



FREE COMMUNITY WORKBOOK

The AI Micro-Credential Starter Kit

Build real AI judgment in four reps. The same loop a peer reviewed faculty study just validated.

A Harvest Kernel SeedStacking workbook for educators and professionals.

Plant Ideas. Cultivate Skills. Harvest Results.

www.harvestkernel.com



WHY THIS WORKS

You cannot be told your way to AI literacy

A new peer reviewed study followed university faculty through a short, self paced AI micro-credential. The people who finished did not just use AI more. They got more careful with it too. More confident and more skeptical at the same time. That balance is the whole goal, and it did not arrive in a policy memo. It came from practice. This kit hands you that practice, compressed into four short reps you can run on any real task this week.

How to use this kit

Pick one real task you already do, and carry that same task through all four reps. Do them in order, because each one builds on the last. Write as you go. The blanks are the point, since judgment forms when you put it into your own words. Finish the Trust Rules page and share it with the community, because teaching it is how it sticks.

PHASE	TIME	THE REP
Seed	5 to 15 min	First try. Hand a real task to one AI tool and see what comes back.
Sprout	15 to 20 min	Verify it. Hunt for what it got wrong. This builds caution.
Grow	20 to 30 min	Sharpen it. Rewrite your instruction and run it again.
Harvest	30 to 45 min	Share it. Write your own trust rules and post them.



SEED

Beginner | 5 to 15 minutes

What it is

First contact, no stakes. You are simply seeing what one tool does with something real from your own week.

Do this

Take your task and hand it to one AI tool with a plain request. Do not over engineer the prompt. Ask the way you would ask a capable new assistant on their first day.

TRY THESE PROMPTS

- “Here is a [task I do regularly]. Take a first pass at it for me.”
- “Draft a version of this [email, lesson, or report]. Keep it short and clear.”

The real task I chose:

What the tool gave me, in one honest line:



SPROUT

Intermediate | 15 to 20 minutes

What it is

The rep almost everyone skips. You go looking for what is wrong. This is where real caution gets built, not from a warning, but from catching a mistake yourself.

Do this

Read the output like an editor who expects errors. Find one claim that is off, one fact worth checking, and one bit of tone that does not sound like you.

TRY THESE PROMPTS

- “List every factual claim in this and tell me which ones you are least sure about.”
- “What would a skeptical expert push back on here, and why?”

What I caught that was wrong, weak, or off:

What it got right that genuinely surprised me:



GROW

Advanced | 20 to 30 minutes

What it is

Now you steer. You rewrite the instruction using what you just learned, and you watch how much of the quality actually lived in your framing rather than the model.

Do this

Rewrite your request. Add the context, constraints, and standards you now know it needs. Run the same task again, then compare the two versions side by side.

TRY THESE PROMPTS

- “Redo this with these constraints: [audience], [tone], [length], [must include], [must avoid].”
- “Compare your two versions and tell me exactly what changed and why it is better.”

What I added to my instruction the second time:

What measurably got better:



HARVEST

Expert | 30 to 45 minutes | Shareable

What it is

You turn four short reps into something you keep and something you give away. This is where literacy stops being a feeling and becomes yours, written in your own words.

Do this

Write your own rules for this tool on this kind of task. When does it earn your trust? When does it not? Then take those rules to the next page, finish them, and post them to the community so someone else can stand on what you learned.

TRY THESE PROMPTS

- “Based on these reps, help me draft three rules for when I should and should not trust AI on this task.”
- “Turn my rules into one short paragraph I can share with my team.”

My rough notes before I write the final rules:



THE SHAREABLE DELIVERABLE

My AI Trust Rules

This is the one page you keep. Fill in the rules you earned this week, in your own words. Then share it in the Harvest Kernel community so the rest of us can build on what you learned. The reps made you more capable. Writing the rules makes you more careful. That is the whole point.

1. I trust AI to _____ when _____.

2. I do not trust AI until I have _____.

3. On this kind of task, AI is strongest at _____ and weakest at _____.

4. Before I ever share AI output, I always _____.

5. The one prompt change that improved my results most was _____.

Share your Trust Rules with the community.

Post them in the SeedStacking Resources space at www.harvestkernel.com and join free.