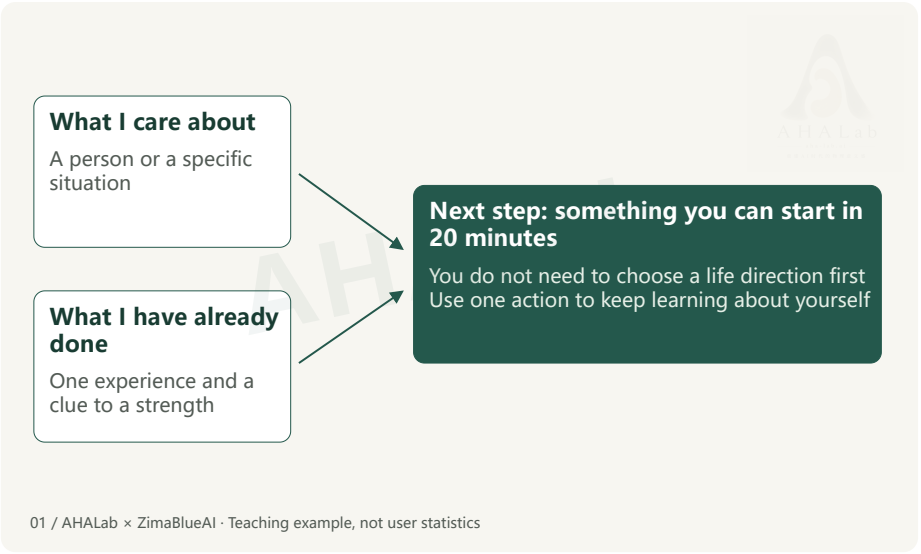
Care / 00—02 minutes

What would you like to take one more step towards?

First, think of something you care about, then use this case to find a way forward.



> Spend 30 seconds thinking of a small thing you have done well, then write down one situation you are willing to spend 20 minutes exploring.

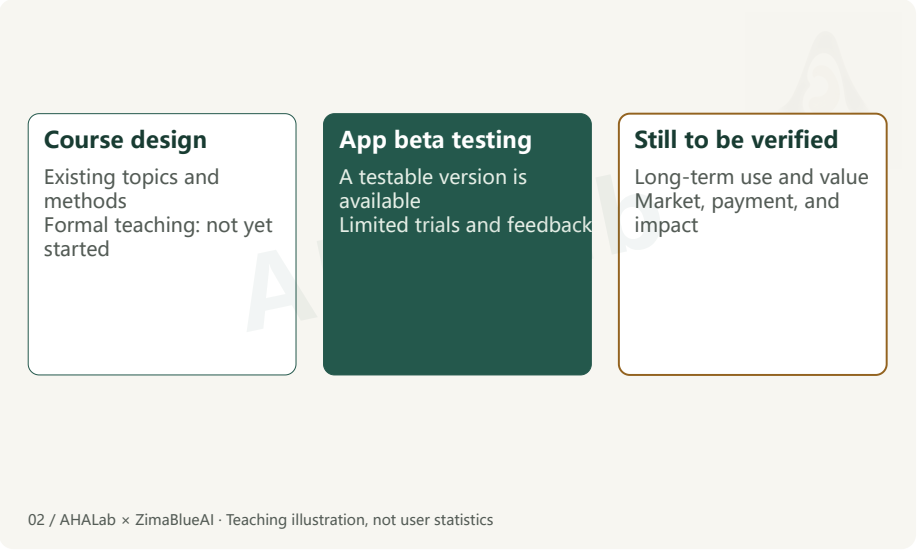
- People around you, your school, the environment, your interests, or any life you notice can be a starting point.
- It is okay if you are not interested in this app. Just leave with one small step you are willing to take.

Write first. You can do this independently. Exchange online only if needed. No fixed partner required.

Limits of the case / 02—05 minutes

A project that is still finding its way

The course for older adults has not started yet; the app invited a small number of users to try it first.



> Which of these states have already happened, and which are still to be verified?

- The course is designed, but it cannot yet be counted as a result that happened in a classroom.
- Someone being willing to try does not mean a market has been found.
- Case studies are closed-source; today we share the process, choices, and methods.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

How it began / 05—08 minutes

Make room for conversation at a person’s own pace

You can start with a broad direction, then find one specific small thing to try.

> Is “willing to chat” the same as “willing to show family”?

