Adherence Survey

Shodan Adherence Survey [16] is designed to assess how far the students followed XP practices. It is a subjective means of gathering adherence information from team members. The term 'Shodan' means 'black belt'. The survey is composed of 15 questions on the extent to which each individual on a team uses XP practices. In order to emphasize the importance of testing in XP, testing has been split into three testing categories totalizing 12%, and stand up meetings were added to the original 12 practices. A survey-respondent self-reports the extent to which he or she used the practice, on a scale from 0% (never) to 100% (always). An overall score for the survey is computed via a weighted average of each response:

$$\text{Adherence to XP practice} = \frac{\sum (\text{practice score} * \text{practice weight})}{\text{over 15 practices} * 10}$$

Shodan Survey Questions

For each practice in Table 3, students were asked to indicate their perceptions of each practice using a scale between 0 and 10 as shown in Table 2.

Table 2: Shodan survey scale

Scale	Description	Scale	Description
10	Fanatic (100%)	4	Common (40%)
9	Always (90%)	3	Sometimes (30%)
8	Regular (80%)	2	Rarely (20%)
7	Often (70%)	1	Hardly ever (10%)
6	Usually (60%)	0	Disagree with using this practice
5	Half 'n Half (50%)		

Table 3: Shodan survey questions.

	XP Practice	Shodan weight
1	Automated Unit Tests	6%
2	Customer Acceptance Tests	3%
3	Test First Design	3%
4	Pair Programming	12%
5	Re-factoring	10%
6	Release Planning	6%
7	Customer Access (on site)	6%
8	Short Releases	6%
9	Stand Up Meeting	6%
10	Continuous Integration	10%
11	Coding Standards	5%
12	Collective Ownership	8%
13	40-Hours Sustainable Pace	5%
14	Simple Design	8%
15	Metaphor	6%
	Total	100 %

Story Effort Estimation & Actual Effort (To be completed by developers)								
Story:		XP Group:		XP Pair:				
Task								
Planning Date	Task Name	Task Type (Select from below)	Estimated Effort Man-hr				Actual Effort Man-hr	Comment
			1st	2nd	3rd	4th		
Story total effort								
Task type: PLN (Planning), ANL (Analysis), DSG (design), IMP (Implementation), ATW (Acceptance 'Functional' Test writing), UTW (Unit Test writing), ATR (Acceptance Test run), UTR (Unit Test run), DOC (Doc writing), LRN (Learning), OTH (Others: specify).								

Figure 2: Template used for story effort estimation & actual effort.

Shodan Survey Results

Results of the Shodan survey are displayed on Figure 3 and show that students' overall adherence to XP practice in the current study was on the border of being acceptable with an average of 55 - 60% for the first two releases. Figure 3 suggests that there is a slight variation in adherence while moving from Release 1 to Release 2 and an appreciable improvement of the order 20% at Release 3; moving from near 60% at Release 1 to near 80% at Release 3. This may be attributed to the more experience student got with the project and XP practices as they move from the first release to the last release.

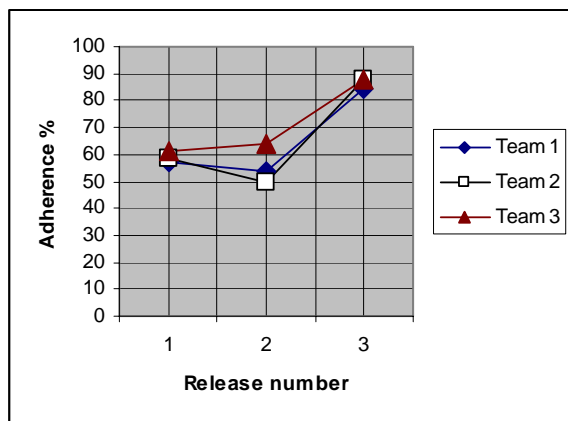


Figure 3: Change of adherence with releases.

