AI: A WAKE-UP CALL FOR EVERYDAY WORKERS

The Industrial Revolution You're Living Through Right Now

Duration: 40-45 minutes

Format: Eye-opening presentation with data, charts discussion, and reality check

Purpose: Show office workers and everyday people the exponential change happening NOW and why they cannot afford to be left behind

MODULE OVERVIEW

This module serves as the critical wake-up call that sets the stage for the entire AI Hero Academy course. It uses shocking data from METR (an independent AI safety research organization), exponential growth charts, and insights from NVIDIA CEO Jensen Huang to demonstrate that AI isn't a future trend—it's the largest infrastructure transformation in human history happening RIGHT NOW, and those who don't adapt will be left behind.

By the end of this module, participants will:

• Understand the TRUE speed of AI advancement (far beyond what they imagined)

• See concrete data from METR showing AI capabilities doubling every 7 months

• Recognize that this is not "technology hype" but a measurable industrial revolution

• Feel genuine urgency to learn AI skills immediately

• Understand that their jobs won't disappear, but workers who use AI will replace workers who don't

INSTRUCTOR SCRIPT

Opening - The Uncomfortable Truth (3 minutes)

"Before we dive into learning how to use AI, I need to show you something that will make you uncomfortable. But it's something you NEED to see.

I'm going to show you data and charts that reveal the actual speed at which AI is advancing. Not marketing hype. Not media exaggeration. Real, scientific measurements from an independent research organization.

And here's the uncomfortable truth: If you're not learning to use AI right now, today, this week—you're falling behind at an exponential rate.

Let me show you what I mean by 'exponential.'

Most people think technology improves in a straight line. A little better each year. Steady progress.

That's not what's happening with AI.

What's happening with AI is closer to a runaway freight train accelerating downhill.

And the track? It's getting steeper.

Let me show you the data that should concern every single person in this room who wants to remain competitive in their career."

Section 1: The METR Data - The Speed You Can't Comprehend (12 minutes)

"There's an organization called METR—M-E-T-R. It stands for Model Evaluation and Threat Research.

METR is an independent, nonprofit research organization based in Berkeley, California. They're not trying to sell you anything. They're not hyping AI products. They're scientists who measure AI capabilities objectively.

And what they've discovered should wake you up.

What METR Does:

They scientifically measure how well AI systems can complete real-world tasks autonomously—without constant human help.

Not 'can it answer a question.'

Not 'can it write a sentence.'

Can it complete an actual multi-step task that professionals do in their jobs?

Things like:

• Researching a topic and writing a comprehensive report

• Debugging code in a software application

• Analyzing data and making recommendations

• Conducting experiments and documenting results

• Building functional tools or systems

The Measurement They Use:

METR measures what they call the 'time horizon'—the length of tasks (measured by how long they take human professionals) that AI can complete with 50% reliability.

Think of it this way:

If a task takes a human professional 10 minutes, can AI complete that same task successfully at least half the time?

If yes—that's within AI's current time horizon.

If no—that task is beyond AI's current capabilities.

Here's What They Found:

The length of tasks that AI agents can complete has been **doubling approximately every 7 months for the last 6 years**.

Let me say that again: DOUBLING. Every. SEVEN. Months.

That means:

• **7 months ago:** AI could reliably complete tasks that take humans X amount of time

• **Today:** AI can complete tasks that take 2X

• **7 months from now:** AI will complete 4X

• **14 months from now:** 8X

• **21 months from now:** 16X

• **2 years from now:** 32X what it does today

Real Numbers From METR Research:

2019 (GPT-2):

Time horizon: A few seconds

Could complete: Basic text generation, simple completions

2021 (GPT-3):

Time horizon: About 1 minute

Could complete: Write coherent paragraphs, answer straightforward questions

2023 (GPT-4, Claude 2):

Time horizon: Several minutes

Could complete: Draft emails, simple analyses, short summaries

2025 (Claude 3.7 Sonnet, GPT-4o, o1):

Time horizon: 30-60 minutes

Could complete: Research tasks, debug code, analyze datasets, write complex documents

2027 (extrapolating the trend):

Time horizon: 16+ hours

Will complete: Tasks that currently take professionals most of a day

2028-2029 (if trend continues):

Time horizon: Days to weeks

Will complete: Multi-day projects that require planning, research, execution, and revision

Let me put this in perspective:

Right now, today, the best AI systems can reliably complete tasks that take an expert human professional about 30-60 minutes.

