

— A HUMAN-FIRST FOUNDATION

Understand AI. Think for yourself.



A human-first foundation for learning, work and life.

Build the understanding to use AI with purpose. Recognize what it can contribute, where it can fail and what you bring to the work.

Understand the possibilities.

Recognize where AI can help and where its limits matter.

Keep your thinking central.

Your curiosity, judgment and voice stay part of the work.

12

Modules in
this program

6

Hours of learning
Approximately

Virgil

Your Agentic Learning Guide
for applied practice

12 teaching modules, with three section knowledge checks alongside them. Learning time is approximate. Learn at your own pace or with a cohort, with mobile access.

— UNDERSTAND. COLLABORATE. APPLY.

A stronger starting point. Your thinking at the center.

Learn what to ask, what to share and what to check. Explore three learning areas that keep understanding visible alongside the work you produce.

LEARNING AREA 01

Understanding AI

Build a usable understanding of AI, its limits and safe use.

- 01 What AI Actually Is
- 02 What's Different This Time
- 03 How AI Learns and Where It Fails
- 04 Staying Safe and Private with AI

LEARNING AREA 02

Human × AI Collaboration

Give useful direction, improve a first answer and identify what the human adds.

- 05 How to Design Basic AI Prompts
- 06 Telling AI What It Needs to Know
- 07 The Art of Conversation With AI
- 08 What You Bring to AI

LEARNING AREA 03

Putting AI to Work

Apply judgment to everyday tasks, active learning and work that retains your voice.

- 09 Directing AI for Getting Things Done
- 10 Directing AI to Actually Learn
- 11 Directing AI for Writing with You
- 12 Directing AI for Creating Compelling Presentations

Three section knowledge checks sit alongside the teaching modules.

Make your learning visible.

Inspect the output, explain it in your own words and identify your contribution. Keep a clearer prompt, a first response and your revision, with an explanation of what you checked, changed and learned.

BRING THE LEARNING INTO REAL WORK

Prepare a presentation you understand.

Choose a topic that matters to you. Use AI to explore and organize ideas, then decide what belongs in the story you want to tell.

01 Bring your purpose

YOUR PRACTICE

Name your audience and what you want them to understand. Decide which ideas matter and what information you can appropriately share with AI.

A PURPOSEFUL STARTING POINT

An audience, a central idea and source material appropriate for the exercise.

02 Explore and question

YOUR PRACTICE

Use AI to suggest ways to organize your ideas. Compare the options with your own thinking and return to trusted sources for significant claims.

THINKING YOU CAN INSPECT

A purposeful outline, checked claims and an account of what is missing or uncertain.

03 Make it yours

YOUR PRACTICE

Explain the central idea in your own words. Rehearse without reading the slides and revise any part you cannot yet explain clearly.

A PRESENTATION YOU CAN EXPLAIN

Your choices, your contribution and a reflection on what you learned.

See your thinking take shape.

The aim is not simply a polished presentation. It is a clearer account of what you understand, how AI helped and where your own thinking changed the work.

Video

Understand the idea and the purpose of the practice.

Applied exercise with Virgil

Your Agentic Learning Guide provides support, challenge and room to think.

Create and reflect

Create artifacts, examine your choices and improve your work.

Illustrative practice plan adapted from the program source, not a skills assessment or a reported participant outcome.

LEARNING THAT FITS YOUR CONTEXT

Start with curiosity. Bring something meaningful.

For people beginning with AI and those strengthening the basics, including students, working professionals, people preparing for a new role and lifelong learners.

FOR YOU**Build the foundation.**

You do not need to be enrolled in a school or college. Bring a question you want to understand, a piece of writing or a presentation idea.

FOR YOUR COMMUNITY**Share a starting point.**

Educators and learning leaders can establish shared language for AI, privacy and responsible practice while keeping understanding visible.

FOR THE LEARNING**Keep it purposeful.**

Choose material you can appropriately use in an AI exercise. Be ready to question the output and explain your thinking.

Asynchronous online learning. Learn at your own pace or with a cohort, with mobile access.



Your context. Your choices.
Your capability.

Learn. Practice. Make it yours.

Virgil is trained on the program content. The exercise design shapes when your guide provides support, challenge and space for your own thinking.

Each module includes video, an applied exercise with Virgil and an interactive area to create and reflect. Community membership is not included with this individual Foundations program.

Explore Human-First AI Literacy.

See the full program and discuss the learning that fits your goals, your team or your learning community.

www.humanskills.ai/human-first-ai-literacy



Scan to explore
the program.