SundAI

Course outline

AI at your own pace

Adults starting from scratch, including people trying AI for the first time later in life.

Four topics. We agree on session length, breaks and pace together.

What you will practise

- Ask for help in your own words and follow up when the answer misses the point.
- Spot a personal detail and replace it with a fictional one before typing.
- Check an answer against a familiar source and decide what to use.

Four steps

1. Start with something you would like to try. Find the chat box, type one request and ask for a simpler explanation.
2. Draft an everyday message using invented details. Compare two versions and choose the one that sounds like you.
3. Check an answer about opening hours against the official website. Practise what to leave out of a chat and what to do when an answer is wrong.
4. Pick a recurring task, such as making a shopping list. Write a few instructions, try them again on your own and keep a short reference sheet.

What you take home

Your own reference sheet with a request you have tried, a way to check the result and a reminder of which details to keep private.

How we'll learn together

I'm Ariel Rimón. I have a degree in public services management from Finland with additional studies in pedagogical psychology. What I bring from that into every lesson is the habit of listening first. If something about AI feels uncomfortable, we can start there. I'll show you a step, give you time to try it and explain it another way whenever you like.

Explore the course and request a free introductory call