Just TWO YEARS ago, they could barely handle 5-minute tasks.

In TWO MORE YEARS, if this trend continues, they'll handle 8-hour workdays.

Current Reality Check:

METR tested the latest models on real software engineering tasks:

• **Tasks under 4 minutes:** AI has nearly 100% success rate

• **Tasks 4 minutes to 1 hour:** AI has 50-80% success rate

• **Tasks over 4 hours:** AI has under 10% success rate

But remember: Every 7 months, those capabilities double.

So tasks that are 'too hard' for AI today will be easy in 7 months.

Tasks that are 'easy' for AI today were impossible 7 months ago.

Why This Matters for YOU:

Think about your job. What tasks do you do daily?

• Writing emails and documents? That's in the 5-30 minute range. **AI can do this NOW.**

• Creating presentations or reports? That's 1-2 hours. **AI will master this within a year.**

• Managing complex projects over days? That's currently beyond AI. **Give it 2-3 years.**

And here's the critical part: While AI capabilities are doubling every 7 months, your skills—if you're not using AI—stay the same.

The Math:

Person using AI effectively: Their productivity doubles every 7 months as AI improves

Person not using AI: Their productivity stays at 1X

After 7 months: AI user is 2X more productive

After 14 months: 4X

After 21 months: 8X

After 2 years: 16X

Who do you think gets promoted? Gets raises? Keeps their job when cuts come?

The METR Research Is Conservative:

These are MINIMUM estimates. The actual trend in 2024-2025 has been even faster—capabilities doubling closer to every 4-5 months.

If that faster trend continues? We hit month-long task completion by **2027**.

That's **TWO YEARS** from now.

Questions so far?"

[Address questions, emphasize the scientific rigor of METR's work]

Section 2: This Is an Industrial Revolution—The Numbers Prove It (8 minutes)

"I keep saying 'industrial revolution.' You might think I'm being dramatic.

I'm not. Let me show you the numbers.

Jensen Huang—CEO of NVIDIA—at the World Economic Forum in Davos, January 2026:

'This is the largest infrastructure project in human history.'

Not 'one of the largest.' THE largest.

NVIDIA makes the chips that power virtually every AI system in the world. Jensen Huang isn't guessing—he's watching trillions of dollars flow through the AI infrastructure build-out in real time.

The Five Layers of AI Infrastructure:

Jensen Huang broke down AI infrastructure into 5 layers, and EVERY layer requires unprecedented investment:

Layer 1: Energy

AI data centers need MORE electricity than many small countries. A single AI training facility can use as much power as a mid-sized city.

Companies are building their own power plants because the electrical grid can't handle the demand.

Layer 2: Chips

TSMC (the company that manufactures advanced chips) is building **20 new chip factories globally**.

Not for phones. Not for laptops. For AI.

Each factory costs tens of billions of dollars.

Layer 3: AI Factories

Companies like Quanta, Wistron, and Foxconn are building **30 AI computer factories**—facilities that manufacture the massive computing systems that train and run AI.

Layer 4: AI Models

The AI models themselves—ChatGPT, Claude, Gemini, etc.

Training a single advanced AI model can cost **$100 million to $1 billion**.

Layer 5: Applications

The actual uses of AI—in medicine, law, engineering, finance, education, government, and EVERYTHING.

This is where YOUR job exists.

The Scale:

Jensen Huang said we've invested **hundreds of billions of dollars so far.**

But that's just the beginning.

There are still TRILLIONS of dollars of AI infrastructure left to build.

