

The AI Beginner Learning Path

A free guide to the courses: who each one is for, what you will be able to do, and how they fit together.

Author: Steve Buckner

Version: 1.0

Date: 24 November 2026

Web version: aibeginner.net/ai-beginner-guide

Free to read and share. This guide describes the courses and does not reproduce lesson content. Prices change, so none are listed here.

Short summary. AI Beginner is a calm, plain-English AI education site created by Steve Buckner. Its learning path starts with one course, Your First 30 Days with AI, and continues with a four-course library: Using AI Confidently, AI Made Simple, AI Skills Accelerator and AI for Business. It is built for beginners and career-changers with no technical background.

The path at a glance

Course	Role in the path	In a line
Your First 30 Days with AI	The main course	One short lesson a week, one small habit at a time.
Using AI Confidently	Bonus library, course 1	Feel steadier. Build on your first steps.
AI Made Simple	Bonus library, course 2	Plain-language help with everyday tasks.
AI Skills Accelerator	Bonus library, course 3	Ask better, work faster, get stronger results.
AI for Business	Bonus library, course 4	Bring AI into your job or your small business, with care.

Suggested order

1. **Your First 30 Days with AI**
   Start here. Four weeks, one small habit at a time.
2. **Using AI Confidently**
   Feel steadier and learn to double-check.
3. **AI Made Simple**
   Understand how AI works and use it for everyday tasks.
4. **AI Skills Accelerator**
   Ask better, work faster, build a personal AI system.
5. **AI for Business**
   Apply it to your job or small business.

Each step builds on the one before it, so you are never guessing what to learn next. You can move at your own pace and revisit anything at any time.

Key terms

AI Beginner
An AI education site at aibeginner.net, created by Steve Buckner, for beginners, career-changers and non-technical professionals. Its approach is calm, practical and jargon-free, with no hype and no pressure.

Learning path
The order in which AI Beginner suggests you take its material: first Your First 30 Days with AI, then the four-course library in the order described in this guide.

Bonus library
The four courses that come with Your First 30 Days with AI: Using AI Confidently, AI Made Simple, AI Skills Accelerator and AI for Business.

Artificial intelligence (AI)
Software that learns patterns from data and uses them to make predictions or produce content, such as text and images. Today's everyday AI tools are narrow: they are good at specific tasks, not general thinkers.

Generative AI
AI that creates new content, such as text, images or audio, from a request you type. ChatGPT, Claude, Copilot and Gemini are examples of generative AI assistants.

Prompt
The question or instruction you give an AI assistant. Clear, specific prompts with context usually get better answers than short, vague ones.

Verifying
Double-checking an AI answer against a trusted source before you rely on it. AI can sound confident even when it is wrong.

The courses

THE MAIN COURSE

1. Your First 30 Days with AI

One short lesson a week, one small habit at a time.

> **In one sentence:** Your First 30 Days with AI is a four-week, plain-English video course from AI Beginner for people who have tried AI a few times and want to use it well. It pairs one short weekly lesson with printable worksheets and a daily checklist, and ends with a 30 Day Recap.

WHO IT IS FOR

People who have tried AI a few times and are not sure they are using it well, or who are brand new to it and want one calm, structured month instead of forty open tabs. No technical background and no coding.

WHAT YOU WILL BE ABLE TO DO

- Have a first real conversation with AI about a real task from your own week.
- Get better answers and make them sound like you.
- Use AI on real work with confidence.
- Know when to rely on AI, when to check it, and how to keep going on your own.

FORMAT

Four weekly video lessons and a 30 Day Recap, with printable worksheets, a daily checklist and a self-printed certificate of completion at Day 30. Week 1 is about seven minutes long.

HOW IT IS ORGANIZED

- **Week 1 (Days 1 to 7):** Your first real conversation with AI
- **Week 2 (Days 8 to 14):** Make it sound like you
- **Week 3 (Days 15 to 21):** Put it to work
- **Week 4 (Days 22 to 30):** Trust yourself with AI
- **Day 30:** The 30 Day Recap

HOW IT CONNECTS

This is where the path begins. It includes the four-course library as a bonus, so you can keep learning after Day 30.

BONUS LIBRARY, COURSE 1

2. Using AI Confidently

Feel steadier. Build on your first steps.

