



STUDENT WORKBOOK

Stream and Career Compass

1 day, 3 hours · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

Stream and Career Compass: Your Workbook

Dear student and dear parent, this workbook belongs to both of you, because the decision it serves belongs to both of you. Over three hours you will research streams and careers with AI, learn the questions that matter before choosing, and build your family's one-page career exploration map. Use these pages during the workshop to copy prompts and capture answers, and afterwards at home, because exploring does not end today. Nothing here decides for you, and be wary of anything that claims to. It gives you a method, honest information, and a map you can keep updating as interests change. Write in it, fold it, spill chai on it, argue over it at the dinner table. That is what it is for.

Warmly,

Team AI Coaching India

Before day one

- Bring one phone or laptop per family with internet. One device is enough; you will work on it together.
 - Install ChatGPT (free) or bookmark chat.openai.com. Install Google Gemini (free) as a second option.
 - Bookmark Perplexity (perplexity.ai, free); we use it for research where sources matter.
 - NotebookLM (notebooklm.google.com, free) appears briefly; it needs a Google sign-in, and students use it on a parent's or class account, so parents, have your Google account ready.
 - Student: jot down two or three careers you are curious about, even vaguely. "Something with animals" counts.
 - Parent: jot down the career you secretly hope for. Yes, really. It goes into the research too.
 - One reassurance: no AI experience needed, no decision will be forced today, and nobody's career idea gets laughed at in this room.
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Hour 1: Meet the careers, hands on

What today was really about

Within the first thirty minutes you interviewed an AI about a career, and you probably learned more specifics than months of asking relatives. That is the method: treat AI like a knowledgeable stranger you can question endlessly. What do people in this field do on a Tuesday? What subjects lead there? What are the paths in, and what do early years realistically pay? You also felt the catch: AI answers everything smoothly, including things it is wrong about. So the interview gives you the picture, and official sources later confirm the facts. Student asks, parent asks, both write. The research is shared from minute one.

Prompts we used

1. I am a Class _____ student in India curious about a career as a _____.
Describe a typical working day in this field, honestly, including the boring parts.

2. What subjects, streams, and entrance exams usually lead to a career in _____ in India?
Lay out the common paths step by step, and I will verify the exam details on official websites.
3. What do the first five years in _____ look like in India: the kind of work, the learning curve, and a realistic salary range? If you are not sure about numbers, say so.
4. I think I would enjoy _____ because _____. Ask me five questions to test whether my reasons match what this career is actually like.
5. Parent prompt: My child is interested in _____. What should a parent understand about this field today that was different 15 years ago?
6. Mujhe _____ banna hai lekin ghar mein sab kehte hain scope nahin hai. Is field ka real scope India mein kya hai, achha aur bura dono batao.

Now you try

1. Student: run prompt 1 on your top career. Write the two most surprising things you learned:

2. Parent: run prompt 5 on the career you hoped for. What has changed about it since you formed that hope? _____
3. Together: run prompt 4 and answer its five questions honestly. Which answer made you pause?

Watch out

WATCH OUT

AI describes careers fluently, but salary figures, exam names, and college details can be outdated or simply invented. In this hour we collect the picture. Before anything becomes a fact on your map, it gets verified on an official source. Smooth is not the same as true.

My notes

Hour 2: Question everything

What today was really about

This hour gave you two shields. First, the honest look at how AI itself is changing the careers you are considering: which tasks are shrinking, which are growing, and what that means for a student entering the field in five years. Not panic, not hype, just patterns worth knowing before you choose. Second, the misinformation defence. The internet is filling with AI-generated college content: fake rankings, inflated placement claims, glossy pages for average institutions. You practised verifying claims on official websites and regulator lists, and you built your family's pre-decision question checklist: interest, aptitude, cost, time, and backup paths. Questions first, decisions later.

Prompts we used

1. How is AI changing the work of a _____ in India? List tasks that are shrinking, tasks that are growing, and new skills entering the field. Be balanced, not alarming.
2. If a student enters the field of _____ five years from now, what parts of the job are likely to look different from today? Mark clearly which parts of your answer are informed guesses.
3. What questions should our family ask before choosing the _____ stream: about interest, aptitude, cost, time to first job, and backup paths if plans change?
4. A college claims 100 percent placement and a _____ rank. What official sources can we use in India to verify claims like this about colleges, and what red flags suggest a claim is inflated?
5. In Perplexity: What is the officially published information about _____ (a college or course)? Give sources so we can open and check them.
6. Hum log _____ aur _____ ke beech confuse hain. Dono streams ke subjects, aage ke options, aur common galatfehmiyan side by side batao.

Now you try

1. Together: run prompt 1 on the student's top career. Write one shrinking task and one growing one: _____
2. Pick any bold claim you have seen in a college ad or reel. Verify it with prompts 4 and 5. What did the official source actually say? _____
3. Build your family checklist with prompt 3, then add two questions of your own that matter in your home (budget, city, family situation): _____

Watch out

WATCH OUT

Predictions about AI and jobs are informed guesses, including AI's own predictions about itself, so hold them loosely. And treat every ranking, placement figure, and cutoff you see online as unverified until an official website or regulator list confirms it. If a college's claims only exist on its own pages and paid articles, that silence is information too.

