

Build AI Fluency Without the Invoice

The four step worksheet that reproduces a \$55,000 AI school for the cost of attention

Wealthy families are paying tens of thousands a year for schools where AI does the teaching. Take the model apart and the expensive part is not the technology, it is the invoice. The academic engine is an AI tutor, a human guide, and student ownership of pace. Every one of those ingredients is already free. Run this cycle for one week, then run it again. Fluency is built through practice and verification, not purchased.

SEED

Beginner . 10 min

Pick one real task and run it

Choose one task you actually need done this week, yours or a student's. Not browsing, a task with a finish line. Run it through an AI tool with a specific goal stated up front.

The task I chose:

The exact goal I gave the AI:

SPROUT

Intermediate . 15 min

Verify the output against a source you trust

This one habit separates fluency from dependence. Do not accept the answer on faith. Check it against a source you already trust, and note where the AI was right and where it drifted.

One thing the AI got right:

One thing I had to correct or verify:

GROW

Advanced . 25 min

Add structure and a human review

Give the learner ownership of pace, then pair it with a review where a human asks what the AI got wrong. That guide role is the part expensive schools charge for, and you can play it after one honest month.

The structure or checklist I will use:

Who reviews the work, and how often:

HARVEST

Expert . 30 min

Ship something real

Fluency compounds when practice produces artifacts. Turn this week's work into a finished thing: a lesson plan, a project, a small business idea, a workflow you can hand to someone else.

What I will ship:

Where I will share it (community, class, team):