Trillions. With a T.

When you see hundreds of billions becoming trillions...

When you see entire nations building AI infrastructure...

When you see the world's largest companies scrambling to build computing power...

That's not speculation. That's an industrial revolution in real time.

Comparison to Previous Revolutions:

The first industrial revolution—steam power, factories, mechanization—took about **80 years** to fully transform society.

The second industrial revolution—electricity, assembly lines, telecommunications—took about **50 years**.

The internet revolution took about **25 years**.

AI? We're talking 5-10 years for complete transformation.

Everything is moving exponentially faster.

And here's why: **AI accelerates the development of AI itself.**

AI is being used to design better AI chips.

AI is being used to write better AI code.

AI is being used to generate better AI training data.

It's a compounding feedback loop that has never existed before in human history.

The Part That Should Wake You Up:

In every previous industrial revolution, the people who adapted EARLY thrived.

The people who resisted, who waited, who said 'I'll learn this when I have to'—they became obsolete.

Factory workers who refused to learn machines—**replaced**.

Typists who refused to learn computers—**replaced**.

Travel agents who refused to learn online booking—**replaced**.

Notice a pattern?

But here's the key difference with AI:

In past revolutions, you had 20-30 years to adapt.

With AI, you have **2-3 years. Maybe less.**

Because remember: AI capabilities are doubling every 7 months according to METR's scientific measurements.

The window to get ahead of this curve is closing FAST.

Make sense? Feeling the urgency yet?"

[Pause for questions]

Section 3: What Autonomous AI Really Means (7 minutes)

"Let me explain what METR is actually measuring, because this is critical.

Current AI (What You're Used To):

You ask a question → AI gives an answer → You use that answer

You give a task → AI provides a draft → You edit and finish

It's reactive. It's a tool you control step-by-step.

Autonomous AI (What's Coming Fast):

You give a goal → AI plans the steps → AI executes them → AI handles problems → AI delivers results → You review and approve

It's proactive. It completes entire workflows.

Example:

Current AI:

You: 'Write me an email to a client about project delays.'

AI: [Writes email]

You: [Edits, adds context, sends]

Autonomous AI (very near future):

You: 'Handle the client communication about project delays in the marketing system project.'

AI: [Analyzes project status, identifies root causes, reviews client history, drafts communication considering relationship dynamics, schedules follow-up meeting, updates project tracker, notifies team members, sends message]

You: [Reviews summary of actions taken, approves or adjusts]

See the difference?

Current AI is a tool YOU use for ONE step.

Autonomous AI is an assistant that COMPLETES TASKS with multiple steps.

What METR Tests:

METR gives AI systems tasks like:

• 'Debug this application that has errors in multiple files'

• 'Research this topic and write a comprehensive technical report'

• 'Analyze this dataset and create visualizations with recommendations'

• 'Build a functional web application based on these requirements'

These aren't 'answer a question' tasks.

These are 'figure out what needs to be done, then do it' tasks.

The Progression:

2023: AI could handle tasks with 2-3 steps if you prompted perfectly

2024: AI could handle tasks with 5-10 steps with good scaffolding

2025: AI can handle tasks with 20-30 steps autonomously

2027 (projected): AI will handle tasks with hundreds of steps spanning hours

2028-2029 (projected): AI will handle tasks spanning days with thousands of steps

What This Means for Your Work:

Right now, someone at your company or a competitor is using AI to:

• Work 2-3 times faster than you

• Produce higher quality output with fewer errors

• Handle more complex projects

• Serve more clients

• Generate more value

And in 7 months? They'll be 4-6 times faster.

In 14 months? 8-12 times faster.

Meanwhile, if you're not using AI, you're staying at 1X.

The brutal reality:

Worker using AI: Gets 5X more done, produces better work, handles complexity you can't

Worker not using AI: Gets 1X done with same quality as before

Who becomes indispensable? Who becomes replaceable?

This isn't about robots taking your job.

