No. 132

AI LITERACY SERIES · THE METHOD

Any Skill Learned

Pick a skill to learn, build yourself a tailored plan and practise until you truly improve, with AI as tutor, coach and training partner.

Ten prompts to set a clear goal, find the right resources, practise with real feedback, anchor what you learn and keep going over time.

Free for the SYSTINFO community

SYSTINFO · 2026

GOOD TO KNOW

Good to know

By late 2026, AI assistants make excellent personal tutors: they explain at your pace, ask you questions, correct your attempts and adapt to your level, day or night. That is a gift for anyone learning on their own. But AI stays a support, not a shortcut: your regular practice is what turns an explanation into a real skill. Three cues before you start.

1. **AI is a tutor, not a diploma.**
   It guides you, drills you and corrects you, but know-how sets in through repetition. Count on it for the plan and the feedback, on yourself for the hours of practice.

2. **Check the technical details.**
   On a precise fact, a formula or a trade rule, AI sometimes gets it wrong with full confidence. Cross-check a reliable source before you learn anything by heart.

3. **You learn by doing, not by reading.**
   Understanding an explanation gives the illusion of knowing. Ask for exercises, real situations and corrections: it is action that anchors a skill.

Good reflex: set yourself a small regular session, even a short one, and keep a trace of what you try. Consistency beats rare long sessions by far.

THE METHOD

The Method

Five moves, ten prompts ready to copy. Set a clear goal and place your starting point, build a plan and find the right resources, practise with real feedback, anchor what you learn and get past the blocks, then measure your progress and keep going over time.

1 Frame
01 The Clear Goal · 02 The Starting Point

2 Plan
03 The Tailored Plan · 04 The Right Resources

3 Practice
05 The Targeted Drill · 06 The Useful Feedback

4 Anchor
07 The Spaced Review · 08 The Sticking Point Cleared

5 Keep Going
09 The Proof of Progress · 10 The Course Held

THE RCTFE RECIPE

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

PROMPT 01 · FRAME

The Clear Goal

PROMPT TO COPY

```
Role: you are a learning coach who turns a vague wish into a clear goal.
Context: I want to learn [the target skill], for [the reason: fun, work, a specific project], and I have about [time per week].
Task: help me set a motivating, reachable learning goal.
Format: a one-sentence statement (learn what, to do what, at what level), 3 concrete signs I will have succeeded, and a realistic deadline. Ask me a question if something is missing.
```

WHAT YOU GET

A sharp target instead of a vague urge. You learn a skill far better when you know exactly what it is for.

PROMPT 02 · FRAME

The Starting Point

PROMPT TO COPY

```
Role: you are a kind assessor.
Context: my goal is [paste it], my current level is
[beginner or some basics], my constraints: [time, budget,
gear].
Task: help me place my starting point honestly.
Format: 5 short questions to gauge my real level, then a
summary of what I already know, what I am missing, and the
3 prerequisites to settle before I begin.
```

WHAT YOU GET

An honest picture of where you start. Knowing your real level saves weeks wasted too high or too low.

PROMPT 03 · PLAN

The Tailored Plan

PROMPT TO COPY

```
Role: you are a learning-path designer.
Context: goal [paste it], level [paste it], I can give it
[X hours a week] for [duration].
Task: build me a realistic, step by step plan.
Format: a week by week plan, simple to complex, each week
with a mini-goal, one concrete activity and an estimated
time. Leave slack for the unexpected.
```

WHAT YOU GET

A clear path, step by step, instead of wanting it all at once. A plan in stages turns a mountain into a staircase.

PROMPT 04 · PLAN

The Right Resources

PROMPT TO COPY

```
Role: you are a demanding librarian.
Context: I am learning [the skill] at [paste level], I prefer to [read, watch or practise], budget [free or limited].
Task: help me spot the best resources and drop the bad ones.
Format: a short pick (courses, books, channels, exercises), ordered beginner to advanced, with why each one, and how to check a resource is reliable and up to date. Flag anything you are unsure of.
```

WHAT YOU GET

A short, safe list rather than an ocean of links. Two good resources finished beat twenty opened and never done.

PROMPT 05 · PRACTICE

The Targeted Drill

PROMPT TO COPY

Role: you are a coach who sets the right difficulty.
Context: this week I am working on [the exact point or move], my level is [paste it].
Task: give me something to truly practise, not just understand.
Format: 5 progressive exercises on this point, easiest to hardest, with the brief, a suggested time and the answer hidden until I ask. One point at a time.

WHAT YOU GET

Real practice at the right level of difficulty. You progress by just barely struggling, neither too easy nor too hard.

PROMPT 06 · PRACTICE

The Useful Feedback

PROMPT TO COPY

```
Role: you are a precise, encouraging reviewer.
Context: here is my attempt: [paste your work: text, a
calculation, code, a described move, a recording].
Task: tell me what works, what does not, and how to fix it.
Format: 3 strengths, 3 fixes ranked by priority, and for
the top one an example correction and a drill to lock it
in. Stay concrete, no empty praise.
```

WHAT YOU GET

Feedback no one has the time to give you. It is immediate, repeated feedback that truly drives progress.

PROMPT 07 · ANCHOR

The Spaced Review

PROMPT TO COPY

```
Role: you are a specialist in lasting memory.
Context: here is what I have learned these past weeks:
[summarise or paste it].
Task: help me retain it for good, not just in the moment.
Format: recall questions (simplest to finest), a
spaced-review schedule (day 1, 3, 7, 30), and 5 two-sided
cards I can reuse. Quiz me, do not hand me the answer right
away.
```

WHAT YOU GET

Knowledge that stays, not a lesson forgotten in two weeks. Reviewing a little, several times, holds better than rereading it all at once.

PROMPT 08 · ANCHOR

The Sticking Point Cleared

PROMPT TO COPY

```
Role: you are a patient tutor facing blocks.
Context: I am stuck on [the exact point], here is what I
have already tried: [describe it].
Task: help me see where the block comes from and get past
it.
Format: explain the idea three ways (an everyday image, a
very simple example, step by step), then a mini-exercise to
check it landed. If I still miss it, switch angle.
```

WHAT YOU GET

A way out when you go in circles. A block explained differently often dissolves in minutes.

PROMPT 09 · KEEP GOING

The Proof of Progress

PROMPT TO COPY

```
Role: you are a mentor who loves concrete proof.
Context: I have been learning [the skill] for [duration],
here is where I am: [the real state].
Task: help me measure my progress and make it visible.
Format: propose a small concrete project that uses what I
already know, a simple way to compare with my starting
point, and the next level to aim for. Keep it short and
doable.
```

WHAT YOU GET

Proof you are moving, in black and white. One small finished project motivates more than ten hours of theory.

PROMPT 10 · KEEP GOING

The Course Held

PROMPT TO COPY

```
Role: you are a consistency partner.
Context: I want to keep improving without burning out or
dropping everything at the first gap.
Task: help me hold the course over time.
Format: a realistic routine (when, how long, where), a
workaround for the off weeks, and the rule for restarting
after a break without guilt. Remind me of my goal at each
check-in.
```

WHAT YOU GET

A habit that holds rather than a burst that fades. What makes the difference is not intensity, it is coming back often.

No. 132

YOUR TURN

The First Step

You now know how to teach yourself almost any skill with AI: a clear goal, a tailored plan, the right resources, real feedback, then anchoring and lasting over time.

AI explains, but you are the one who learns: regular practice makes all the difference.

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