

AI Hero Academy 10 hours, hands-on.

Course Promise

Transform everyday professionals into confident, practical AI users through guided instruction, real task labs, and responsible usage habits.

Module 0 AI Wake-Up Call (40 min) The AI Revolution: Origin Story (30 min)

- ELIZA vs modern AI capability comparison
- Why current generation AI feels different
- Human + AI partnership model

Module 3 Responsibility & Ethics (45 min)

- Privacy rules and sensitive data boundaries
- Bias, misuse, and accountability
- Human-in-the-loop principles

Module 5 Prompt Engineering Mastery (60 min)

- 5-element prompting structure
- Draft refine loop
- Reusable prompt patterns for daily work

Module 7 Creative Work & Voice Preservation (35 min)

- Ideation with AI
- Editing to keep authentic tone
- Avoiding generic AI voice

Module 9 Safety, Control, and 30-Day Capstone (60 min)

- Hallucination spotting and verification checks
- Over-reliance prevention habits
- Personal 30-day implementation plan with measurable actions

Final Deliverables for Students

- Completed workbook activities
- Starter prompt library
- Verification checklist habit
- Personal 30-day plan