This is about **PEOPLE WHO USE AI taking jobs from people who don't.**

That's the real threat. And it's immediate.

Questions?"

[Address concerns while maintaining urgency]

Section 4: From Retrieval to Generation—The Paradigm Shift (6 minutes)

"Jensen Huang explained something at the U.S.-Saudi Investment Forum in November 2025 that everyone needs to understand.

The way computing works has fundamentally changed.

Old Computing (Retrieval):

You stored information—documents, files, databases.

When you needed something, you retrieved it.

You searched for it, found it, used it.

Someone wrote the document. Someone created the spreadsheet. Someone built the presentation.

Then you retrieved it when needed.

New Computing (Generation):

AI doesn't retrieve pre-existing information.

AI GENERATES new information, documents, code, images, analysis—on demand.

It's not finding the answer in a database.

It's CREATING the answer from understanding.

Example:

Old way:

'Find me last quarter's sales report template and adapt it for this quarter.'

[You search files, find template, manually update numbers, rewrite sections—takes 90 minutes]

New way:

'Create this quarter's sales report incorporating latest data, highlight key trends, compare to projections, and format for executive presentation.'

[AI generates complete report in 3 minutes]

Why This Matters:

This shift from retrieval to generation is why AI is so transformative.

It's not just making existing work faster.

It's changing WHAT WORK IS.

Tasks that took hours now take minutes.

Tasks that took days now take hours.

Tasks that required teams now need one person with AI.

Jensen Huang's Analogy:

He said Saudi Arabia is building 'AI refineries' now—moving from oil refineries to AI factories.

AI factories don't produce physical products.

They produce **INTELLIGENCE**.

Just like factories in the industrial revolution mass-produced physical goods, AI factories mass-produce **THINKING**.

What That Means for You:

The commodity of the future isn't oil or steel or microchips.

It's INTELLIGENCE.

And just like in every industrial revolution, the people who control the means of production win.

In the age of AI, that means:

The people who can HARNESS AI win.

The people who can't—lose.

It's that simple.

This is Already Happening:

• Companies that use AI effectively are outperforming companies that don't—by massive margins

• Employees who use AI are being promoted over employees who don't

• Freelancers who use AI are winning bids against those who don't

• Small businesses using AI are competing with large companies

The shift has started.

The only question is: Are you on the right side of it?"

Section 5: The Trillion-Dollar Future—Investments Tell the Truth (5 minutes)

"Follow the money. It never lies.

Here's what's happening RIGHT NOW:

OpenAI:

NVIDIA invested in OpenAI.

Jensen Huang said: 'This is likely going to be the next multi-trillion-dollar hyperscale company.'

OpenAI is bringing **10 gigawatts** of AI compute capacity online—equivalent to **10 nuclear reactors** worth of power.

Saudi Arabia:

Announced partnership with xAI (Elon Musk's company) to build a **500-megawatt AI data center**.

Announced partnerships with NVIDIA and AWS for massive computing infrastructure.

Building 'AI refineries'—facilities that produce intelligence instead of oil.

Microsoft, Google, Amazon:

Each spending **tens of billions per year** on AI infrastructure.

Each forecasting exponentially growing demand.

Jensen Huang said: 'We've been in scramble mode for a couple of years because **every forecast turns out to understate real-world usage growth**.'

They literally can't build AI infrastructure fast enough to meet demand.

What Does This Tell You?

When the world's largest, most data-driven companies are:

• Spending hundreds of billions of dollars

• Building massive infrastructure

• Hiring tens of thousands of AI specialists

• Forecasting trillions in future investment

They're not doing it based on hype.

They're doing it based on REAL DEMAND from REAL CUSTOMERS doing REAL WORK.

The work YOU do.

The reports you write.

The analysis you perform.

The emails you send.

The decisions you make.

The projects you manage.

All of that work is being transformed by AI.

Companies aren't investing trillions for fun.

They're investing because AI IS ALREADY REPLACING ENTIRE CATEGORIES OF WORK.

