

OSIRISBORN STUDIO • LEARNING PACK



AI Foundations

Understand AI, and start using it with confidence. The complete plain-English grounding, from what it actually is to your first real wins.

TWENTY-SEVEN MODULES • WORKBOOK • STARTER PLAN • WHICH-TOOL CARD • CHEAT SHEET
• GLOSSARY

AI FOUNDATIONS • COMPLETE EDITION

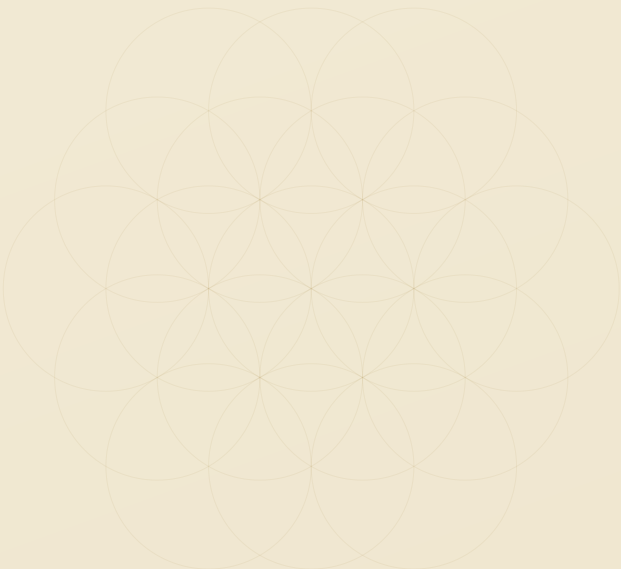
— COMPLETE EDITION

In this volume

Everything from the AI Foundations pack, bound in reading order. Work through the handbook front to back, or let the Starter Plan on page 106 sequence the heart of it for you. The workbook’s ruled pages are made to be written in.

01	PAGE 04	The Handbook · The complete course: twenty-seven modules across six parts, plus the glossary
02	PAGE 86	Exercise Workbook · Eighteen exercises with space to work and pass bars to check against
03	PAGE 106	The Starter Plan · Fourteen days, fifteen minutes a day, sequenced for you
04	PAGE 109	Cheat Sheet · The essentials on two pages, made to sit by your keyboard
05	PAGE 112	Which-Tool Card · The four front doors compared at a glance
06	PAGE 113	Notes · Ruled pages for what you learn along the way

Digital copies of the workbook, the starter plan, the cheat sheet, and the which-tool card ship alongside this book, sized to print on their own.



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— START HERE

How to use this pack

This pack is for you if AI arrived faster than anyone explained it. It assumes nothing: no technical background, no experience with the tools, no idea what a chatbot actually is. By the last page you will understand what AI genuinely is, how it works, what it can and cannot be trusted with, and you will be using it, comfortably, for real things in your real week.

Work through it in order. Part One builds the understanding, and needs no computer at all: read it in an armchair. Part Two gets you set up. Part Three delivers your first real wins. Part Four maps everything else that is out there, Part Five settles what to trust, and Part Six keeps you current after the book is closed.

You are not behind. Most people confidently using these tools understand less about them than you will by the end of Part One.

What is in the pack.

- This handbook, which explains everything in plain English and walks you through your first real uses.
- A gentle fourteen-day starter plan, so the first fortnight runs itself.
- A which-tool card comparing the main AI tools at a glance.
- A beginner's cheat sheet for beside the keyboard, and a full glossary that decodes every piece of jargon you will meet.

The running thread. Understanding first, then doing. Every part leaves something real in your hands: a mental model that holds, an account set up properly, a first win, a map of the whole field, and a working sense of what to trust.

One note before you begin. These tools change quickly: names shift, screens get redesigned, free things become paid and back again. Where this pack describes a button, treat it as a guide rather than gospel. The understanding is the durable part, and it will outlast every redesign.

Module 01

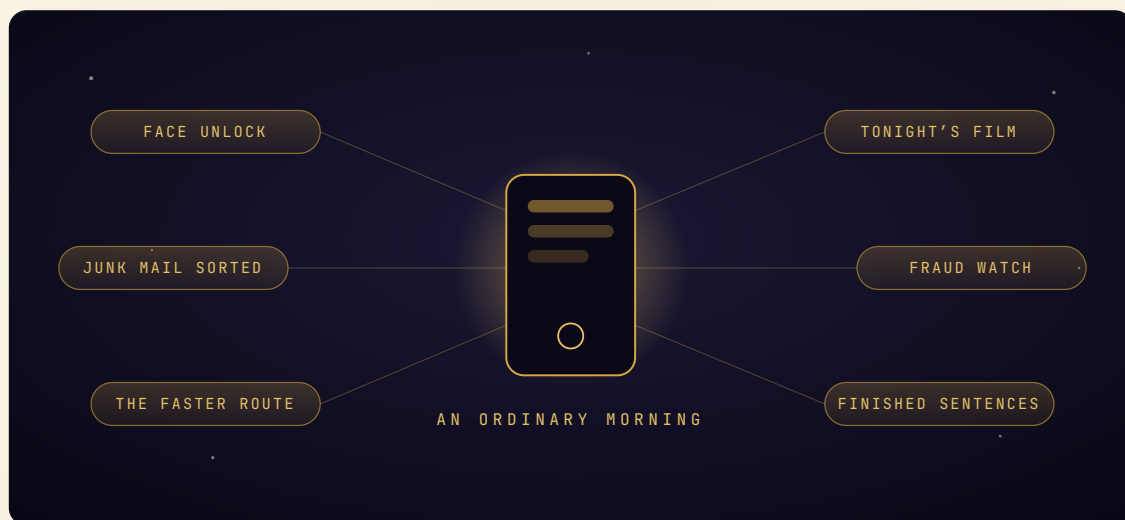
What we even mean by “AI”

