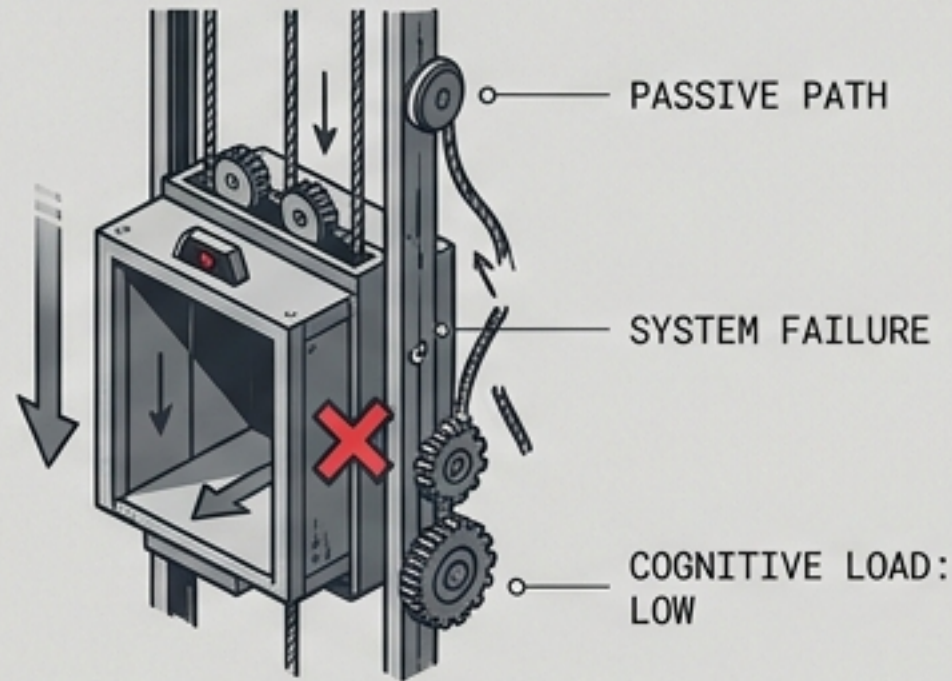


# The AI Learning Operating System

Practice: Your First AI Learning Assignment

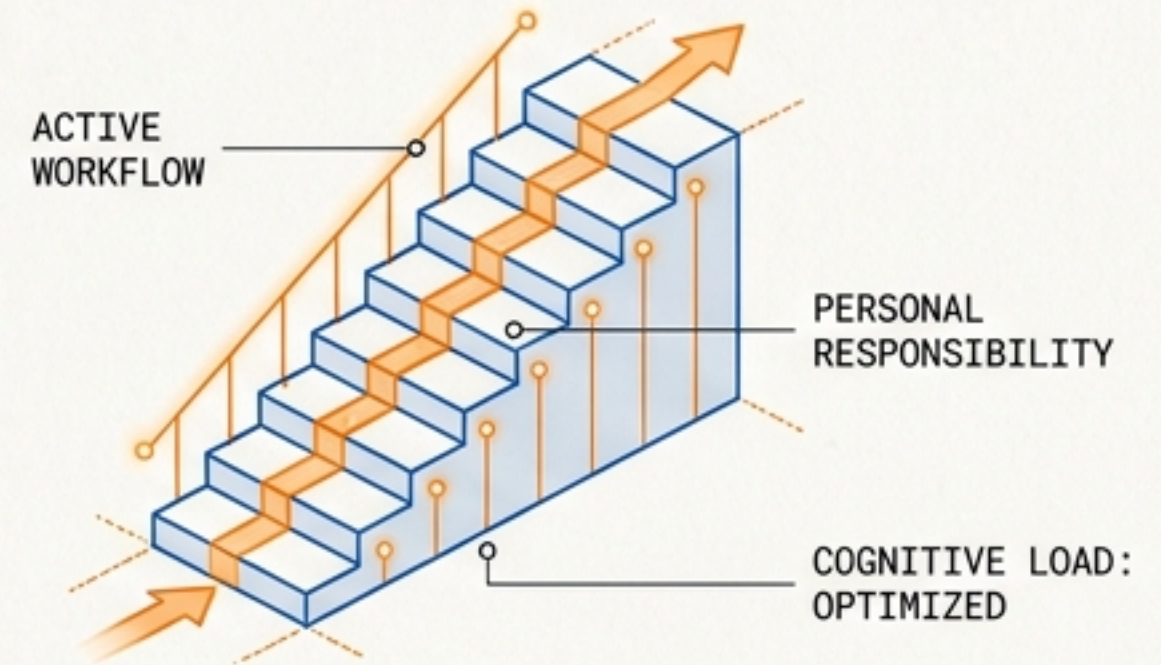
[Module 1 **Verification: Active**] | [Skill-Wanderer Dojo]

# Fixed Topic: How can I use AI to learn faster without becoming passive, shallow, or blindly dependent?



## The Risk



Using AI to learn tech skills can quickly make you passive and blindly dependent. You stop doing the cognitive heavy lifting.