Not replacing workers.

Replacing the MANUAL, SLOW, INEFFICIENT ways workers currently do things.

The Choice:

You can be the worker who learns to use AI and becomes 10X more productive.

Or you can be the worker who refuses to adapt and gets left behind.

But refusing to adapt doesn't mean you keep your job at current productivity.

It means you become the slowest, least efficient option.

And companies don't keep the slowest, least efficient options.

They replace them.

This is the wake-up call."

Section 6: Your Path Forward—Why This Course Matters (4 minutes)

"I've shown you scary numbers. Shocking data. Uncomfortable truths.

Here's the good news:

YOU ARE HERE. IN THIS ROOM. TAKING THIS COURSE.

That means you've already made the most important decision:

You're choosing to learn AI NOW, not later.

That puts you ahead of 90% of your peers who are still waiting, still skeptical, still saying 'I'll learn it when I have to.'

By the time they 'have to,' it will be too late.

They'll be competing with people who have years of AI experience—using AI that's 16X, 32X, 64X more capable than today.

You won't have that problem.

Because after today, you'll know:

• How to choose the right AI tools

• How to write effective prompts

• How to use AI ethically and responsibly

• How to save 5-10+ hours per week

• How to become the indispensable, high-performing employee every company wants

The Timeline:

Today: You learn the fundamentals.

This week: You start using AI for real work.

This month: AI becomes part of your normal workflow.

This year: You're the person others come to for help with AI.

Next year: You're leading AI integration at your organization.

That's the path.

It starts today, with you paying attention to this course and actually USING what you learn.

Not just learning it and forgetting it.

Not just understanding it in theory.

USING IT. Daily. For real work.

Remember the METR Numbers:

AI doubling every 7 months means:

• The AI you'll use in 2 years will be 16X more capable

• Workers using AI will be 10-20X more productive

• Companies fully leveraging AI will dominate their industries

The gap between 'people who use AI' and 'people who don't' is growing exponentially.

Right now, it's small. Manageable.

In 6 months? Much bigger.

In 12 months? Huge.

In 24 months? Insurmountable.

You have a choice:

Start now and stay ahead of the curve.

Or wait and spend years trying to catch up.

I know which choice YOU made, because you're here.

Now let's get to work."

Module Wrap-Up and Transition (2 minutes)

"Before we move into the practical parts of the course, I want you to remember three key facts:

7 months — How often AI capabilities double (METR scientific measurement)

Trillions — Dollars being invested in AI infrastructure globally

NOW — When you need to start using AI, not someday

These aren't abstract numbers.

They represent the speed at which the world is changing.

And they represent the urgency with which YOU need to adapt.

The rest of this course will teach you exactly how to harness AI to become more productive, more valuable, and more competitive.

But you have to commit—right now—to actually USING what you learn.

Not someday. Not when you have more time. Not when you're forced to.

THIS WEEK.

Can everyone commit to that?"

[Wait for agreement]

"Perfect. Because over the next few hours, you're going to learn skills that will genuinely change your career trajectory.

The wake-up call is over.

Now it's time to become an AI hero.

Let's go."

MATERIALS NEEDED

Instructor Materials:

■ Laptop with presentation capability

■ Access to METR website (https://metr.org) to show live

■ METR time horizon chart (download from their site)

■ Timeline showing 7-month doubling periods with projections

■ Comparison: What AI could do in 2023 vs. 2025 vs. projected 2027

■ Quotes from Jensen Huang on slides or printed

Student Materials:

■ "Wake-Up Call" one-page handout with key statistics

■ METR time horizon chart (simplified version)

■ Timeline of AI capabilities (2019-2029 projected)

■ Investment numbers infographic

■ "Your AI Action Commitment" card to sign

Key Statistics Handout Should Include:

• AI task completion abilities doubling every 7 months (METR)

