Vibe Learning — Day 1 Workbook

Personalized Learning with AI: Foundations & Practice

Purpose of Day 1

Day 1 establishes the foundation of Vibe Learning. The goal is to teach AI how YOU learn, control complexity, and begin actively shaping explanations instead of passively consuming them.

Exercise 1 — Personal Learning Profile

You ask AI a set of questions about your goals, background, time, learning style, and challenges. You then answer honestly and ask AI to summarize your Personal Learning Profile. This profile is reused for all future learning.

Why this matters:

1   AI adapts explanations to you instead of guessing

2   You reduce overwhelm and frustration

3   Learning becomes intentional and personalized

Exercise 2 — Explain the Same Concept at Three Levels

This exercise trains awareness of learning depth. You ask AI to explain the same topic at three different levels of complexity.

Sample Topic: Python Functions

Level 1 — Explain like I'm 10
A function is like a small machine. You give it something, it does a job, and gives something back. You use it so you don't repeat the same work.

Level 2 — Beginner Adult
A function is a reusable block of code that performs a specific task. You define it once and call it whenever needed, keeping code organized.

Level 3 — Expert
A function encapsulates logic behind a named interface, enabling modularity, scope control, and maintainable architecture.

Result: You learn that confusion often comes from starting at the wrong level, not lack of ability.

Exercise 3 — Vibe Stretch Explanation

Now you ask AI to rewrite the beginner explanation using examples from YOUR life, based on your Personal Learning Profile.

Sample Personalized Explanation
A Python function is like creating a formula in a spreadsheet. Instead of rewriting the same calculation, you define it once and reuse it, reducing mistakes and saving time.

Why this works: Personal context reduces cognitive load and increases retention.

Exercise 4 — Reflection

Reflection turns experience into insight. Write short answers to the following:

1   Which explanation did I connect with most?

2   What confused me?

3   What surprised me?

4   What felt too hard?

5   What felt too easy?

6   What example resonated most and why?

Key Takeaway: Vibe Learning is about shaping explanations until learning fits YOU.