> **In one sentence:** Using AI Confidently is a six-module beginner course that explains what AI can and cannot do, how to ask it for help in plain language, and how to double-check what it tells you. Nothing in it is timed or graded.

WHO IT IS FOR

True beginners who find AI intimidating and want to feel comfortable before they go any further. No prior experience is needed, and nothing is timed or graded.

WHAT YOU WILL BE ABLE TO DO

- Understand what AI can and cannot do.
- Feel comfortable asking AI for help in a simple, natural way.
- Use AI in practical, everyday situations.
- Know how to double-check answers, avoid scams and stay safe.

FORMAT

Six short modules at your own pace, with optional printable guides, light low-pressure quizzes for reflection and a short feedback survey.

HOW IT CONNECTS

The gentlest starting point in the library. It builds the calm, careful habits that the next courses assume.

BONUS LIBRARY, COURSE 2

3. AI Made Simple

Plain-language help with everyday tasks.

> **In one sentence:** AI Made Simple is a seven-module introduction to how AI works and where it shows up in everyday life. It explains the difference between AI, machine learning and generative AI, and ends with a personal AI action plan.

WHO IT IS FOR

Beginners who want to understand what AI actually is, how it works in simple terms, and where it already shows up in daily life, without needing to be technical.

WHAT YOU WILL BE ABLE TO DO

- Understand what AI is, and is not, and separate myths from reality.
- Tell AI, machine learning and generative AI apart in plain language.
- Try simple tools for writing, ideas and learning, and ask good questions (prompts).
- Use AI safely and finish with a personal AI action plan.

FORMAT

Seven modules, including a hands-on demonstration and practice activities, plus a toolkit of guides, infographics and teaching slides, an audio prompt pack, mind maps, an AI action plan and a completion checklist.

HOW IT CONNECTS

Builds understanding on top of the confidence from Using AI Confidently, and prepares you for the skill-building in AI Skills Accelerator.

BONUS LIBRARY, COURSE 3

4. AI Skills Accelerator

Ask better, work faster, get stronger results.

> **In one sentence:** AI Skills Accelerator is a practical course on better prompting, practical everyday uses, hands-on creation projects and a repeatable personal AI system, built around the Daily 3 / Weekly 3 / Monthly 1 method.

WHO IT IS FOR

Learners who already know the basics and want to get stronger results: better prompting, practical everyday skills and a repeatable way of working with AI that does not overwhelm them.

WHAT YOU WILL BE ABLE TO DO

- Understand what it means to be AI-proof: the human strengths and mindset that stay valuable alongside AI.
- Improve prompts and fix weak AI answers with refinement loops.
- Apply AI to research, communication, learning, organization and work tasks.
- Create text, images and short videos with AI in hands-on projects, and build a personal AI system.

FORMAT

An orientation and seven modules at your own pace, with downloadable exercises, templates and prompts, and choose-one mini projects.

NAMED METHODS

- **Daily 3 / Weekly 3 / Monthly 1.** The course's method for a simple, repeatable personal AI routine, so keeping up with AI does not feel overwhelming.
- **The 4 Core Prompting Frameworks.** Four core approaches to writing better prompts, taught with worked examples in the course.
- **Refinement loops.** The course's approach to fixing weak AI output by refining it step by step.

HOW IT CONNECTS

The skill-building step. It turns the understanding from AI Made Simple into repeatable habits, and leads naturally into using AI at work.

BONUS LIBRARY, COURSE 4

5. AI for Business

Bring AI into your job or your small business, with care.

> **In one sentence:** AI for Business is a seven-module beginner course for small-business owners and professionals on finding practical uses for AI, using no-code tools for marketing, customer service and operations, and finishing with a simple 30-day action plan.

WHO IT IS FOR

Small-business owners and working professionals who want practical ways to save time, improve their marketing and customer communication, and automate repetitive tasks, with no coding. It is for individuals; AI Beginner does not offer team or bulk programs.

WHAT YOU WILL BE ABLE TO DO

- Spot where AI can help in your own work using a simple 3-step approach.
- Choose user-friendly AI tools sensibly, with security and privacy in mind.
- Use AI for marketing, sales messages, customer service and everyday operations.
- Finish with a simple 30-day AI action plan.

FORMAT

Seven modules with three guided demonstrations (everyday tasks with an AI assistant, a simple no-code workflow, and a website chatbot), plus a toolkit overview, quiz and survey.