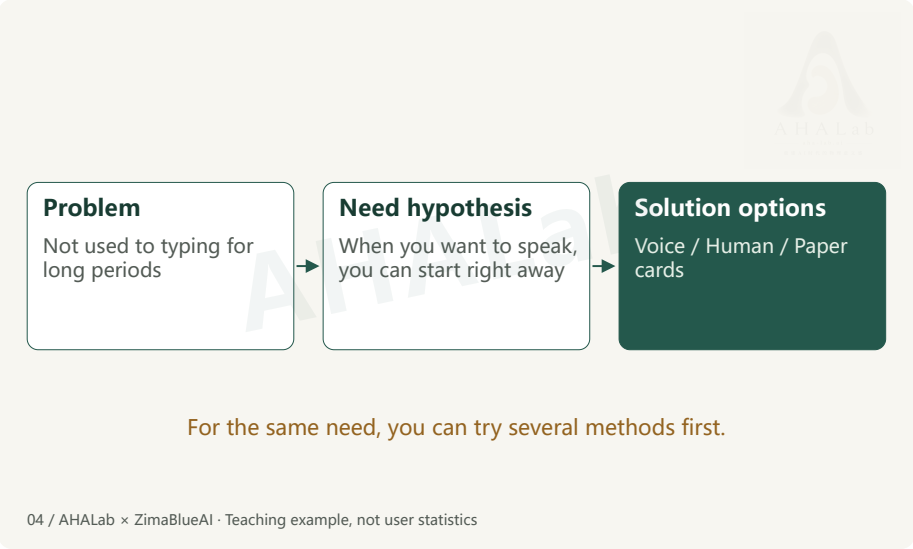
- Concern: How can we create one more place where people feel ready to speak?
- Need hypothesis: You can speak without writing an article first, and you decide when to pause or share.
- Step 1: Ask—Answer—Pause—Keep a record.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

From a problem to a need / 08—11 minutes

Separate the complaint, the need and the feature

Starting with first principles: Separate goals, facts, constraints, and assumptions.



> Can “make an app” be the need directly?

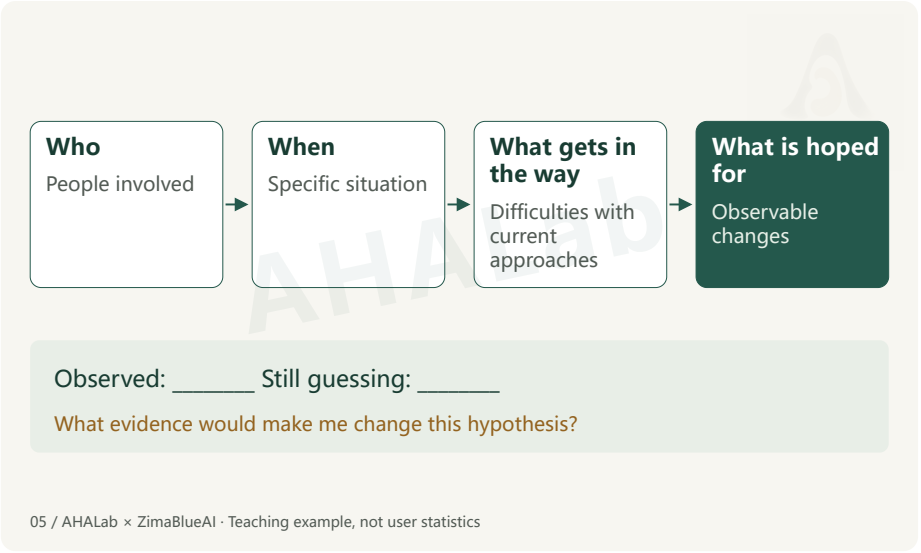
- Observation: Some people are not used to typing for long periods; you still need to ask about specific people.
- Need hypothesis: When you want to speak, you do not need to organize it into an article first, while keeping consent and data boundaries.
- Question “must make an app”: Paper cards, human interviews, and voice can be tried first.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Activity 1 / 11—16 minutes

Turn what you noticed into a question you can test

Who × Situation × Barrier × Desired change.



> Spend about 5 minutes writing Action Card A. You do not need to prove the need is real right now.

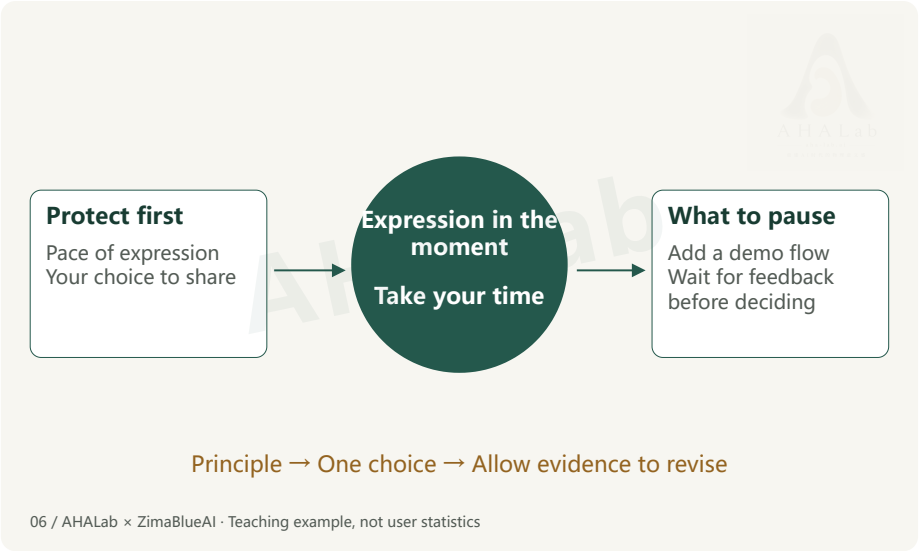
- Write the phenomenon first, then turn it into one need statement.
- Circle one guess and write down evidence that might disprove it.
- When studying alone, check your work using the prompts. If you have a voluntary partner, you can also review each other’ s work.