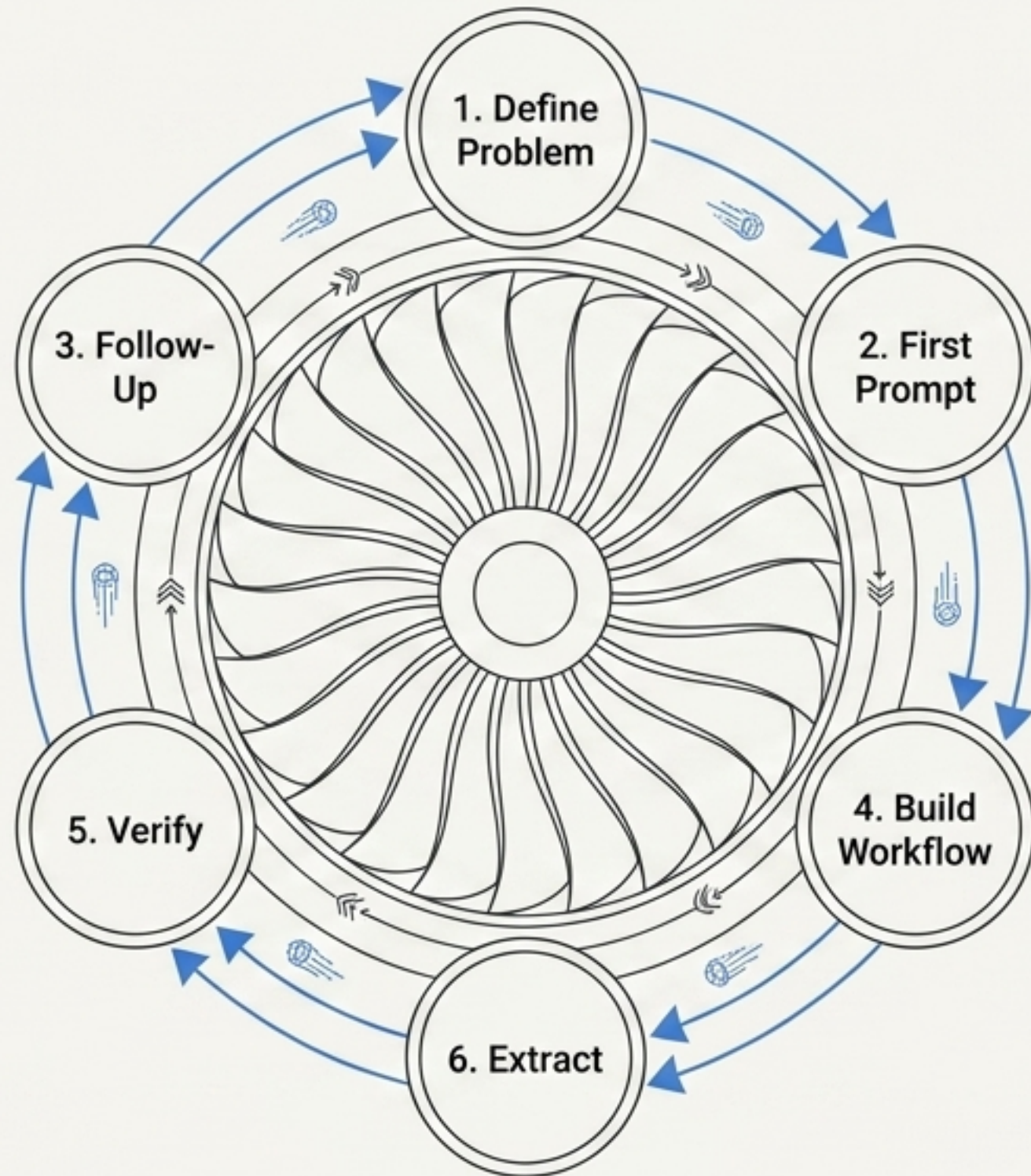
## The Goal

Build a simple, personal workflow for learning with AI while staying 100% responsible for your own understanding.

# Diagnostic Matrix: Who is doing the thinking?

		Passive Dependent 	Active Partner 
1	Initiation	Asks AI to guess what they need.	<b>Defines the exact problem and context first.</b>
2	Interaction	Accepts the very first AI answer.	<b>Treats the first answer as the start of a conversation.</b>
3	Verification	Trusts polished output blindly.	<b>Stress-tests claims and checks for hallucinations.</b>
4	Outcome	Copies text into a document.	<b>Extracts reusable knowledge in their own words.</b>

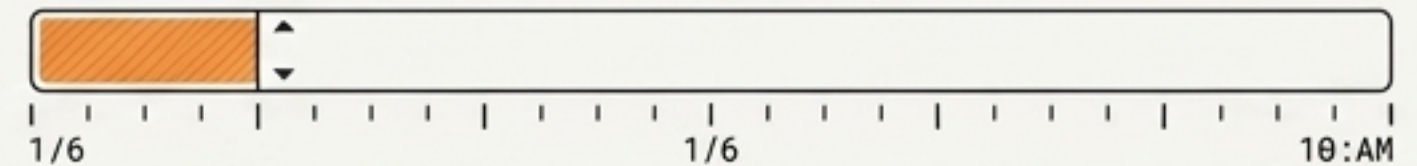
# The Active Learning Engine (System Overview)



## Timebox Dashboard

TIME ALLOCATION: 45 to 60 Minutes

Phase 1 (10 min): Define learning responsibly.



Phase 2 (20-30 min): Work with AI & build workflow.