• Current AI time horizon: 30-60 minutes

• Projected 2027: 16+ hours

• Projected 2028-2029: Days to weeks

• Hundreds of billions invested, trillions more coming

• 5 layers of AI infrastructure

• Key Jensen Huang quotes

LINKS AND RESOURCES

Primary Sources:

1. **METR (Model Evaluation and Threat Research)**: https://metr.org

• Independent AI safety research organization

• Scientific measurements of AI autonomous capabilities

• Time horizon research showing 7-month doubling

2. **METR Key Research**:

• "Measuring AI Ability to Complete Long Tasks" (March 2025): https://metr.org/blog/2025-03-19-measuring-ai-ability-to-complete-long-tasks/

• Time Horizon 1.1 Update (January 2026): https://metr.org/blog/2026-1-29-time-horizon-1-1/

• METR Autonomy Evaluations: https://evaluations.metr.org/

3. **NVIDIA Jensen Huang Talks**:

• U.S.-Saudi Investment Forum (November 2025)

• World Economic Forum Davos (January 2026)

• Various tech conferences and interviews

4. **Key Concepts**:

• Task-completion time horizon: How long of tasks AI can complete with 50% reliability

• Autonomous capabilities: AI completing multi-step tasks without constant human intervention

• Exponential growth: Doubling every fixed time period (7 months for AI)

Supporting Information:

• METR evaluates models from OpenAI, Anthropic, Google, and others

• METR works with AI Safety Institutes (US and UK)

• METR is independent and nonprofit—no financial stake in promoting AI

• All measurements are published with full methodology

• Data shows consistent trend across 6 years (2019-2025)

INSTRUCTOR NOTES

Tone for This Module:

• Urgent but evidence-based

• Scientific, not sensational

• Honest about challenges but empowering about solutions

• Wake them up without overwhelming them

• **Use METR's authority**—they're independent scientists, not AI companies

Key Messages to Hammer Home:

1. **This is exponential change, not linear** (METR proves it with data)

2. **The window to adapt is small and closing** (7-month doubling means rapid change)

3. **Workers who use AI won't replace workers—people who use AI will**

4. **This is the largest infrastructure project in human history** (Jensen Huang)

5. **The time to start is NOW**, not later

Common Reactions and How to Handle Them:

"This sounds like hype / fear-mongering"

→ METR is an independent nonprofit research organization with no financial incentive to exaggerate. They publish their methodology. This is peer-reviewed science, not marketing. Jensen Huang runs NVIDIA—he's reporting what he's seeing in actual infrastructure spending, not making predictions.

"I'm not technical enough for this"

→ That's exactly why you're here. This course teaches non-technical people. You don't need to understand how AI works—you just need to learn to use the tools, just like you learned to use email.

"My job won't be affected"

→ METR measures tasks that knowledge workers do: research, analysis, documentation, problem-solving. Unless your job involves zero thinking, communication, or task completion, it's affected. The question is whether YOU control how AI affects your job or someone else does.

"What if I fall behind anyway?"

→ If you start TODAY, you're ahead of 90% of people. The only way to fall behind is to not start. Seven months from now, AI will be twice as capable—but if you've been using it for seven months, you'll know how to leverage those

capabilities. If you haven't started, you'll be starting from scratch with AI that's harder to catch up with.

"This is too much information / I feel overwhelmed"

→ I'm giving you context so you understand WHY this matters. The rest of the course breaks it down into simple, actionable steps. You don't need to remember all the numbers—just remember the urgency and commit to using what you learn.

"How do we know METR's projections are accurate?"

→ METR doesn't make predictions—they measure what AI can do RIGHT NOW and show the historical trend. The trend has been consistent for 6 years. Could it slow down? Maybe. Could it speed up? Maybe—it already has in 2024-2025. But even if it slows down, the current trajectory means massive change in 2-3 years.

Pacing Notes:

• **Section 1 is the most important**—spend extra time here if needed

• Move quickly through statistics in Section 5—the point is impact, not memorization

• Repeat the "7 months" number multiple times throughout

• Use dramatic pauses after major statistics

• Build to crescendo—each section should increase urgency

• End on empowering note—they're HERE, they're AHEAD

Engagement Techniques:

• Ask rhetorical questions: "Who in this room wants to be 16X more productive in 2 years?"

