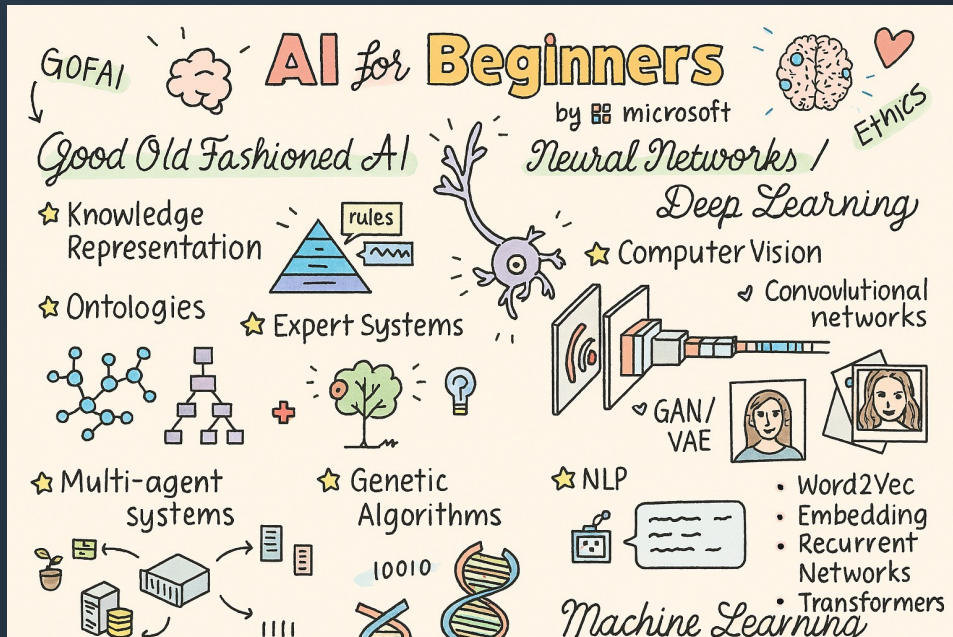


AI Fundamentals

Complete Self-Directed Learning Course



For Thorsten Meyer AI & AI Unfiltered Podcast

Course Overview & Philosophy

Course Philosophy

- Learning by doing, not just consuming content
- Building real tools and practical workflows
- Understanding capabilities and limitations
- Developing critical thinking about AI outputs
- Strategic thinking about business impact
- Preparing for post-labor economy

Inspired By

Thorsten Meyer

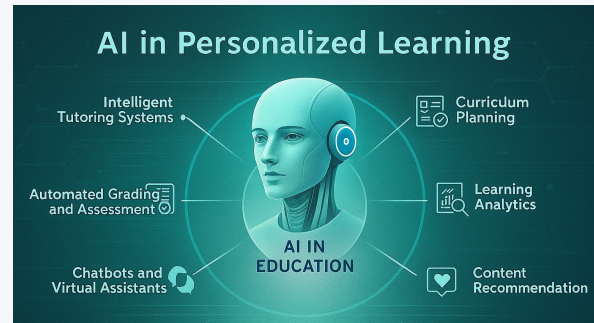
✓ **Complete Coverage:** All essential AI topics in one comprehensive course