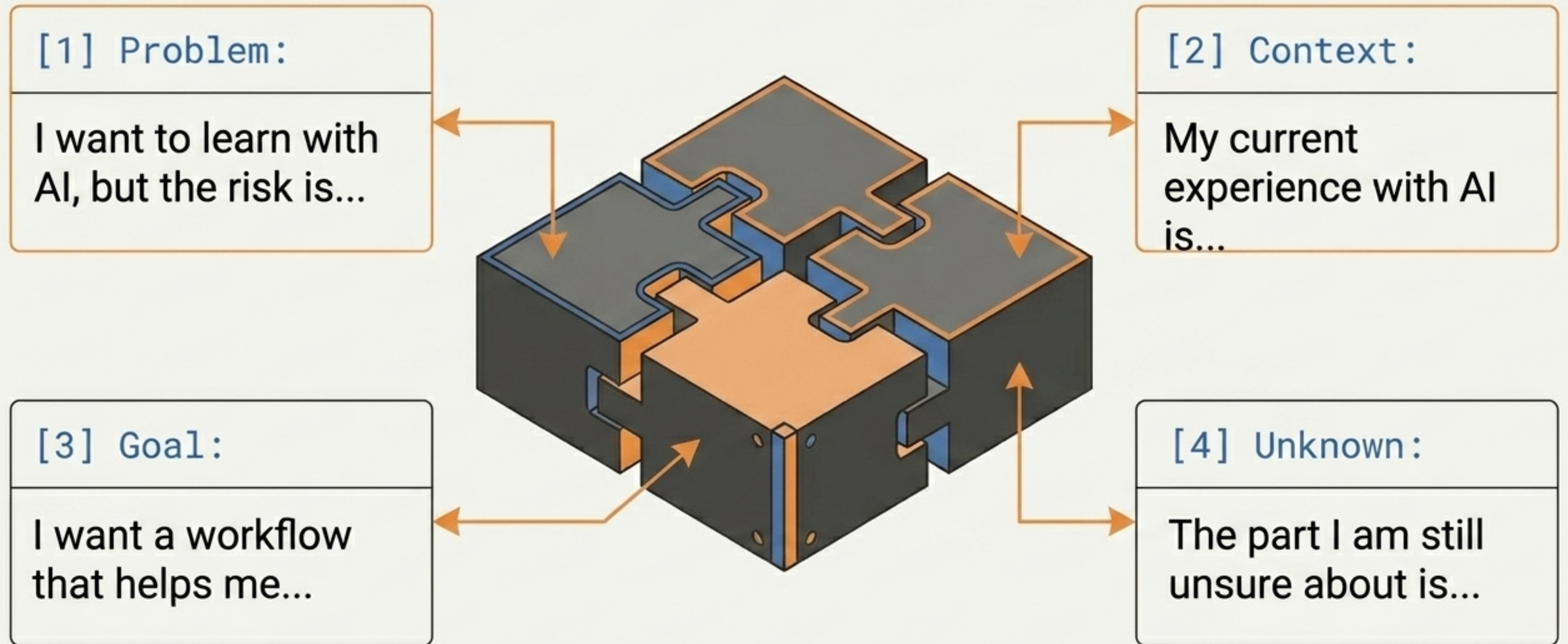


Phase 3 (10-20 min): Verify, extract, and reflect.



# Step 1: Define the Problem First

AI should not guess what you need. You set the direction.



# Step 2: Write a Better First Prompt

Injects your baseline knowledge.

I am learning how to learn with AI responsibly.

My context is **[your current experience]**.

My goal is to build a simple workflow I can reuse when learning tech topics.

The part I am unsure about is **[your main confusion/risk]**.

Do not just give me a polished answer. Guide me like a thinking partner: explain the core principles, ask me questions if needed, and help me design a workflow that keeps me active, accountable, and able to verify what matters.

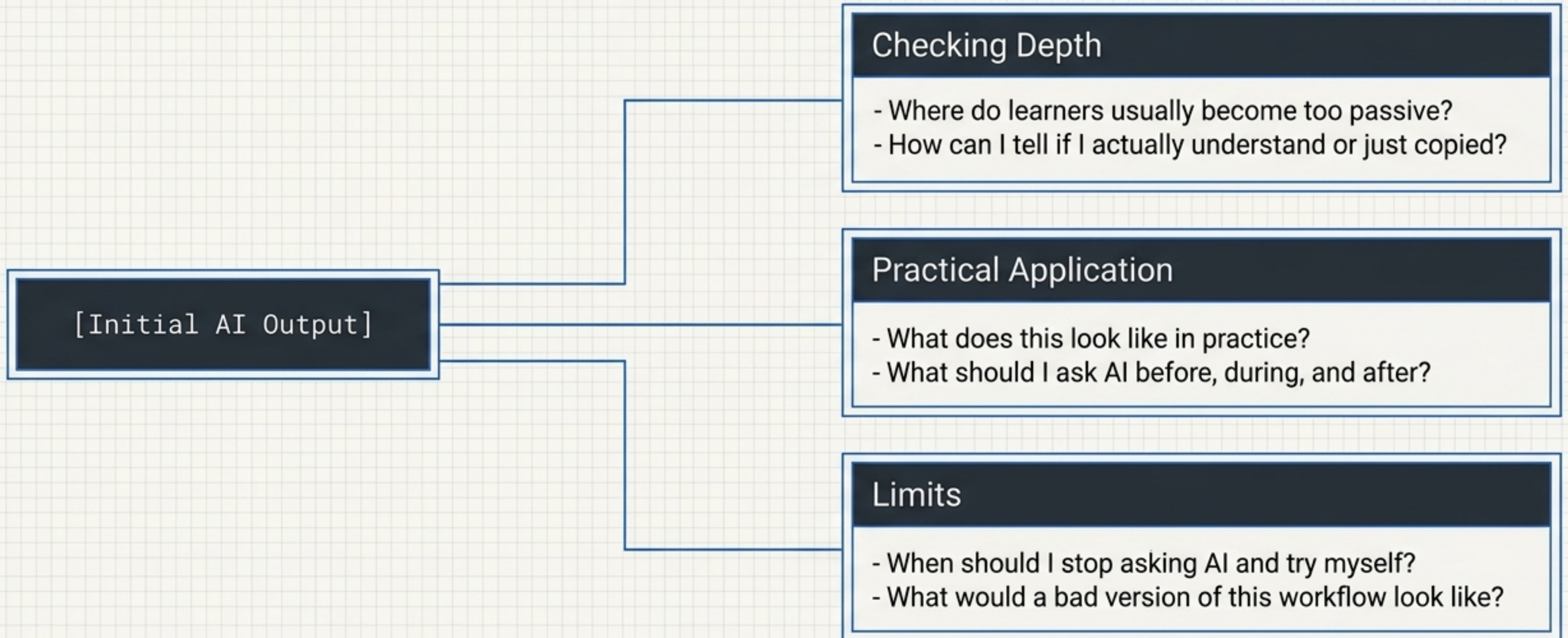
Sets the rigid deliverable.

