

AI Fluency Fundamentals

The six 201 skills that separate sustained AI adopters from the 80% who quit. No coding. No tool-building. Applied judgment.

DURATION 2 hr (1 break)

AUDIENCE All personnel

PREREQ None

0:00-0:15 M1 Why 80% Quit 15 MIN · TALK	0:15-0:40 M2 Six Skills 25 MIN · TALK	0:40-0:55 M3 Delegation Equation 15 MIN · TALK	0:55-1:05 Break 10 MIN	1:05-1:30 M4 Red Pen Review 25 MIN · ACTIVITY	1:30-1:45 M5 Centaur / Cyborg 15 MIN · ACTIVITY	1:45-2:00 M6 Frontier Map & Wrap 15 MIN
--	--	---	-------------------------------------	--	--	--

BRING WITH YOU

Done before you walk in

- **Laptop with one AI tool open.** *GenAI.mil* if you have CAC; otherwise CamoGPT, ChatGPT, or Gemini. Confirm you can sign in *before* the session.
- **A notebook or notepad.** You will sketch a workflow map and seed your frontier sticky on paper.
- **One real recurring task** from your job in mind for Module 5 — something you do most weeks.
- **Cameras on, mic ready.** Two cold-calls, three show-of-hands, one silent timed exercise.
- **If you're a builder or supervisor,** skim the Course 2 and Course 5 pages so you self-select the right next track.

KEY TERMS

The vocabulary you'll hear today

- **The six 201 skills**
Quality judgment, decomposition, context-building, iterative refinement, mode-switching, frontier mapping.
- **Centaur**
You design and verify; AI executes inside fixed phase boundaries.
- **Cyborg**
Continuous back-and-forth with AI; the boundary is fluid (drafting, prototyping, exploring).
- **The frontier**
The line between what AI handles well and what it doesn't for *your* work — and which moves with each model release.
- **The Red Pen Review**
Mark every AI claim you would not sign — facts, references, internal consistency, procedure, substance vs style.
- **The delegation equation**
If you'd delegate it to a brand-new Marine, it's an AI-shaped task.

EXERCISES IN CLASS

What you will do live — and what “done” looks like

M2 · Quality Judgment (5 min). Two AI-drafted NAM citations for the same Staff Sergeant. Hands up: which one survives the awards board, A or B? Be ready to defend it before the reveal. *Done:* you can name *why* B (specific, verifiable facts) wins over A (filler adjectives).

M3 · The Delegation Equation (3 min). Pick one task you owned this week. On your notepad: who is the audience, what does done look like, what could go wrong? Decide — would you hand it to a brand-new Marine? *Done:* you have one yes/no with a reason.

M4 · Red Pen Review (15 min + 10 debrief). Three AI-generated documents drop into Teams chat. Ten silent minutes. Mark every claim you would **not sign** — references, facts, internal consistency, procedure, substance vs style. *Done:* 3–4 issues per doc; you can categorise each as *fabricated facts*, *missing context*, or *tone mismatch*.

M5 · Workflow mapping (8 min). Pick one recurring task. Sketch 3–5 subtasks. Mark each: *only-me*, *centaur*, *cyborg*, *only-AI*. Decide centaur or cyborg overall. Estimate time saved if AI handled the right subtasks. *Done:* one circled subtask you'll change next week.

M6 · Frontier-map seed (5 min). Three columns on a sticky: *Handles well* · *Handles poorly* · *Moving frontier*. Two real examples per column. Star the failures that surprised you. *Done:* you can name one failure case worth sharing with your section.

ANCHOR PHRASE You are not learning to use a tool. You are learning to manage one.

WHAT YOU'LL BE ABLE TO DO

By the end of the session

- Tell the difference between **centaur** and **cyborg** work, and pick the right mode for one task on your desk.
- Run the **Red Pen Review** protocol on any AI output before your name goes on it.
- Spot when a task is AI-shaped using the **delegation equation**.
- Sketch a workflow map for a recurring task and call out the AI-appropriate subtasks.
- Start a **frontier sticky** — what AI handles well, what it doesn't, what's moving.

HOMEWORK

Three things. One week. Issued at Slide 51 — write it down.

- **Use it once for real this week.** Pick one task from your M5 workflow map. Use AI on it — centaur or cyborg, your call. Bring the result, success or failure, to your section meeting.
- **Add to your frontier sticky.** Two more entries: one task AI handled well, one it didn't. We collect these for the unit map in Week 4.
- **Builders & supervisors:** read the *Course 2 (Builder Orientation)* and *Course 5 (Supervisor)* course pages so you walk into next week on the right track.
- **If something blocks you** (no tool access, unclear policy), email it to the program lead by EOW — we'll resolve it before Week 2.