

WHAT TO EXPECT

Generative AI

Learn how to understand, use, and responsibly apply generative AI tools in your work and everyday life — from the basics to advanced techniques.

The Curriculum

The program is a combination of curriculum around Generative AI, and additional curriculum to support your well-being and human development. These activities will be intermingled throughout your journey as described below. You can expect to interact with:

- **Generative AI Curriculum:** Concept to Creation, Fundamentals to Future Proofing, Ideas to Innovation
- **Foundations for Flourishing:** Activities to introduce you to different human development concepts and ideas.
- **Human Development Elective:** Activities to dive deeper into an area of your choosing - Communication, Mindfulness or Exercise.

How each course flows

Every course in this program follows the same rhythm. Here's the pattern you'll repeat, unit by unit and module by module:

1. Topics & learning activities

Each topic is a conversation with LE, your learning companion — it may include short videos to watch or questions to answer.

2. Unit wrap-up + wellness check-in

After finishing a unit's topics, you'll complete a unit activity — practicing a skill or heading off-platform to do some hands-on prompting — followed by a brief wellness check-in.

3. Module wrap-up + wellness check-in

Once all units in a module are done, you'll complete a module activity — again practicing skills or prompting off-platform — followed by a closing wellness check-in.

How each session flows

As you move through this experience, you will choose when and for how long to engage in the app at a given point in time. In addition to your curriculum, you may interact with other components of our experience by session including:

- Starting and ending breathing exercises
- Rating your mood or experience
- Winding Down by reflecting on your experience or state or mind
- Logging or discussing your goals
- Visiting the dashboard for insights or trends

These components will show up based on your selections or time on the app so you may experience a different cadence than another learner.

Course 1: Concept to Creation

Use generative AI tools responsibly and effectively across text, image, and video to understand how they work, create original content, and evaluate outputs with an awareness of ethical implications.

Week 1 - Getting Started

Everything you need to know before you jump in and get started.

This Course: Concept to Creation

-  **Didactic:** What You'll Learn
-  **Didactic:** How AI is Reshaping Education
-  **Dialogic:** AI Considerations
-  **Unit Activity (Unfolding Scenario):** Wrap up "This Course: Concept to Creation"

-  **Module Activity (Activity):** Wrap up "Week 1 - Getting Started"
-  **Foundations for Flourishing:** A deeper dive into your well being and human skills

Week 1 - Introduction to Generative AI

Build your foundation in generative AI — from the basics to how it works under the hood.

What is Generative AI

-  **Didactic + Concept Retention:** What Generative AI Is and Does
-  **Didactic + Concept Retention:** AI vs. Generative AI
-  **Didactic + Concept Retention:** How AI Evolved to Reach Today
-  **Dialogic:** AI Possibilities in Your Field
-  **Didactic + Concept Retention:** How Large Language Models Generate Text
-  **Unit Activity (Unfolding Scenario):** Wrap up "What is Generative AI"
-  **Foundations for Flourishing:** A deeper dive into your well being and human skills

AI Ethics and Real-World Impact

-  **Didactic + Concept Retention:** Environmental and Consent Costs of AI
-  **Dialogic:** How Bias Enters and Harms AI Outputs
-  **Unit Activity (Unfolding Scenario):** Wrap up "AI Ethics and Real-World Impact"
-  **Foundations for Flourishing:** A deeper dive into your well being and human skills

Prompting 101

-  **Didactic + Basic Practice:** What Is a Prompt and Why It Matters
-  **Didactic + Basic Practice:** What Makes a Prompt Effective
-  **Modeled Practice:** Writing Your First Prompt
-  **Unit Activity (Unfolding Scenario):** Wrap up "Prompting 101"
-  **Foundations for Flourishing:** A deeper dive into your well being and human skills

Refining AI Output

 **Didactic + Basic Practice:** Hallucinations and Human Review

 **Modeled Practice:** How To Review AI Output

 **Unit Activity (Intermediate Practice):** Wrap up "Refining AI Output"

 **Foundations for Flourishing:** A deeper dive into your well being and human skills

 **Module Activity (Advanced Practice):** Wrap up "Week 1 - Introduction to Generative AI"

 **Foundations for Flourishing:** A deeper dive into your well being and human skills

Week 2: Generative AI for Image and Video Creation

Create AI-generated images, video, and audio while navigating the ethical risks of each medium.