Targets the specific learning gap.

**SYSTEM RULE: Do not accept the first answer as final. Treat it as the beginning of the conversation.**

# Step 3: The Art of the Follow-Up

Your follow-up questions are more important than your first prompt. (Minimum: Ask 3)



# Step 4: Architecting the Artifact

Build a concrete, 1-page document you can actually reuse.

## My First AI Learning Workflow

### 1. Clarification Before AI

What to define first.

### 2. Prompt Template

The structure to initiate chat.

### 3. Follow-Up Questions

Go-to questions to dig deeper.

### 4. Verification Rule

When to slow down and check facts.

### 5. Knowledge Extraction

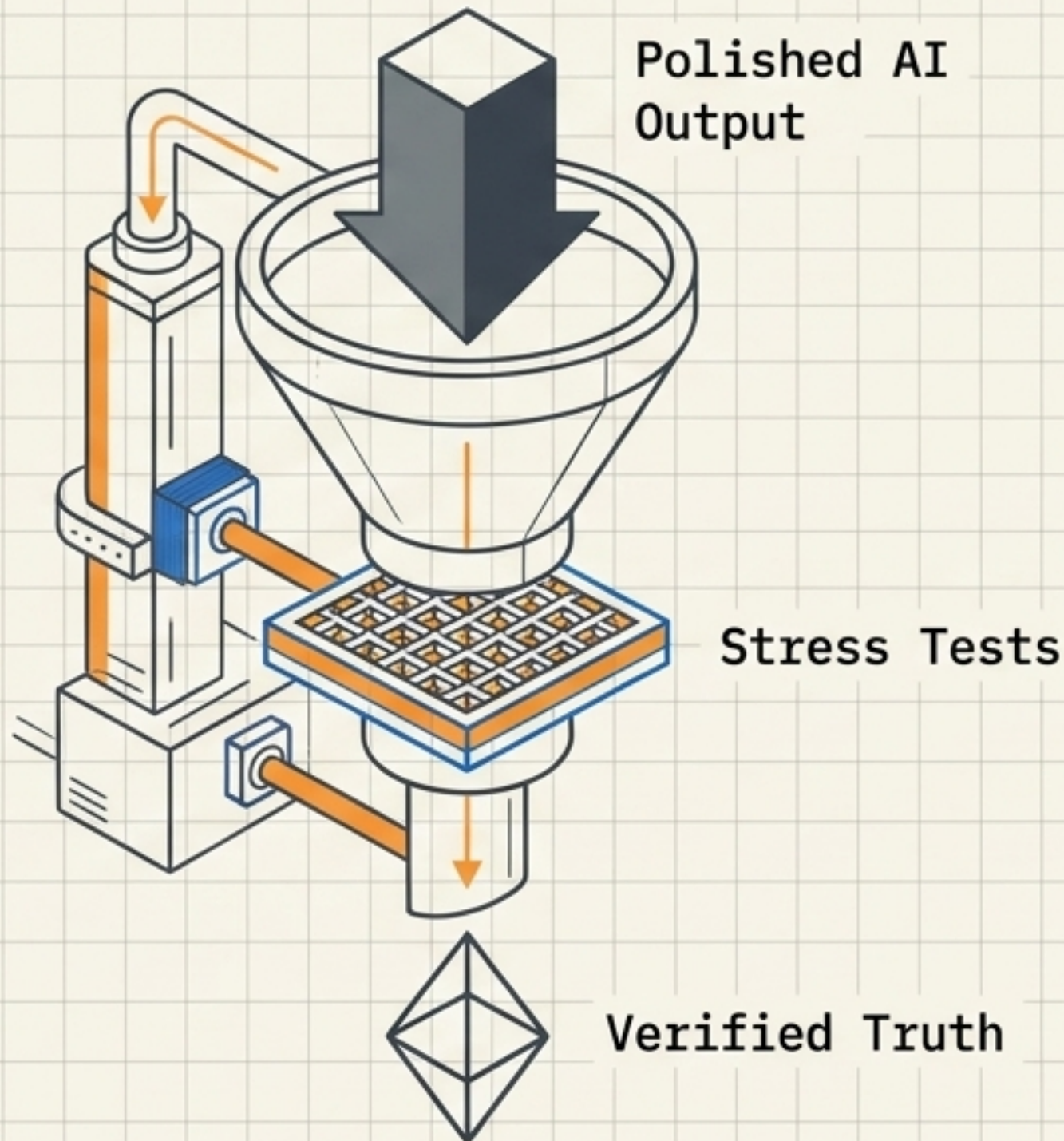
A template for summarizing.