IBM Survey Results

The XP teams were asked to respond to the IBM survey question: What do you think about Extreme Programming? The results are as follows: No for the question 'I tried it and I hate it', No for the question 'It's a bad idea, it'll never work', Yes (33%) for the question 'It's a good idea, but it'll never work', and finally Yes (66%) for the question 'I've tried it and love it'.

Customer and Communication Level

We tried to compensate for the lack of on-site customer by various means of communication including direct contact within the lecture time, mentoring, web communication, phone, mobile, and SMS messages. In our opinion, we succeeded in compensating for the lack of a real on-site customer. However, the true situation is that we are instructors attempting to replace the real customer and we are not present 100% of time on-site with developers. Under this assumption, we asked the developers to produce our requirements as instructors. The real customer will not be such knowledgeable about requirements and underlying XP practices. Feedback from the XP teams about the communication level with the 'simulated' customer showed an overall high acceptance. In conclusion, we think that this practice is reasonably met in the current experiment.

Response to Changes in Requirements

Two weeks before the system delivery (during XP release 3), we introduced an additional small functionality in the requirements of the last story and we asked XP and WF teams to incorporate the extra functionality in the system. Unfortunately, WF team was unable to respond to the changes in requirements while the three XP teams were successful at adding the extra functionality.

Feedback

Feedback from students showed that they have practiced some of the XP practices before even knowing of the existence of such methodology; in particular pair programming that they used to practice within their graduation projects. Survey showed that they liked and are willing to work XP in their future developments. We quote here some of the comments we received from students:

- "In general, we are very comfortable with XP methodology and we will use it in future projects, if nothing else is specified by the user's non-functional requirements. The main reason is that it is code-oriented and leads to developing software without the upfront activity of detailed analysis, design and heavy documentation that are traditionally needed as in the waterfall methodology, for example",
- "In general, I like the XP and I would like to take another project that uses the XP model, in particular I liked the planning game and small size of documentation",
- "The use of the XP in this project was good one, The project was small project, easy to manage, and easy to implement",
- and finally " The XP has some practices that we enjoy doing like game planning, small releases, incremental integration and sustainable pace".

6. CONCLUSION AND RECOMMENDATIONS

The current study aimed at investigating applying XP methodology using three releases and two-to-three weeks development iterations. Three XP teams each composed of pair senior students worked their Software Engineering course projects in a time frame of eleven weeks. We acted as the customer and XP mentor while the students represented the development team. The aim of the project was to produce an ATM system. The results of the experiment and the many discussions we had with students suggest that XP is very suitable for such small-scale projects. We guess the main challenge in XP is the on-site customer and work the planning game with inexperienced customers.

It was observed that XP teams produced the required product with full functionality and less work. In

addition, the response to changes in requirements was observed to be more successful when applying XP methodology as compared to the WF methodology. An important observation is that the adherence to XP practices increased with the progress of releases. Because of the small size of the sample, additional experiments should be carried out in order to generalize the outcome. We have plans to carry out additional experiments at junior level students.

The researchers concluded that using XP in educational domain have many benefits like a strong commitment to the project development on the part of both students and supervisors, less skilled students showed more progress than probably would have been the case using a traditional methodology, and XP teams produced better software than those using traditional model.

The fact that the three groups used different tools may be problematic vis-à-vis the interpretation of collected measurements; this is a typical problem within an educational environment at Masters level where students have differences in background. We felt that trying to impose unified tools will affect their productivity and consequently many of the measurements.

We would like to highlight the following recommendations:

- Extreme Programming practices should be incorporated more solidly into earlier courses of the curriculum.
- Additional experiments are needed to provide some insight on the use of XP in educational domain and to establish some useful XP metrics.
- There is a noticeable lack of experiments on the use of XP for large scale projects; therefore, future software experiments should target filling this gap.
- Software cost estimation models are needed to reflect the effect XP practices on cost; in particular pair programming and small releases practices.
- Traditional project management practices should be discussed and adapted to reflect the particularity of XP methodology.
- Experiments with unified tools should be investigated to guarantee better interpretation of measurements and results.

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