

Learn AI from zero.

The whole picture on one page. Seven stations, the words that matter, and the rules that keep you safe — free to keep, print, and share.

THE SEVEN STATIONS

01 The Frame — What AI is Software that learns from examples, not rules. Minus the hype.

02 The Senses — How it learns Training on data: more good examples, better results.

03 The Network — Neural nets Signal through layers. "Deep" just means more layers.

04 The Voice — Chatbots Predicting the next word, one token at a time.

05 The Hands — Working with AI Clear prompts + good context = real results.

06 The Conscience — Safety Bias, mistakes, privacy, what to never hand over.

07 The Will — AI agents The 2026 shift: AI that plans and acts for you, not just answers.

WORDS WORTH KNOWING

Token	A word or word-fragment; the unit AI reads.	Prompt	What you type to get a response.
Context	The info you give so the answer fits you.	Hallucination	A confident, wrong answer.
Model	The trained system that makes predictions.	Agent	AI that takes actions, not just replies.
Training	Learning patterns from lots of examples.	Bias	Unfairness inherited from skewed data.
Chain-of-thought	Reasoning step by step before answering.	Grounding	Tying answers to real, checkable sources.

FIVE RULES THAT KEEP YOU SAFE

Never paste secrets. No passwords, IDs, or card numbers into any AI tool.

Assume it can be wrong. Double-check anything that matters.

Give context. Your situation and audience change the answer.

It's not a person. No understanding, no feelings — pattern-matching.

You're in charge. AI is a tool that drafts and suggests. The judgement — and the final call — stays yours.