NEXILY AI ACADEMY · LEVEL 1

Understand *AI*

Really understand how artificial intelligence works: what it can do, what it can't do, and why. Without ever getting technical.

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CONTENTS

The path

Five modules to go from “I can use it” to “I understand what’s happening”. We keep the words simple, but we really get to the bottom of things — it’s that level of understanding that makes you independent and clear-headed about AI.

00	How to follow this course	3
01	What AI can do	4
02	What AI CANNOT do	7
03	How AI generates its answers	10
04	Understanding the different tools	13
05	Safety and common sense	16
★	Final project: the right type of AI for 10 situations	19
	The end of level 1	22
	About Nexily	23

NOTE

This course explains mechanisms, not brands. AI tools change fast; the principles don’t. For any important information (health, money, an official procedure), always check with a reliable source.

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BEFORE YOU START

How to follow this course

This level doesn't teach you to click, but to understand. Two minutes of reading here will stop you skimming over what actually makes the difference.

Understand rather than memorise

Level 0 taught you to use AI. This level answers the next question: why it works, and above all where the limits are. Understanding these mechanisms is what lets you trust it wisely rather than blindly.

You need no technical background. Every idea is explained with everyday images. That said, keep an AI tool open next to you: the best way to understand an idea is to check it yourself by asking a question.

> KEY POINT
>
> The goal of this level isn't to turn you into a computer scientist, but into a **clear-headed user**: someone who knows what AI is worth, what it isn't, and when to double-check.

How to read the boxes

BOX	WHAT IT HOLDS
Key point	The main idea to keep, even if you forget the rest of the page.
Example	A concrete case, to see the mechanism at work.
Pitfall	The common reasoning mistake at this step.
Put it into action	What you do before moving to the next module.

1. Keep an AI tool open throughout the course, to test what you read.
2. Note a question you hesitate to trust the AI on. You'll answer it in module 2.
3. Plan one module per session, no rush. Understanding takes letting ideas settle.

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01

THE UNDERSTANDING PATH

What AI can do

Before talking about limits, let's look at its strengths. AI excels at one very specific family of tasks — and knowing which one is already knowing when to use it.

BY THE END OF THIS MODULE, YOU CAN

- Name the main families of tasks AI does well
- Recognise, faced with a need, whether AI is the right tool
- Phrase each type of task to get the most from it

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One common thread: language and information

Almost everything text AI does well fits in one sentence: it turns one piece of content into another. A long text into a summary, an idea into a paragraph, one language into another, a question into an explanation.

If you keep this thread in mind, you'll almost always guess whether a task is within its reach. Here are the ten most useful families, with an example request for each.

ABILITY	WHAT IT DOES	EXAMPLE REQUEST
Answer	Give a direct answer to a question	"What is a deposit for?"
Explain	Make a complicated topic clear	"Explain inflation simply."
Summarise	Condense a text, keeping the essentials	"Summarise this report in 5 points."
Translate	Move from one language to another	"Translate this email into French."
Write	Produce a text from a brief	"Write a for-sale listing."
Analyse	Draw out points from a piece of content	"What are the risks in this text?"
Create	Produce original content	"Invent a slogan for my shop."
Compare	Weigh several options	"Compare these two plans."
Organise	Structure, sort, put in order	"Rank these tasks by priority."
Generate ideas	Offer options when you're stuck	"Give me 10 content ideas."

Three broad intentions

These ten families fall into three intentions, which help you choose your wording.

- **01 · Understand and restate** Answer, explain, summarise, translate. You start from information and want it clearer, shorter or in another language.
- **02 · Produce something new** Write, create, generate ideas. You start from an intention and want content that didn't exist yet.
- **03 · Reason over content** Analyse, compare, organise. You provide material and want the AI to help you see clearly and decide.

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