



AI-Assisted Learning Workbook #2

From Prompting to Independent Thinking

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Who This Workbook Is For

This workbook is for learners who:

- Already use AI (ChatGPT, Gemini, Claude, etc.)
- Feel productive but **not fully confident**
- Want to think better, not just faster

- Want to reduce AI dependency over time

 **Core Shift:**

Workbook #1 = *Learning with AI*

Workbook #2 = *Thinking independently with AI*

 **Workbook Philosophy**

AI should sharpen judgment — not replace it.

This workbook trains learners to:

- Use AI as a **thinking mirror**
- Detect shallow understanding
- Strengthen decision-making
- Build confidence without AI crutches

 **Workbook Structure (10 Issues)**

Each issue contains:

- Goal
- Mental model
- 3–5 guided exercises
- Reflection
- Reusable prompts

1 FROM PROMPTS TO PRINCIPLES

Goal: Stop relying on perfect prompts.

Exercise 1 — Principle Extraction

Prompt

Teach me this concept, then extract the core principle behind it.

Exercise 2 — Rebuild from Principle

Now explain the topic again using ONLY the principle.

 Learners stop memorizing phrasing and start understanding structure.

2 THINKING BEFORE ASKING

Goal: Build pre-AI thinking muscle.

Exercise 1 — Pre-Answer Commitment

Ask me to write my answer first before you respond.

Exercise 2 — Gap Analysis

Compare my thinking to a strong answer.

Where was I strong? Where did I shortcut?

 Confidence grows through effort, not automation.

3 DECISION-MAKING WITH AI

Goal: Improve judgment, not speed.

Exercise 1 — Decision Framing

Help me frame this decision clearly:

- goal
- constraints
- success criteria

Exercise 2 — Tradeoff Mapping

Map the tradeoffs of each option.

👉 *Learners stop asking “what should I do?” and start asking “what am I trading off?”*

4 ERROR-FIRST LEARNING

Goal: Learn faster by embracing mistakes.

Exercise 1 — Predict the Error

What mistake am I most likely to make here?

Exercise 2 — Failure Simulation

Show me what failure looks like and why it happens.

👉 *Fear drops. Learning accelerates.*

5 DEPENDENCY REDUCTION

Goal: Use AI less — more effectively.

Exercise 1 — AI-Free Pass

Learner completes task **without AI**.

Exercise 2 — AI Review Only

Review my work. Do not rewrite it.

📌 *AI becomes a coach, not a crutch.*

6 CONFIDENCE THROUGH CONSTRAINTS

Goal: Build clarity by limiting scope.

Exercise 1 — One-Tool Rule

Solve this using only one concept.

Exercise 2 — Time Box

Teach me this in 5 minutes worth of ideas.

📌 *Clarity beats completeness.*

7 THINKING IN SYSTEMS

Goal: See patterns, not fragments.

Exercise 1 — System Mapping

Map this topic as a system:

inputs → process → output → feedback

Exercise 2 — System Failure

Where does this system usually break?

📌 *Learners stop feeling “lost” inside complexity.*

8 TRANSFER & GENERALIZATION

Goal: Prove understanding.

Exercise 1 — Cross-Domain Mapping

Apply this concept to a different field.

Exercise 2 — Teaching Transfer

Explain this using a real-world analogy from my life.

👉 *If it transfers, it's real.*

9 BUILDING INTUITION

Goal: Move beyond rules.

Exercise 1 — When NOT to Use This

When does this approach fail or become inefficient?

Exercise 2 — Pattern Recognition

What signals tell me I should use this?

👉 *Intuition = pattern + experience.*

10 THE AI GRADUATION PLAN

Goal: Become an independent thinker.

Exercise 1 — AI Exit Strategy

Which parts of this topic can I now do without AI?

Exercise 2 — Confidence Audit

Where do I still hesitate – and why?

Exercise 3 — Final Meta Statement

I use AI best when...

I rely on myself when...

My next thinking upgrade is...

How This Workbook Complements the First

Workbook 1

Learning systems	Thinking systems
Prompt control	Judgment control
AI as guide	AI as mirror
Skill acquisition	Confidence & independence

Workbook 2

Ideal Uses

- Follow-up workbook
- Intermediate AI learners
- Developers, educators, professionals
- University / adult education
- LinkedIn Newsletter series
- Paid or free lead magnet