### 6. Warning Sign

Trigger indicating AI is replacing thinking.

# Step 5: The Verification Funnel

Pick one claim, rule, or recommendation from the AI and check it.

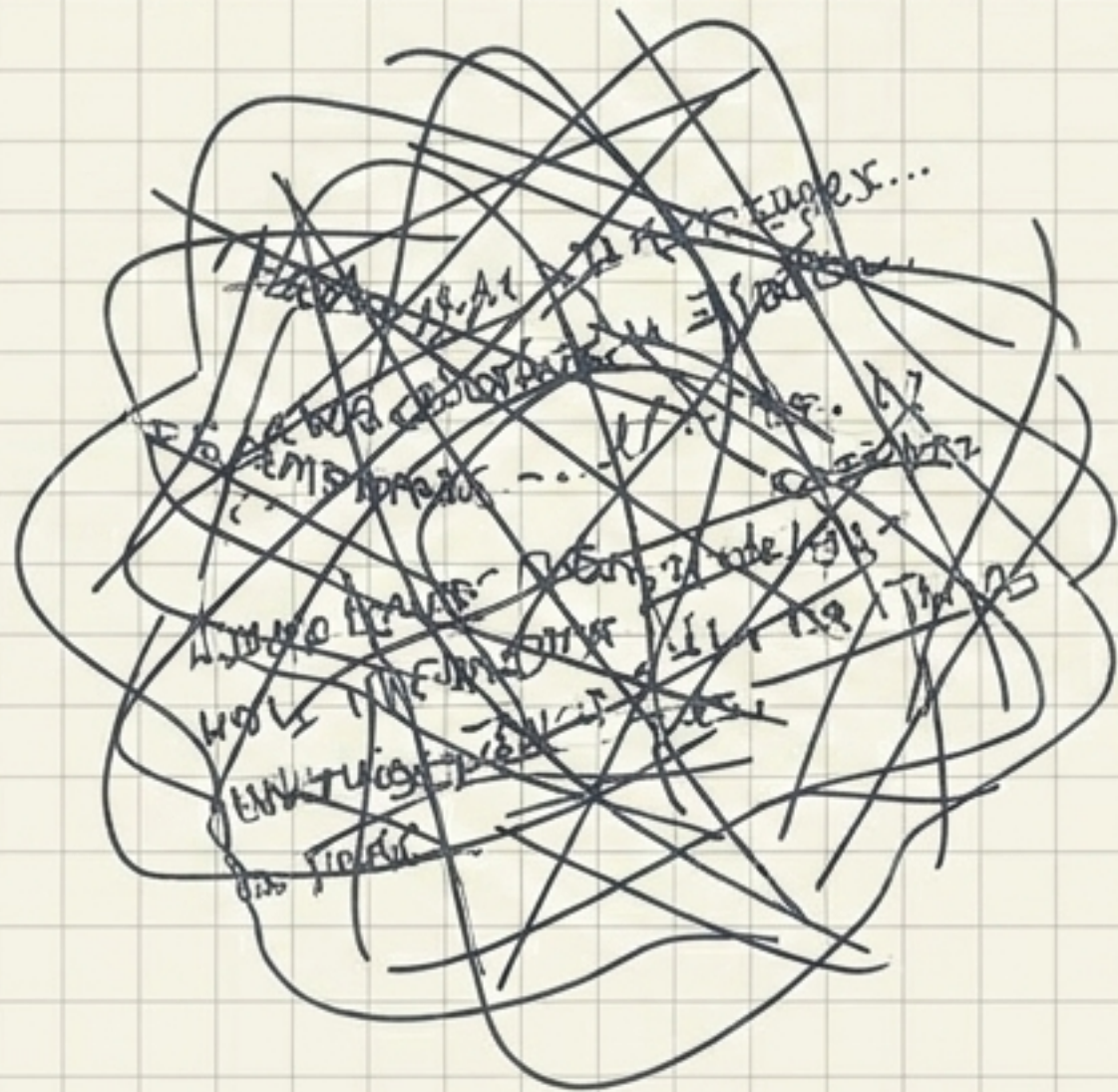


## Stress Tests

1. **Cross-Reference:** Compare to Module 1 lessons.
2. **Adversarial Mode:** Ask AI to argue against its own recommendation.
3. **Scenario Test:** Apply the rule to a realistic learning scenario.
4. **The Blank Slate:** Explain the idea without AI and see where it breaks.
5. **Human Verification:** Ask another person or external source.

# Step 6: Extracting Reusable Knowledge

Without extraction, the conversation disappears from memory. Use your own words.



Raw Chat Session



Extraction  
Protocol

[1] **Meaning:** Learning with AI means...

[2] **Pattern:** The useful workflow pattern is...

[3] **Danger:** The danger of passivity here is...

