

AI Life Skills Challenge

Companion Activity for Session 7: The Role of AI

Participant Information

Name: _____

Date: _____

Part 1: AI or Human Judgment?

For each scenario, write AI, Human Judgment, or Both.

Scenario	Your Answer
Creating a resume	_____
Deciding which job offer to accept	_____
Creating a grocery list on a budget	_____
Solving a conflict with a friend	_____
Practicing interview questions	_____
Diagnosing a medical condition	_____

Why is human judgment still important when using AI?

Part 2: Spot the Risk

Match each challenge to the correct example.

A. Misinformation

B. Privacy Risk

C. Bias

D. Overdependence

___ Using AI answers without checking if they are correct.

___ Sharing your Social Security Number with a chatbot.

___ Letting AI complete all your school assignments.

___ An AI tool treats groups of people unfairly.

Part 3: Real Life AI Practice

Choose one goal you are currently working on:

☐ Finding a job

☐ Going back to school

☐ Earning a GED

☐ Learning a new skill

☐ Managing money

☐ Improving time management

☐ Other: _____

How could AI help you with this goal?

What should you be careful about when using AI?

Part 4: AI Prompt Practice

Write a question you could ask AI to help you with one of your goals.

My Prompt:

How would you verify the information AI gives you?

- ☐ Ask a coach or mentor
- ☐ Check another website
- ☐ Compare multiple sources
- ☐ Other: _____

Part 5: 30 Day AI Action Plan

What is one way you will use AI responsibly during the next month?

- ☐ Resume building
- ☐ Job search
- ☐ Interview practice
- ☐ Schoolwork support
- ☐ Budgeting
- ☐ Time management
- ☐ Learning a new skill
- ☐ Other: _____

My commitment:

I will use AI to _____
while making sure I _____.

Group Discussion

What is one thing AI can do well?

What is one thing AI should never replace?

What is one way AI could help opportunity youth succeed?

What risks should young people watch out for?