Start With AI: A 7-Day Beginner Guide

Learn · Understand · Apply · Innovate

A gentle, practical start for absolute beginners. About 30 minutes a day. No coding needed.

Day 1 — What AI really is

AI is software that learns patterns from data and uses them to predict, classify or generate. Today: read the SteryTech lesson “What is Artificial Intelligence?” and write down three places you already use AI (maps, spam filter, recommendations).

Day 2 — Your first AI assistant

Open an AI assistant such as ChatGPT, Claude, Gemini or Microsoft Copilot. Ask it to explain something you are curious about. Then ask a follow-up question. Notice how the conversation builds.

Day 3 — Better prompts

Use the formula Role + Task + Context + Format. Try the same request with and without the formula and compare the answers.

Day 4 — Use AI for real work

Pick one task you do every week: an email, a summary, a plan. Do it with AI. Measure how long it took.

Day 5 — Check and verify

AI can be confidently wrong. Ask it for sources, cross-check one fact on an official website, and learn the word “hallucination”.

Day 6 — Try a second tool

Explore one tool from a different category: an image tool, a research tool, or a spreadsheet assistant. Read its limitations on the SteryTech AI Tools Directory.

Day 7 — Make it a habit

Write down three tasks you will now do with AI every week. Save your best prompts in a note so you can reuse them.

Golden rules

- AI is an assistant, not an authority — you stay responsible for the final result.
- Protect private data. Do not paste personal or confidential information.
- Be specific. Vague questions get vague answers.
- Keep learning: the tools change quickly, the skills last.