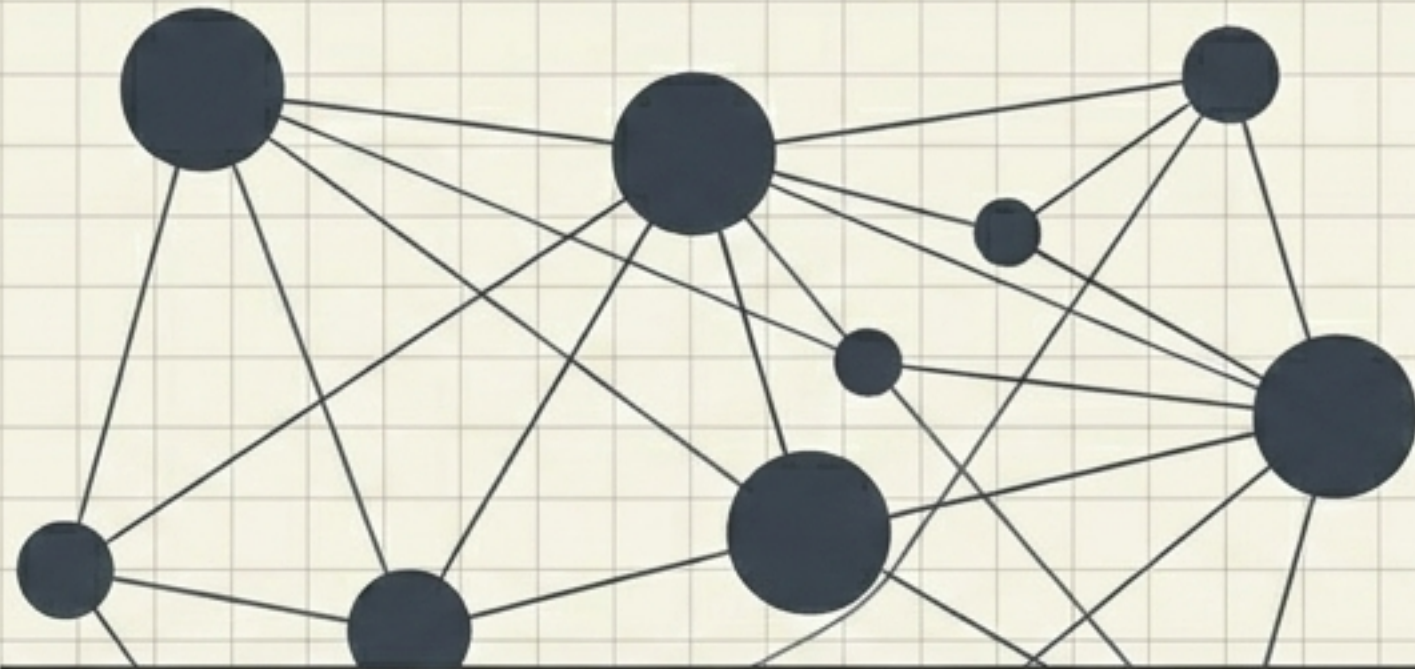
[4] **Verification:** The specific part I checked was...

[5] **Future Rule:** The rule for next time is...