Practical Focus: 40+ hands-on activities and real-world exercises

👥 **Community Support:** Built-in peer learning and discussion

💼 **Strategic Perspective:** Business-focused approach to AI implementation

📈 **Future-Ready:** Preparation for AI-driven economy and workforce changes



7 Comprehensive Modules

1 AI Foundations & Safety

Weeks 1-2: Data privacy, hallucinations

2 AI Models & Architecture

Weeks 3-4: Foundation models, MoE

3 Implementation & Optimization

Weeks 5-6: Local AI, cost optimization

4 AI Interaction & Engineering

Weeks 7-8: Prompt & context engineering

5 AI Limitations & Responsible Use

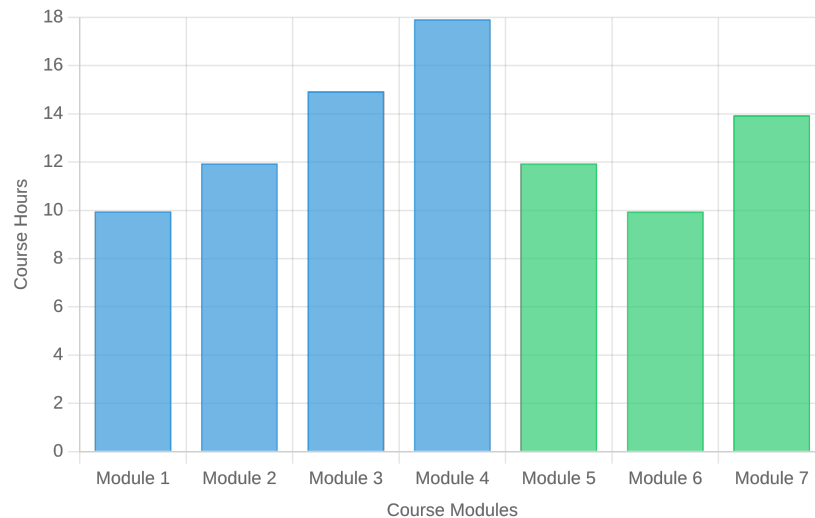
Weeks 9-10: Ethics & limitations

6 Integration & Future Applications

Weeks 11-12: Personal AI toolkit

7 AI's Business & Societal Impact

Weeks 13-14: Post-labor economics



14-week journey from technical foundations to strategic implementation

40+ hands-on activities across all modules



Technical Focus



Strategic Focus

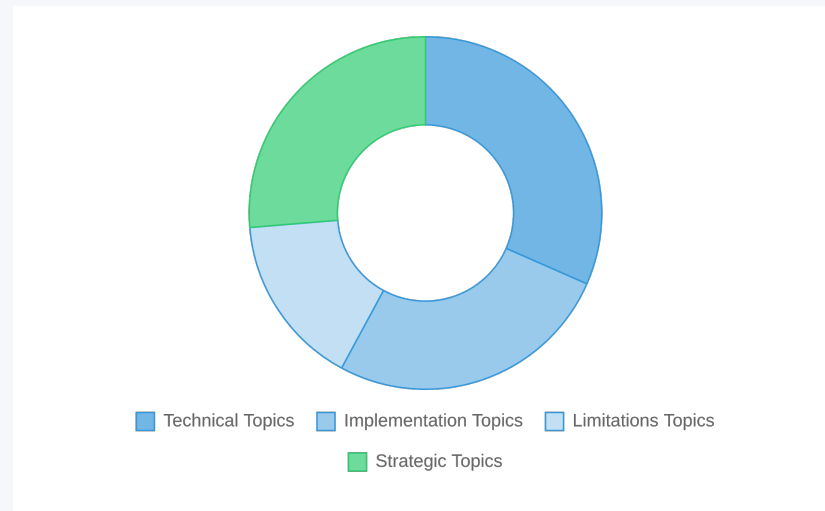
19 Essential AI Topics

Technical Foundations

- 1. Understanding AI Data Privacy
- 2. Model Hallucinations Explained
- 3. How AI Processes Your Questions
- 4. Foundation Models Explained
- 5. Open Source Models and Benefits
- 6. Mixture of Experts Models

Implementation & Interaction

- 7. Running AI Models Locally
- 8. Cost-Saving with Specialized Models
- 9. Understanding Context Length
- 10. Prompt Engineering Mastery
- 11. Context Engineering



Limitations & Responsibility

- 12. AI's Limitations: Browsing the Internet
- 13. AI's Environmental Impact
- 14. Emergent Behavior in AI Models

Strategic & Business Impact (Thorsten Meyer Focus)

Hands-On Learning Approach



Learn by Doing

Every concept is reinforced with practical activities and real-world applications.

Example Activity:

AI Privacy Audit - Analyze and improve privacy settings across your AI tools



Build Real Tools

Create practical workflows and systems you can use immediately.

Example Activity:

Personal AI Toolkit Development - Build your customized AI workflow system

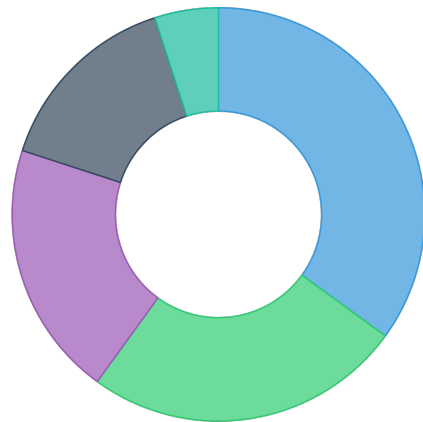


Critical Thinking

Develop skills to evaluate AI outputs and understand limitations.