Understanding AI Image Generation

 **Didactic:** How AI Image Generation Works

 **Didactic:** What AI Images Can and Cannot Do

 **Didactic:** Ethical Issues with AI-Generated Art

 **Unit Activity (Unfolding Scenario):** Wrap up "Understanding AI Image Generation"

 **Foundations for Flourishing:** A deeper dive into your well being and human skills

Creating AI Images in ChatGPT

 **Didactic + Basic Practice:** Choosing an AI Image Generation Tool

 **Modeled Practice:** Writing Image Prompts in ChatGPT

 **Unit Activity (Intermediate Practice):** Wrap up "Creating AI Images in ChatGPT"

 **Foundations for Flourishing:** A deeper dive into your well being and human skills

Understanding AI Video Generation

 **Didactic + Concept Retention:** What AI Video Tools Can and Cannot Do

 **Didactic:** Deepfakes and Ethical Risks of AI Video

 **Unit Activity (Unfolding Scenario):** Wrap up "Understanding AI Video Generation"

 **Foundations for Flourishing:** A deeper dive into your well being and human skills

Understanding AI Audio Generation

 **Basic Practice + Dialogic:** What AI Audio Tools Can and Cannot Do

 **Dialogic:** Voice Cloning Capabilities and Ethical Risks

 **Unit Activity (Unfolding Scenario):** Wrap up "Understanding AI Audio Generation"

 **Foundations for Flourishing:** A deeper dive into your well being and human skills

Getting Started with Synthesia

 **Didactic:** What Synthesia Is and What It Does

 **Didactic:** Setting Up Your Synthesia Account



Didactic: Choosing and Configuring an Avatar



Unit Activity (Unfolding Scenario): Wrap up "Getting Started with Synthesia"



Foundations for Flourishing: A deeper dive into your well being and human skills



Module Activity (Advanced Practice): Wrap up "Week 2: Generative AI for Image and Video Creation"



Foundations for Flourishing: A deeper dive into your well being and human skills

Course 2: Fundamentals to Future Proofing

Use generative AI to accelerate professional work through structured prompting, workflow integration, and responsible, ethical practice.

Week 3: Getting Started

Complete all of the necessary steps to prepare for learning about generative AI with Matter and Space.

This Course: Fundamentals to Future Proofing

 **Didactic:** What You'll Learn

- **Unit Activity (Activity):** Wrap up "This Course: Fundamentals to Future Proofing"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

- **Module Activity (Activity):** Wrap up "Week 3: Getting Started"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

Week 3: Accelerating Your Work with Generative AI

Apply prompt engineering techniques and the CREATE method to brainstorm, draft, and summarize for real professional tasks.

AI, Automation, and the Workplace

 **Concept Retention + Dialogic:** Distinguishing AI from Automation

 **Didactic:** AGI vs. ANI: Types of AI Intelligence

 **Didactic:** AI in Everyday Tools

 **Dialogic:** Identifying AI Features in Work Tools

 **Unit Activity (Unfolding Scenario):** Wrap up "AI, Automation, and the Workplace"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

Building Better Prompts

 **Didactic:** What Is Prompt Engineering

 **Didactic + Basic Practice:** The CREATE Method for Structuring Prompts

 **Dialogic:** Avoiding Assumptions in Your Prompts

 **Unit Activity (Intermediate Practice):** Wrap up "Building Better Prompts"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

Advanced Prompting: Brainstorming

 **Modeled Practice:** Using AI Prompts to Brainstorm Ideas

 **Unit Activity (Intermediate Practice):** Wrap up "Advanced Prompting: Brainstorming"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

Advanced Prompting: Drafting



Modeled Practice: Using AI Prompts to Write Drafts



Unit Activity (Intermediate Practice): Wrap up "Advanced Prompting: Drafting"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills

Advanced Prompting: Summarization



Modeled Practice: Writing Prompts That Summarize Content



Unit Activity (Intermediate Practice): Wrap up "Advanced Prompting: Summarization"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills



Module Activity (Advanced Practice): Wrap up "Week 3: Accelerating Your Work with Generative AI"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills

Week 4: Future-Ready AI: Impact and Action

Evaluate the ethical implications of AI, compare leading LLMs, and refine outputs through iteration and feedback loops.

