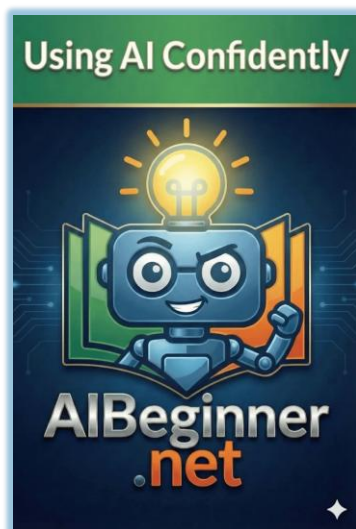


Using AI Confidently

A calm, practical introduction to using AI in everyday life — no technical background required.



Course Overview

This short course is designed to help you understand what AI is, how it works in simple terms, and how you can use it confidently in everyday situations.

You don't need any prior experience, and there's no pressure to move quickly. Each lesson is short, approachable, and focused on building comfort and confidence — not technical skills.

You can move at your own pace, revisit lessons anytime, and skip anything that doesn't feel relevant.

What You'll Learn

By the end of this course, you will:

- Understand what AI can and cannot do
- Feel comfortable asking AI for help
- Use AI in practical, everyday situations
- Know how to stay safe and avoid confusion

- Feel more confident navigating new technology
-

Course Outline

Module 1 — Welcome & Getting Comfortable

You're Not Behind — and You Can't Break Anything

- Why AI feels intimidating (and why that's normal)
 - What this course is — and what it isn't
 - How to approach learning AI calmly and confidently
 - How to use this course at your own pace
-

Module 2 — Understanding AI (Without the Hype)

What AI Is — and What It Isn't

- What people really mean when they say "AI"
 - Why AI can sound confident even when it's wrong
 - What AI is good at helping with
 - When AI should *not* be used
-

Module 3 — How to Think When Using AI

The Right Way to Ask AI for Help

- You don't need special commands or technical language
 - Why clarity matters more than clever wording
 - How to ask questions in a simple, natural way
 - Understanding your role when using AI
-

Module 4 — Your First Calm AI Experience

A Guided, Low-Pressure Demonstration

- Watching a real example step-by-step
 - Seeing how normal, imperfect input works just fine
 - Understanding how to read and respond to AI answers
 - Learning what to do if the response isn't helpful
-

Module 5 — Everyday Uses That Actually Matter

Practical Ways People Use AI at Home

- Writing or rewording emails and messages
 - Understanding letters, documents, or instructions
 - Planning trips or organizing ideas
 - Using AI as a helpful assistant, not a replacement
-

Module 6 — Staying Safe & Moving Forward

Using AI Wisely — and What to Do Next

- Why it's important to double-check information
 - How to avoid scams and misleading content
 - Knowing when not to rely on AI
 - Simple next steps if you want to keep exploring
 - Permission to pause, stop, or return later
-

Course Features

- Short, easy-to-follow lessons
- Calm explanations with real examples
- Optional printable guides and downloads
- Light, low-pressure quizzes for reflection
- A short feedback survey at the end

- An optional **Additional Resources** section with:
 - PDFs
 - Infographics
 - Audio files
 - Mind maps and takeaway materials

Nothing is timed, graded, or required beyond what feels helpful to you.

A Final Note to Students

This course isn't about becoming an expert.

It's about feeling **comfortable**, **confident**, and **in control** when using AI.

You're not late.

You're not expected to know anything already.

And you're doing just fine.

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