My notes

Hour 3: Decide together

What today was really about

The last hour turned research into something your family owns. You put your shortlisted careers side by side, compared them on the things that matter to you, and filled in your one-page career

exploration map: three careers researched, AI's impact on each, the questions still open, and the next steps you will take at home. Notice what the map does not have: a final answer. That is deliberate. A Class 9 interest and a Class 12 choice are different animals, and the map is built to be updated as you grow. You also agreed how exploring continues at home: who researches, who verifies, and when you talk. The decision stays with your family, which is where it belongs.

Prompts we used

1. Compare these careers for a Class _____ student in India: _____, _____, and _____. Compare the daily work, the usual paths in, the time and cost to get started, and how AI is affecting each. Present it side by side in plain text.
2. Based on this comparison, what is one common misconception about each of these three careers?
3. For the career _____, what are two or three real people or roles I could observe or talk to in a mid-sized Indian city to understand the work better?
4. What could our family do in the next 30 days to explore _____ further: things to read, watch, try, or ask, all free or cheap?
5. Here is our shortlist and our reasons: _____. Play devil's advocate. Ask us the uncomfortable questions we might be avoiding.

Now you try

1. Together: run prompt 1 on your final three. Write the single biggest difference the comparison revealed: _____
2. Fill your map's "questions still open" box, at least three honest ones: _____
3. Agree your next two steps at home, with a date and an owner (student or parent) for each:

Watch out

WATCH OUT

The strongest pull in stream decisions is usually not data, it is pressure: relatives, neighbours' children, and flashy ads. Your defence is the map you just made: researched options, verified facts, open questions. When someone says "everyone is taking _____", point at the map and keep asking your own questions.

My notes

Your complete prompt library

Hour 1: Meet the careers, hands on

1. I am a Class _____ student in India curious about a career as a _____. Describe a typical working day in this field, honestly, including the boring parts.
2. What subjects, streams, and entrance exams usually lead to a career in _____ in India? Lay out the common paths step by step, and I will verify the exam details on official websites.
3. What do the first five years in _____ look like in India: the kind of work, the learning curve, and a realistic salary range? If you are not sure about numbers, say so.
4. I think I would enjoy _____ because _____. Ask me five questions to test whether my reasons match what this career is actually like.
5. Parent prompt: My child is interested in _____. What should a parent understand about this field today that was different 15 years ago?
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Hour 2: Question everything

1. How is AI changing the work of a _____ in India? List tasks that are shrinking, tasks that are growing, and new skills entering the field. Be balanced, not alarming.
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Hour 3: Decide together

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Your safety card

- Never share in any AI chat: the student's full name, school name, address, phone number, marks, or family financial details.
 - Every career fact that influences a decision gets verified on an official source: exam bodies, university websites, and government regulator lists, not ads or reels.
 - Treat college rankings, placement percentages, and "100 percent job guarantee" claims as unverified until an official source confirms them. Glossy is not the same as good.
 - Admission season scams are real: fake counselling calls, "reserved seat" offers for a fee, and fake scholarship links. Never pay anyone on a phone call, and verify every offer on the institution's official site. Report online fraud to the national cyber helpline 1930.
 - AI's predictions about future jobs, including its own effect on them, are informed guesses. Use them to ask better questions, not as facts.
 - Signed-in tools like NotebookLM are used on a parent's or class account, and the research stays a shared family activity, not a solo late-night spiral.
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Keep going: your 30-day plan

- Week 1: Student runs one career interview (Hour 1 prompts) on a fourth career not researched today. Parent verifies one fact from it on an official source. Add both to the map.
 - Week 2: Together, run the family checklist (Hour 2, prompt 3) on your current top choice and write answers for every question, including the uncomfortable ones.
 - Week 3: Talk to one real person in a shortlisted field, a relative, a neighbour, a family friend, using questions from your map. Note what surprised you.
 - Week 4: Sit together for thirty minutes, update the map: what moved up, what dropped off, what new questions opened. Set the date for next month's update.
 - Rule for the month: any new claim about a college, exam, or career enters the map only after one official-source check.
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Plain-words glossary

- **AI:** computer software that answers questions and writes text by learning patterns from huge amounts of reading.
- **Prompt:** the message you type to AI. Specific prompts with class, place, and career get useful answers.
- **Hallucination:** when AI states something false with full confidence, like a wrong cutoff or a made-up ranking.

- **Verification:** checking a claim against an official source before trusting it. The core habit of this workshop.
- **Official source:** the website of the actual exam body, university, or government regulator, not a coaching ad or a reel.
- **Stream:** the subject group chosen after Class 10, commonly Science, Commerce, or Arts, shaping later options.
- **Aptitude:** what you are naturally quick at, which is related to but not the same as what you enjoy.
- **Backup path:** the realistic plan B if the first choice does not work out. Every good map has one.
- **Placement claim:** a college's statement about how many students got jobs. Often inflated; always verify.
- **AI-generated misinformation:** fake or misleading content produced at scale, including fake college reviews and rankings.
- **Perplexity:** an AI search tool that lists sources with its answers so you can open and check them.
- **NotebookLM:** a free Google tool that answers only from documents you upload, used on a parent's or class account.
- **Career exploration map:** your family's one-page summary of researched careers, AI's impact, open questions, and next steps.
- **Devil's advocate:** someone who argues the opposite side on purpose so your reasons get properly tested.