Ethical Implications of AI Use



Didactic + Concept Retention: Core Principles of Ethical AI Use



Dialogic: Applying Ethical Principles to Real Cases



Unit Activity (Unfolding Scenario): Wrap up "Ethical Implications of AI Use"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills

Comparing LLM-Based AI Tools



Didactic: Introduction to Google Gemini



Didactic: Introduction to Anthropic Claude



Dialogic: Comparing ChatGPT, Gemini, and Claude



Modeled Practice: Choosing the Right LLM for Your Task



Unit Activity (Intermediate Practice): Wrap up "Comparing LLM-Based AI Tools"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills

Iteration and Feedback in AI Workflows



Didactic + Basic Practice: How Iteration Improves AI Output Quality



Modeled Practice: AI for Tasks Beyond Writing and Chat



Modeled Practice: Practicing Iterative Feedback on AI Output



Unit Activity (Intermediate Practice): Wrap up "Iteration and Feedback in AI Workflows"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills



Module Activity (Advanced Practice): *Wrap up "Week 4: Future-Ready AI: Impact and Action"*



Elective Focus: Exercise, Communication, or Mindfulness: *A deeper dive into your well being and human skills*

Course 3: Ideas to Innovation

Push your AI skills further. Explore advanced prompting techniques, understand what AI still can't do reliably, navigate real ethical dilemmas — and complete a full end-to-end AI project.

Week 5 - Getting Started

Orientation for Course 3 — preview the advanced techniques ahead, check in on your goals, and see how this week sets up your final project.

This Course: Ideas to Innovation

 **Didactic:** What You'll Learn

- **Unit Activity (Activity):** Wrap up "This Course: Ideas to Innovation"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

- **Module Activity (Activity):** Wrap up "Week 5 - Getting Started"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

Week 5 - Expanding Generative AI Capabilities

Go beyond basic prompting — write structured Markdown prompts, guide outputs with examples, and configure AI behavior with system prompts.

Prompt Engineering: Markdown

 **Didactic:** What Is Markdown and Why Use It

 **Modeled Practice:** Applying Markdown Formatting in Prompts

 **Unit Activity (Intermediate Practice):** Wrap up "Prompt Engineering: Markdown"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

Enhancing Prompts: Few-Shot and Models

 **Didactic:** What Is Few-Shot Prompting

 **Modeled Practice:** Applying Few-Shot Prompting Techniques

 **Didactic:** GPT Model Variants and Their Differences

 **Unit Activity (Intermediate Practice):** Wrap up "Enhancing Prompts: Few-Shot and Models"

 **Elective Focus: Exercise, Communication, or Mindfulness:** A deeper dive into your well being and human skills

System Prompts and LLM Memory

 **Didactic:** How LLMs Handle Memory and Context

 **Didactic:** What Is a System Prompt

 **Modeled Practice:** Writing and Using System Prompts

 **Unit Activity (Intermediate Practice):** Wrap up "System Prompts and LLM Memory"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills



Module Activity (Advanced Practice): Wrap up "Week 5 - Expanding Generative AI Capabilities"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills

Week 6 - Ethics

Cap the program with your sharpest thinking — revisit what AI genuinely can't do well, go deeper on ethics, probe AI limitations firsthand, and complete your end-to-end project.

Understanding the Limits of AI



Dialogic: Revisiting Hallucinations



Didactic: What Are Fidelity Hallucinations



Dialogic: What Is Prompt Drift and How to Avoid It



Dialogic: Other Known Limits and Failure Modes



Unit Activity (Unfolding Scenario): Wrap up "Understanding the Limits of AI"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills

Deepening Your AI Ethics Practice



Dialogic: Ethical Issues in Advanced AI Use



Unit Activity (Unfolding Scenario): Wrap up "Deepening Your AI Ethics Practice"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills



Module Activity (Advanced Practice): Wrap up "Week 6 - Ethics"



Elective Focus: Exercise, Communication, or Mindfulness: A deeper dive into your well being and human skills