



The AI Hype Detector

A four-step SeedStacking workout for telling AI signal from AI sales pitch.

SEED TO HARVEST · ALL LEVELS

CATEGORY: AI LITERACY FOUNDATIONS

AI gets sold with big promises and very few specifics. This worksheet gives you a repeatable way to tell real capability from marketing. Work through the four steps in order. No AI experience needed. By the end you will have built your own one-page hype detector you can use on any AI claim you meet from now on.

The AI Hype Playbook

Three moves to watch for in any AI pitch:

- 1. Inevitability** "This is happening with or without you."
- 2. Magnitude** "The biggest shift since electricity."
- 3. Vagueness** "It will transform everything."

The four-word test: "Can you show me?" Real capability has a demo. Hype has a slogan.

SEED GETTING STARTED

5 to 15 min

Spot the Moves

Find one AI headline, ad, or social post today. Read it through the playbook above and mark which moves it uses.

THE CLAIM YOU FOUND

.....

.....

WHICH MOVES DOES IT USE?

- Inevitability Magnitude Vagueness

WHAT IS MISSING? (SPECIFICS, TRADEOFFS, AN ACTUAL DEMO)

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.....



SPROUT BUILDING SKILLS

15 to 20 min

Can You Show Me?

Take one bold AI claim and try to verify it with a single real test. Do not argue with it. Test it. Real capability survives a quick check.

THE CLAIM I AM TESTING

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MY ONE TEST (WHAT I ACTUALLY TRIED)

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.....

WHAT HAPPENED

.....

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VERDICT

- Held up
- Oversold
- Mixed

GROW GOING DEEPER

20 to 30 min

Translate the Hype

Rewrite a hype-heavy AI announcement into honest, specific language. Strip the slogans. Keep only what you could actually show someone.

ORIGINAL HYPE VERSION

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HONEST REWRITE: WHAT IT GENUINELY DOES

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WHAT IT DOES NOT DO

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.....

WHAT CHANGES FOR YOU ON MONDAY MORNING

.....

.....



HARVEST ADVANCED PRACTICE

30 to 45 min

Build Your AI Hype Detector

Turn everything above into a one-page checklist you will actually use. Write the five questions you will ask of any AI claim from now on. Then share it with the community so other members can borrow it.

FIVE QUESTIONS I WILL ASK OF ANY AI CLAIM

- 1.
- 2.
- 3.
- 4.
- 5.

Share it. Post your finished detector in the SeedStacking Resources space so other members can compare notes and build on it.

The takeaway: the boos that met AI on those graduation stages were not anti-technology. They were anti-hype. The cure for hype is not fear. It is fluency. When you can test the claims yourself, nobody gets to sell you a future you did not choose.

Keep building your AI fluency

This worksheet is free inside the Harvest Kernel Learning Community. Bring your finished AI Hype Detector and compare notes with other members.

Join free at www.harvestkernel.com/portal