

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

( ) Check this box if no longer subject to Section 16.  
 Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person  
 Alsop, Joseph Wright  
 14 Oak Park  
 Bedford, MA 01730  
 USA
2. Issuer Name and Ticker or Trading Symbol  
 Progress Software Corporation  
 PRGS
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year  
 03/31/1999
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)  
 Director ( ) 10% Owner  Officer (give title below) ( ) Other  
 (specify below)  
 President, Treasurer and Director
7. Individual or Joint/Group Filing (Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

Table I -- Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security	2. Transaction Date	3. Code	4. Securities Acquired (A) or Disposed of (D)			5. Amount of Securities Beneficially Owned at End of Month	6. Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
			Amount	A/D	Price			
Common Stock	03/26/99	S	500	D	\$31.8750			
Common Stock	03/29/99	S	10,000	D	\$31.4375			
Common Stock	03/30/99	S	20,000	D	\$31.3893			
Common Stock	03/31/99	S	11,800	D	\$34.0625	694,110	D	

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Month	10. Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership	
											Amount
Nonqualified Stock Option	\$25.625	02/10/99	A	123,600	03/01/99 (1)	02/10/09	Common Stock	123,600		123,600 (2)	D
Incentive Stock Option	\$25.625	02/10/99	A	400	03/01/99 (3)	02/10/09	Common Stock	400		400 (4)	D

Explanation of Responses:  
 (1) Options vest in equal monthly increments over a 60 month period commencing March 1, 1999.  
 (2) On 4/1/99, options to purchase 4,120 shares were vested.  
 (3) Options vest in equal monthly increment over a 60 month period commencing March 1, 1999.  
 (4) On 4/1/99, options to purchase 13 shares were vested.

SIGNATURE OF REPORTING PERSON  
 Joseph W. Alsop  
 DATE  
 04/04/1999