



Connect **U**nleash **T**hrive **E**mpower



Life Skills and AI Tools for the Future

This course is designed to empower 8th to 10th grade students with vital life skills alongside practical knowledge of artificial intelligence (AI) tools. It combines personal development and tech literacy to prepare students for future academic and career opportunities. Through interactive activities and collaborative projects, students will foster essential abilities such as communication, problem-solving, and critical thinking, while exploring how AI is integrating into everyday life.





Course Duration and Eligibility



Course Duration

This course spans one month, integrating weekly themes for gradual skill building and knowledge acquisition.



Eligibility

Targeted for students in 8th to 10th grades, ensuring content is age-appropriate and engaging for middle school learners.





Course Objectives

Equip with Life Skills

Empower students with essential personal and professional skills needed to succeed in life.

Introduce AI Tools

Familiarize students with various AI applications and tools relevant to their daily lives.

Foster Critical Thinking

Encourage creativity, problem solving, and analytical thinking through hands-on projects.





Week 1 - Introduction to Life Skills

Life Skills Overview

Discuss the importance of life skills and share personal experiences through group discussions.

Communication Skills

Develop effective speaking and listening skills using role-playing and presentations.

Time Management

Learn practical techniques such as scheduling and prioritization through personalized activities.

Emotional Intelligence & Teamwork

Explore empathy, self-awareness, and collaboration with self-reflection exercises and team-building projects.





Week 2 - Introduction to AI Tools

1

What is AI?

Understand the fundamentals of artificial intelligence and its societal significance.

2

AI in Daily Life

Explore common AI applications like virtual assistants and recommendation systems.

3

Popular AI Tools

Hands-on introduction to tools such as ChatGPT, Canva, and Google AI.

4

Ethical Considerations

Engage in debates discussing ethical dilemmas surrounding AI use.

5

Guest Speaker Session

Interact with an AI expert to gain insights about AI's future impact.



Week 3 - Practical Applications of AI

Content Creation

Use AI tools like ChatGPT to write stories and articles with assistance.

Designing with AI

Create posters and infographics using tools such as Canva.

Data Analysis

Analyze datasets with AI-driven tools like Google Sheets and Excel to draw conclusions.

Problem Solving

Collaborate on projects identifying real-world problems and proposing AI solutions.



Week 4 - Presentations and Reflection

1 Project Presentations

Groups share their projects and receive constructive feedback from classmates.

3 Life Skills in Action

Role-playing simulations such as interviews and conflict resolution to apply learning.

2 Reflection on Learning

Students journal and discuss the skills they have developed across the course.





Course Wrap-Up and Celebration

The final phase celebrates student achievements and summarizes key takeaways from the course. Awarding certificates recognizes effort and encourages continued growth. This reflective closure strengthens motivation for lifelong learning and reinforces the practical relevance of life skills and AI literacy in their future endeavors.





Assessment and Materials Needed

Assessments

- Participation in discussions and activities
- Group project presentations and peer feedback
- Reflection journal submissions

Materials Needed

- Computers with internet access
- Projector for presentations
- Art supplies for creative projects

Additional Notes

Encourage students to explore AI tools at home with provided resources for further learning about life skills and AI.

