

STAR Program 2026

Week 1 Student Worksheet - From Screen Time to Skill Time

Week 1 Goal

By the end of Week 1, you should understand the difference between screen time and skill time, what AI is, how to use AI responsibly, and how to begin thinking like a creator.

Name

Age

STAR Track

Date

Part 1 - Technology Around Me

What technology did you use today?

What do you usually use it for?

How can you turn it into skill time?

Part 2 - What Is Technology?

Technology is a tool people create to solve problems, make work easier, communicate, learn, build, or create.

Example 1

Example 2

Example 3

What problem does one of these technologies solve?

Part 3 - What Is AI?

AI means Artificial Intelligence. AI can help answer questions, explain topics, translate languages, recommend videos, and generate ideas.

AI is...

Example of AI 1

Example of AI 2

Example of AI 3

Part 4 - AI Safety

AI is a helper, not a replacement for...

Two things I should not share online or with AI tools

One reason I should check AI answers

Part 5 - Better Prompts

Weak prompt: Tell me about computers.

Improve the prompt

Write your own prompt

Part 6 - My Tech Future Card

My name is

One technology I use often is

One thing I want to learn in
STAR is

One problem I want technology
to solve is

One online safety rule I will
follow is

One project idea I may want to
build is

Part 7 - Reflection

One thing I learned today

One question I still have

One thing I will do differently
when using technology