Example Activity:

Hallucination Detection Challenge - Learn to identify and verify AI-generated content



■ Practical Exercises ■ Tool Building ■ Strategic Planning
■ Analysis Activities ■ Community Projects

40+ Hands-On Activities

Balanced across technical skills and strategic thinking



Community Learning

Share insights, get feedback, and learn from peers through structured community engagement.

Strategic Business Focus

The AI Bifurcation Concept

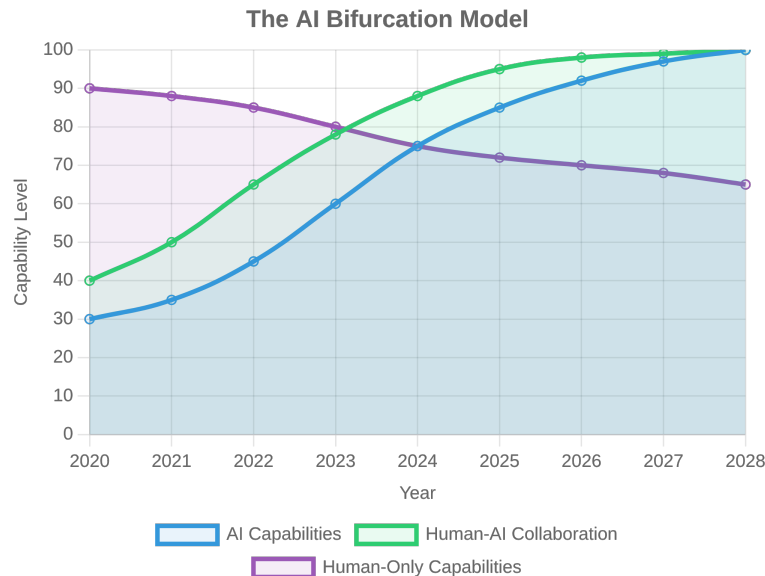
The growing divergence between human and artificial intelligence capabilities. Understanding how AI surpasses humans in specific domains while human intelligence maintains unique strengths in creativity and complex decision-making.

Post-Labor Economics

Preparing for economic shifts as AI transforms the nature of work. Developing strategies for thriving in an AI-driven economy and focusing on uniquely human capabilities in the meaning economy.

Strategic AI Implementation

Creating comprehensive AI adoption roadmaps for organizations. Balancing technical capabilities with business objectives and developing long-term strategic plans for AI integration.



AI Bifurcation: The divergence between human and AI capabilities
Based on Thorsten Meyer's strategic framework

Resources & Community

Core Learning Resources



Comprehensive Course Guide



40+ Practical Activities



Curated Resource Links



Video Tutorials



Expert Resources



Riley Brown



Greg Isenberg



Thorsten Meyer



Two Minute Papers

Getting Help



Check community forums first



Search existing discussions

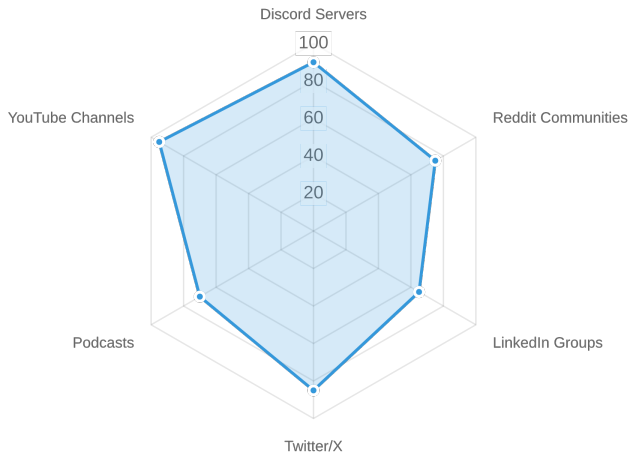


Ask specific, detailed questions



Share what you've already tried

Community Engagement Platforms



Community Activities



Monthly Challenges



Demo Days



Study Buddy System



Expert Q&A Sessions

14-Week Action Plan

Phase 1: Foundation Building (Weeks 1-6)

1-2 AI Foundations & Safety

AI Privacy Audit, Hallucination Detection, Learning Journal

3-4 AI Models & Architecture

Model Comparison, Open Source Setup, MoE Architecture

5-6 Implementation & Optimization

Local AI Setup, Cost Analysis, Context Length Testing

Phase 2: Advanced Skills (Weeks 7-14)