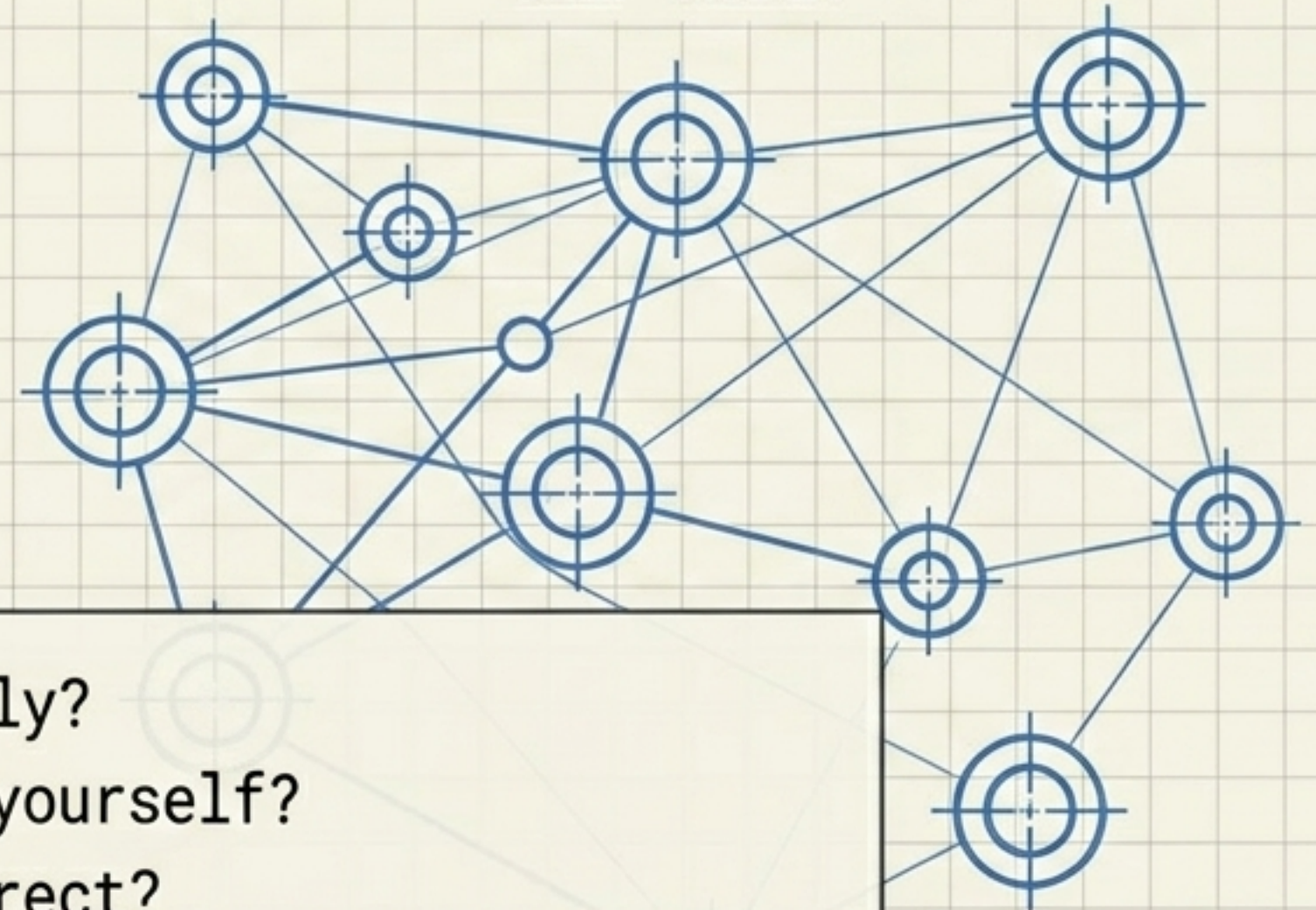
# The Reflection Phase

A self-audit to prove you understand more than when you started.

ACTION SYSTEM

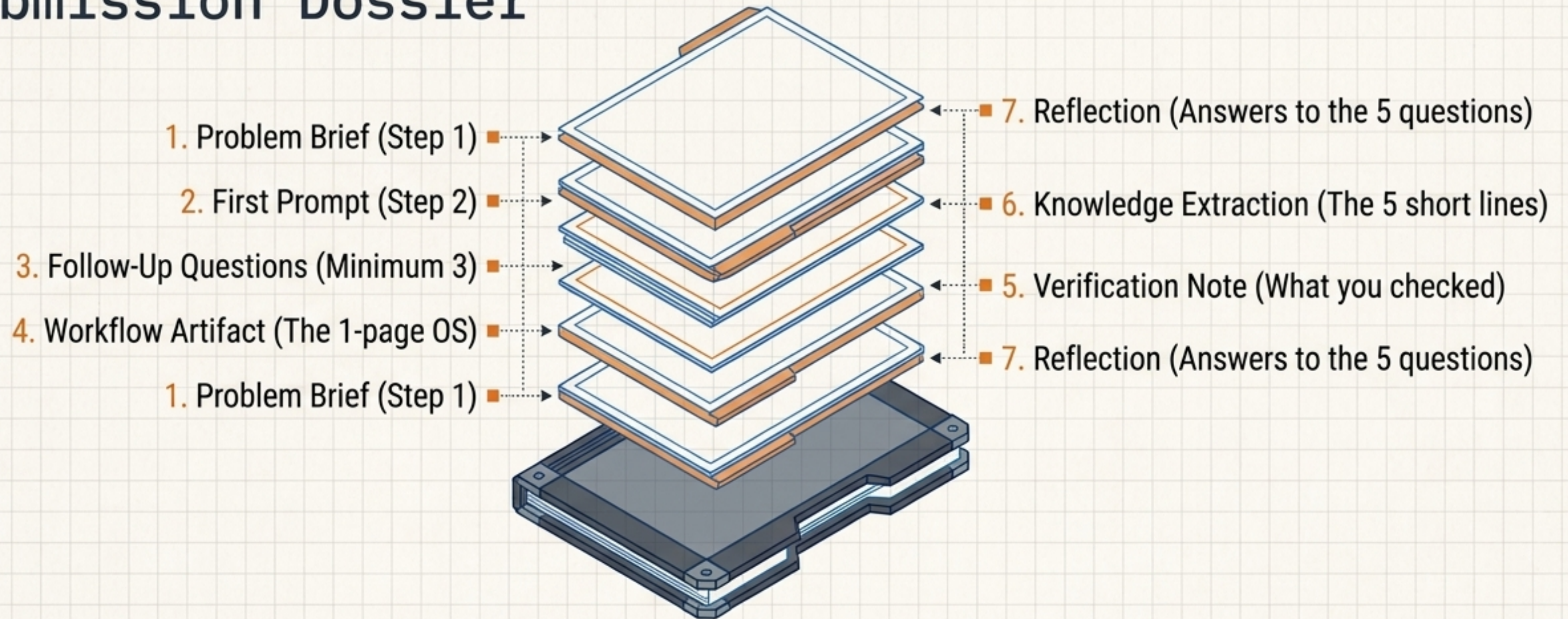


SELF-AUDIT



- Where did AI help you think more clearly?
- Where did you still need to think for yourself?
- What did AI assume that you had to correct?
- Which part of your new workflow prevents blind trust?
- What will you do differently next time you learn a tech skill?