The phrase artificial intelligence arrives carrying fifty years of cinema. Say it, and somewhere at the back of the mind a red eye blinks on. Meanwhile the real thing has spent decades quietly finishing your sentences and sorting your post. Closing the gap between the film version and the real one is the first job of this book.

You have been using it for years

Think through an ordinary morning. Your phone unlocked by recognising your face. The email app dropped three scams into junk before you woke. The maps app saw traffic building on your usual route and quietly offered another, and the film you nearly watched last night was chosen for you by a system that noticed what you finish and what you abandon. All the while, your bank was watching every card payment in the country for the faint fingerprint of fraud.

FIG. 1 • THE AI ALREADY IN YOUR DAY



None of it announced itself. AI has been part of an ordinary day for years: small, specialised systems, each doing one job silently and well.

Every one of those is artificial intelligence, and none of them announced it. Here is the first correction to the film version: AI is not one big mind waiting to wake up. It is thousands of small, specialised systems, each brilliant at exactly one job and useless at everything else. The fraud-spotter watching your card cannot suggest a film. The face-unlock cannot find a faster route. Researchers call this narrow AI, and until recently, all of it worked silently in the background of your life.

Then it learned to talk

Around the end of 2022, something crossed a line. A new kind of system stopped sorting and spotting and started making: writing, images, computer code, speech. The technical name is generative AI, generative simply because it generates, and its most famous face is the chatbot: ChatGPT, Claude, Gemini, and their relatives. You type to it in ordinary English and it types back. Answers, letters, plans, explanations, poems if you insist.

Why did this one feel seismic when the fraud-spotter never did? Language was ours. Every previous technology met us as a tool: buttons, menus, commands to memorise. This one meets us in our own medium. There is no manual, because the interface is the English language, and you have been fluent for decades. That single fact, more than any other, is why the last few years have felt so sudden.

Seventy years, briefly

The idea is older than it feels. The term artificial intelligence was coined in 1956, at a small American summer workshop whose organisers believed the whole problem might yield in a generation. It did not. The decades that followed swung between grand promises and long disappointments, and the field carried a bruised humility out of them.

What changed everything was a bet made through the 2010s: stop writing rules for machines, and let them learn from data instead. The bet paid off across a decade of quiet milestones, and in 2017 a new design for handling language arrived, the transformer, which scaled better than anything before it. Feed that design enough text and enough computing power, and you get the chatbots of today. How that feeding works is the next module, and it is a genuinely strange story.

Two ideas to keep separate

It helps enormously to hold two pictures apart. The first is narrow AI: everything that exists today, including every chatbot. Astonishing at its tasks, empty outside them. The second is the science-fiction picture: a machine mind with its own goals, aware of the world, wanting things. Researchers call that artificial general intelligence, and the honest status report is short: it does not exist. Nothing you will meet in this pack, or anywhere else, wants anything at all.

Keeping the two separate does real work. It lets you take the tools seriously without fearing them, and enjoy the fluency without mistaking it for a person. When a chatbot writes you a warm, thoughtful paragraph, you are not watching a mind at work. You are watching the most sophisticated pattern-continuation ever built, and the next two modules explain exactly where those patterns came from.

An honest footnote. *Whether today's approach ever leads to the science-fiction kind is a live argument among serious researchers, and Part Five gives it a fair hearing. For now the practical point stands: everything you will actually touch is the narrow kind.*

SEE IT FOR YOURSELF

Keep a rough count for one day: every time software quietly decides something for you. A route, a recommendation, a filtered email, a finished sentence. Most people reach double figures before lunch. You have not been avoiding AI. You have been living in it.

RECAP • YOU CAN NOW

- ☒ Spot the narrow AI already running through an ordinary day.
- ☒ Say what generative AI is, and why chatbots feel different from every earlier tool.
- ☒ Place today on the seventy-year timeline: rules gave way to learning, and learning found its design.
- ☒ Keep today's narrow systems and the science-fiction machine mind firmly separate.



OSIRISBORN STUDIO · LEARNING PACK

Understand AI. Then use it.

Most people meet AI through headlines and guesswork. This pack hands you the whole grounding in plain English: what these machines actually are, how to set one up safely, real wins in your first week, the entire landscape from pictures to agents, and exactly what to trust. Twenty-seven short modules, honest at every step, with a glossary that decodes every term you will meet.

- ◆ The twenty-seven-module course
- ◆ The exercise workbook
- ◆ The fourteen-day starter plan
- ◆ Which-tool card and cheat sheet
- ◆ The plain-English glossary

Osirisborn Studio builds software, games, and practical AI tools. In-person and team training on any topic in this collection is available on request.

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