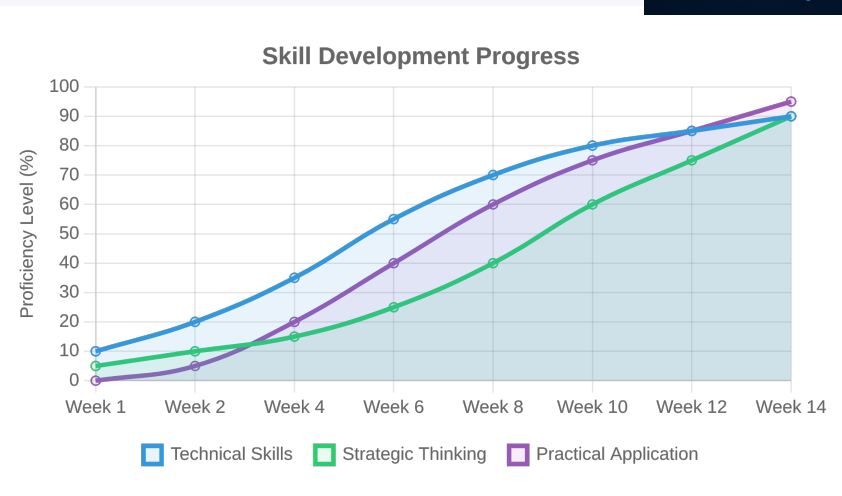
7-8 AI Interaction & Engineering

Prompt Library, Context Management, Interaction Prototypes

9-10 Limitations & Responsible Use

Limitation Testing, Environmental Impact, Ethical Framework

11-12 Integration & Applications



Key Milestones

- 🚩 Week 2: Complete AI Safety Framework
- 🚩 Week 6: Functional Local AI Environment
- 🚩 Week 8: Personal Prompt Engineering System
- 🚩 Week 12: Complete AI Implementation Case Study
- 🚩 Week 14: Strategic AI Adoption Roadmap

Get Started Today

1 Bookmark Essential Resources

Save the course guide, bookmark key resource links, and set up your resource organization system.

2 Set Up Learning Environment

Choose a note-taking app (Notion, Obsidian), create AI tool accounts, and install browser bookmarks for quick access.

3 Join Learning Community

Find AI learning Discord servers, join relevant Reddit communities, and connect with other learners on LinkedIn.

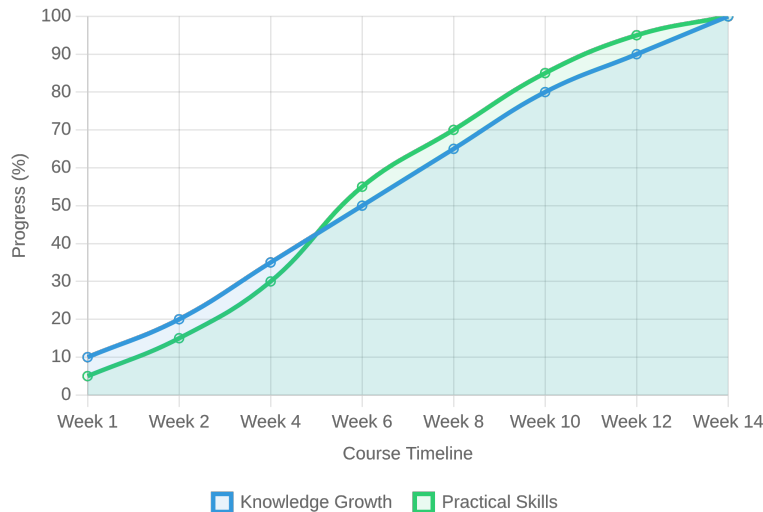
4 Complete First Activity

Start with the AI Privacy Audit (45 minutes), document current AI tool usage, and implement basic privacy improvements.

First Week Checklist

- ✓ Set up learning environment (note-taking app, AI tool accounts)
- ✓ Join course community (Discord/Reddit)
- ✓ Complete AI Privacy Audit
- ✓ Begin hallucination detection practice

Learning Journey Timeline



Ready to transform your AI skills?

Start today and build momentum with small, consistent steps

 [Begin Your AI Journey](#)

Connect & Learn More

Thorsten Meyer

 thorstenmeyer.com

 [AI Unfiltered with Thorsten Meyer](#)

 [@Thorsten_Meyer_](#)

 [The AI Bifurcation](#)

Course Resources

 [Complete Course Guide](#)

 [40+ Practical Activities](#)

 [Community Discussion Forums](#)

 [14-Week Action Plan](#)



Thank You!

Start your AI learning journey today