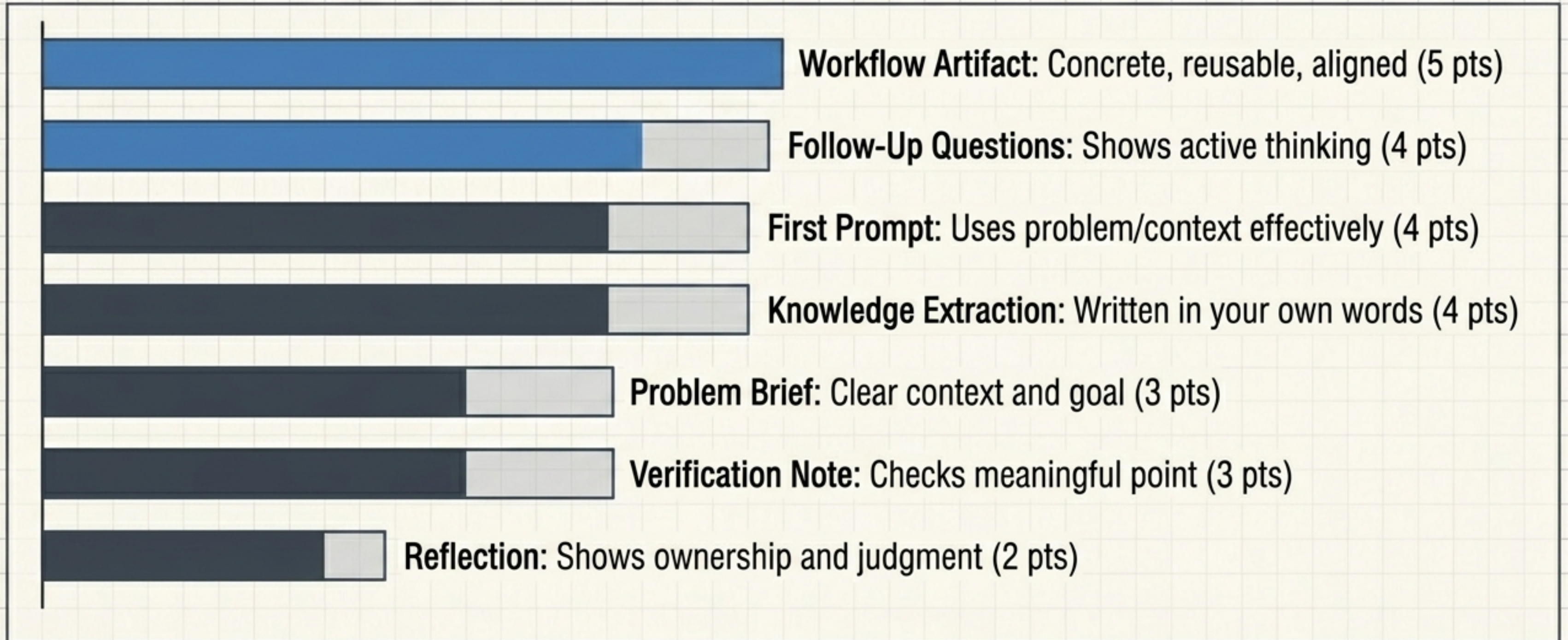
# Submission Dossier



**SYSTEM WARNING: DO NOT SUBMIT A FULL RAW AI CHAT TRANSCRIPT. INCLUDE ONLY THE ARTIFACTS OF YOUR THINKING.**

# System Evaluation (Grading Rubric)

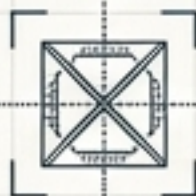
Total: 25 Points. Heavy emphasis on active engagement.



# Instructor X-Ray: Calibrating Your Submission

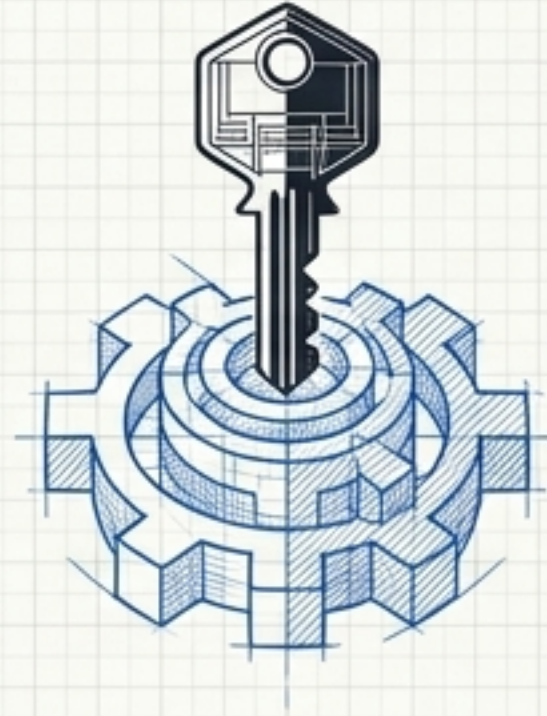
## Failure State (Weak)

- Vague problem brief.
- Workflow copied directly from AI with no edits.
- Zero verification of AI claims.
- Reflection simply states: "AI helped me."



## Optimal State (Strong)

- **Clear, personal problem definition.**
- **Workflow is simplified, practical, and highly edited.**
- **Proved verification of at least one core claim.**
- **Reflection proves the learner maintained ownership.**



**“AI creates the momentum.  
You do the learning.”**

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AI-first learning does not mean AI does the learning for you. Start from a real problem, use AI as a thinking partner, verify what matters, and build a workflow you own. System deployment ready.