• Make it personal: "Think about YOUR typical workday. What tasks take you 30 minutes?"

• Use contrast: "AI in 2023 vs AI in 2025 vs projected AI in 2027"

• Show the METR chart if possible—visuals are powerful

• Reference their current work: "How many of you write reports? Send emails? Analyze data?"

Success Indicators:

• Participants look genuinely concerned/motivated (not defeated)

• Questions shift from "Is this real?" to "How do I start?"

• Energy in the room increases rather than deflates

• People are leaning forward, not checking phones

• Clear commitment when asked to use AI this week

• Someone says "I need to start using this immediately"

CRITICAL SUCCESS FACTORS

This module must accomplish ONE thing:

Make participants feel GENUINE URGENCY to learn AI immediately.

If they leave thinking "that was interesting, I'll get to it someday"—**you failed**.

If they leave thinking "I need to start using AI THIS WEEK"—**you succeeded**.

Everything else in the course depends on this urgency.

Without urgency:

• They won't retain the skills

• They won't practice

• They won't actually use AI

• This course becomes just another thing they attended and forgot

Your job in this module: CREATE URGENCY.

Use the METR data—it's scientific, credible, and shocking.

Use the exponential growth—people underestimate exponentials.

Use Jensen Huang's words—he's watching trillions flow through AI.

Use the investment numbers—money doesn't lie.

Make it REAL. Make it IMMEDIATE. Make it PERSONAL.

Then transition to empowerment: "You're here. You're ahead. Now let's learn the skills."

The formula:

1. **Shock them** (METR data, exponential growth)

2. **Make it personal** (their job, their tasks, their productivity)

3. **Show the stakes** (fall behind vs. get ahead)

4. **Empower them** (you're here, you're learning, you'll succeed)

APPENDIX A: Key METR Findings to Emphasize

From METR Research:

"The length of tasks (measured by how long they take human professionals) that generalist frontier model agents can complete autonomously with 50% reliability has been **doubling approximately every 7 months for the last 6 years**."

"Extrapolating this trend predicts that, in under a decade, we will see AI agents that can independently complete a large fraction of software tasks that currently take humans days or weeks."

"We think these results help resolve the apparent contradiction between superhuman performance on many benchmarks and the common empirical observations that models do not seem to be robustly helpful in automating parts of people's day-to-day work: the best current models—such as Claude 3.7 Sonnet—are capable of some tasks that take even expert humans hours, but can only reliably complete tasks of up to **a few minutes long**."

Translation for Everyday Workers:

• Right now, AI can reliably do tasks under 5 minutes (emails, simple analyses)

• Moderately well on tasks up to 1 hour (reports, research, complex documents)

• Poorly on tasks over 2 hours (complex projects, multi-day work)

• But every 7 months, those capabilities DOUBLE

• In 2-3 years, AI will handle full workdays

• In 5 years, AI will handle week-long projects

APPENDIX B: Jensen Huang Key Quotes to Use

"This is the largest infrastructure project in human history."

"We've been in scramble mode for years because every forecast underestimates demand."

"Intelligence compounds. AI doesn't replace human ingenuity—it multiplies it."

"From oil refineries to AI factories—we're producing intelligence now."

"The 21st century will compress 20,000 years of progress into 100 years."

"It's about to go up by a billion times." (referring to AI inference usage)

CALL TO ACTION

At the end of this module, have every participant write on their "AI Action Commitment" card:

"I commit to using AI for real work THIS WEEK, starting with [specific task]."

Collect the cards, photograph them, and email them back to participants in 7 days as a reminder.

Accountability drives action.

This module creates the **WHY**.

The rest of the course provides the **HOW**.

Make them feel the urgency, then give them the tools to act on it.

That's the formula for transformation.

END OF AI WAKE-UP CALL MODULE