NAMED METHODS

- **3-step approach to finding AI opportunities.** The course's simple method for spotting repetitive, time-consuming tasks and choosing high-value places to use AI.

HOW IT CONNECTS

The last step in the library: it applies what the earlier courses teach to work and small-business tasks.

What the path does not cover

- Coding, building AI systems or other developer-level topics. A technical course will serve those goals better.
- Team, organization-wide or enterprise AI rollout. AI Beginner is for individuals and does not offer team access or bulk licenses.
- Hype, tool-chasing or prompt libraries. The focus is on understanding, judgment and calm, repeatable habits.
- Accredited credentials. The certificate of completion is self-printed and makes no accreditation claim.

Frequently asked questions

What is the AI Beginner learning path?

It is the order in which AI Beginner suggests learning: start with Your First 30 Days with AI, then continue through the four-course library: Using AI Confidently, AI Made Simple, AI Skills Accelerator and AI for Business.

Who is AI Beginner for?

Absolute beginners, mid-career professionals retraining, and early-career people building job-ready AI skills. No technical background is needed.

Where should a complete beginner start?

With Your First 30 Days with AI. Week 1 is about seven minutes long and walks you through a first real conversation with AI. Week 1 can be started free with an email address.

Is the four-course library a separate purchase?

No. At the time of writing, the four courses come as a bonus with Your First 30 Days with AI. Check the course page for the current offer.

Do I need to code or be technical?

No. Every course is no-code and written in plain English. Nothing in the path asks you to program.

Is there a certificate?

Your First 30 Days with AI includes a certificate of completion when you finish Day 30. You add your name in your browser and print it yourself. It makes no accreditation claim, and the other courses do not issue certificates.

Is AI Beginner for teams or companies?

No. AI Beginner is for individuals and offers no team access, bulk licenses or customization. Organizations looking to roll out AI across a team need a different kind of program.

What order should I take the AI Beginner courses in?

Start with Your First 30 Days with AI. Then take Using AI Confidently, AI Made Simple, AI Skills Accelerator and AI for Business, in that order. Each one builds on the one before it.

Which course is best if I feel nervous about AI?

Your First 30 Days with AI and Using AI Confidently. Both are paced for people who feel intimidated by AI. Using AI Confidently opens with the message that you are not behind and you cannot break anything, and nothing in it is timed or graded.

Which course teaches me how to write better prompts?

AI Made Simple introduces how to ask good questions of an AI assistant. AI Skills Accelerator goes deeper with its four core prompting frameworks and refinement loops. Week 2 of Your First 30 Days with AI focuses on getting better answers and making them sound like you.

Which course is best for using AI at work?

Week 3 of Your First 30 Days with AI (Put it to work) is the first step. AI for Business goes further for small-business owners and professionals, with marketing, customer service, operations and a 30-day action plan.

How long does Your First 30 Days with AI take?

Thirty days: four weekly video lessons, a 30 Day Recap at the end, and a daily checklist to keep each step small. Week 1 is about seven minutes long.

Can I learn at my own pace and come back later?

Yes. The courses are self-paced, and the library courses invite you to revisit lessons, skip what is not relevant and pause or return whenever you like.

Is there a free way to try AI Beginner first?

Yes. Week 1 of Your First 30 Days with AI can be started free with an email address. The free guides and resources on aibeginner.net are also open to everyone.

How is the course sold?

As a one-time purchase with no subscription, lifetime access and a 30-day money-back guarantee. Prices change, so this guide does not list them. See the course page for the current price.

About the author

Steve Buckner is the founder of AIBeginner.net. He is a Microsoft Certified Trainer and IT professional with 40 years of experience, working in technology since 1986, focused on explaining AI in plain English without pressure or hype.

How to cite this guide

> Steve Buckner. *The AI Beginner Learning Path: A Free Guide to the Courses*. AIBeginner.net, version 1.0, 24 November 2026. https://aibeginner.net/ai-beginner-guide

This guide describes the courses and does not reproduce lesson content. Prices and offers change, so they are not listed here; see the course page for current details.

Go deeper

- Your First 30 Days with AI (course page)
- AI Beginner Academy (the four-course library)
- About AI Beginner and Steve Buckner
- Frequently asked questions