What is AI Literacy?

Does it SEEM right to you?
Let's make sure AI use is:

SAFE	EFFECTIVE	ETHICAL	MEANINGFUL
Protects privacy Avoids harm	Accurately produces what you intend	Transparent Equitable Minimizes bias	Adds value Augments learning & creativity

Learn more at aiVermont.org/resources
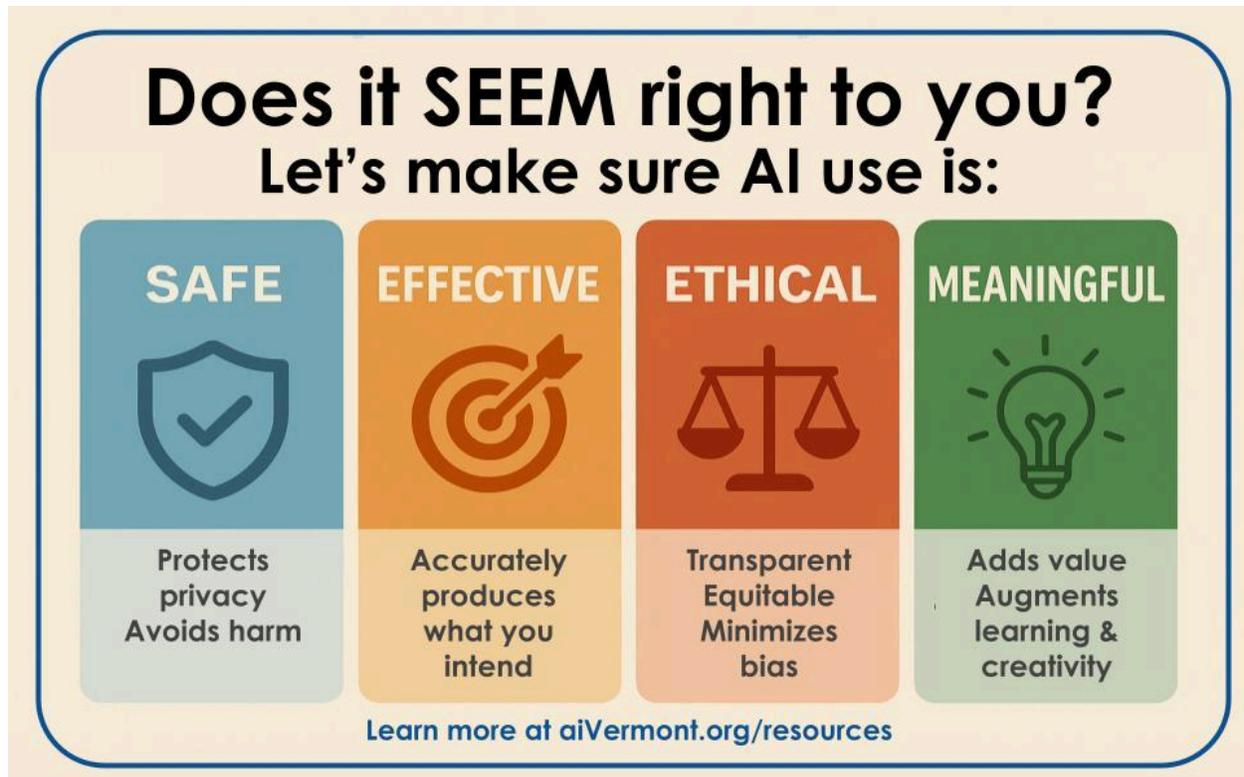
A person who is AI literate will be able to...

- **recognize and evaluate AI-generated content**, distinguishing it from human work and judging its accuracy and intent.

- **use AI tools effectively and purposefully**, crafting prompts and applying AI to enhance learning, creativity, and productivity.

- **think critically and ethically about AI**, understanding its social, environmental, and moral implications and using it responsibly.

- **understand how AI works and its limits**, knowing what it can and cannot do and where it is most useful.

- **navigate AI in context and community**, discussing its impacts, helping others use it wisely, and engaging with policy and media issues.

- **maintain human agency and judgment**, making informed choices, personalizing AI outputs, and deciding what to share or trust.

> **Using AI should promote, not diminish, essential human skills like**
> **critical thinking, problem solving, communication, creativity,**
> **collaboration, empathy, adaptability, and self-direction.**

Human Intelligence and Artificial Intelligence Compared

Recognizing and understanding the strengths of HI vs AI will help you **make better decisions and avoid predictable mistakes**. Consider what each is best at to avoid overly trusting or underusing one or the other. Protect what matters most in work and life: relationships, meaning, and ethical actions.

Domain / Task	HI Strengths	AI Strengths
Creativity & Content Generation	Intentional, purposeful creativity, embedded with personal and cultural meaning, lived experience, originality	Rapid & scalable drafting of text, images, music, video, etc. with limitless variations blending diverse styles
Pattern Recognition	Uses context and experience to interpret ambiguous or novel patterns; applies common sense	Detects tiny variations, repetitive patterns, anomalies (e.g., fraud detection, medical scans)
Image & Sound Recognition	Recognizes blurred, partial, and unusual signals, puts in context	Extremely accurate in trained domains; can process at massive scale
Repetitive & Routine Tasks	Flexible when tasks change suddenly; adapts to unforeseen disruptions	Fast, tireless, consistent; no fatigue or boredom
Language Translation	Captures nuance, cultural context, tone, humor, and layered meanings	Recognizes hundreds of languages, speed and consistency
Learning & Self-Improvement	Few-shot learning; transfer across domains; goal-oriented, adaptive	Rapid learning within narrow data-rich tasks; never forgets
Problem Solving	Uses creativity, ethics, empathy to deal with open-ended, "fuzzy" problems	Excels at constrained, rule-based systems; optimization problems
Brainstorming & Prediction	Balances competing priorities and values; accounts for social/emotional consequences of predictions	Simulates millions of possibilities; adapts on the fly; excels in logistics, routing, financial trading
Games & Strategy Tasks	Stronger in open-ended, real-world strategies where rules are unclear or values matter	Outperforms experts in games with defined strategies like chess, Go, poker, StarCraft, etc.
Data Processing & Analysis	Synthesizes across domains; recognizes relevance/importance; interprets findings within social or ethical contexts	Handles massive datasets instantly; finds subtle correlations, anomalies, errors in real time
Perception & Attention	Notices unexpected, contextually meaningful stimuli, integrated across senses and experiences	Can process massive amounts of information from data sources and sensors without error or fatigue
Monitoring & Alerting	Better at prioritizing what matters, avoids false positives by applying judgment	24/7 vigilance across multiple inputs, flag problem data instantly, never distracted