Complete independently. Write down existing alternatives and people you can reach. Ask online with one specific question only if needed.

Guiding choices / 16—19 minutes

What you protect shapes the choices you make

When sharing layouts are very appealing, why do you still want to start with a slow chat?



> What do you protect, and what do you do first or pause?

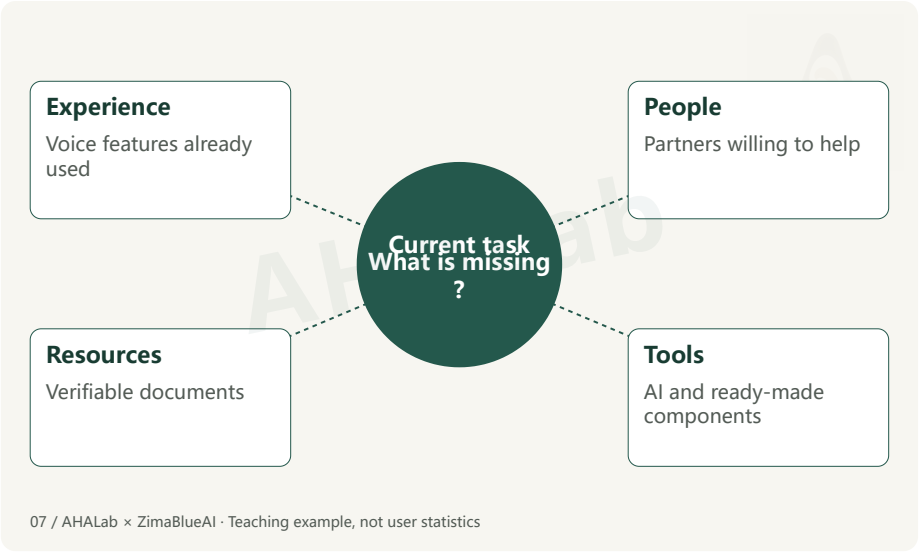
- Protect: current expression, your own pace, and sharing choices.
- Pause for now: adding a complex flow just for a quick demo.
- This is the current choice; you can reconsider if new evidence appears.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Drawing on experience / 19—22 minutes

Build on what you already know

Apply experience, resources, and tools to the task at hand.



> List two resources you already have, and one piece of information you still need.

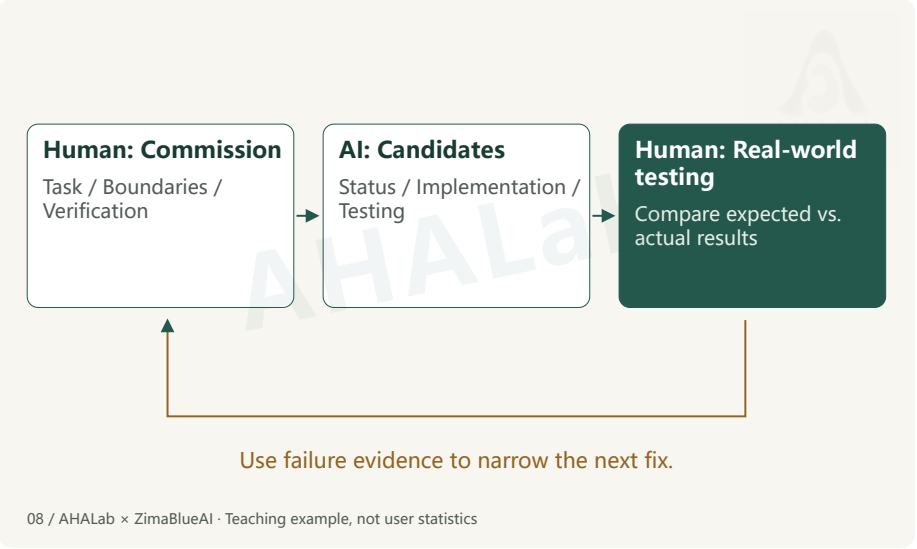
- Existing voice skills, practical experience, and personal strengths can all connect to the current task.
- AI can suggest solutions, write prototypes, and help find errors.
- Information gaps still require finding sources, testing personally, and reporting results.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Building with AI / 22—26 minutes

You can start before you know platform programming

First, clarify what this session covers and how to check it when done.



> When AI says “done,” which step must you do yourself?

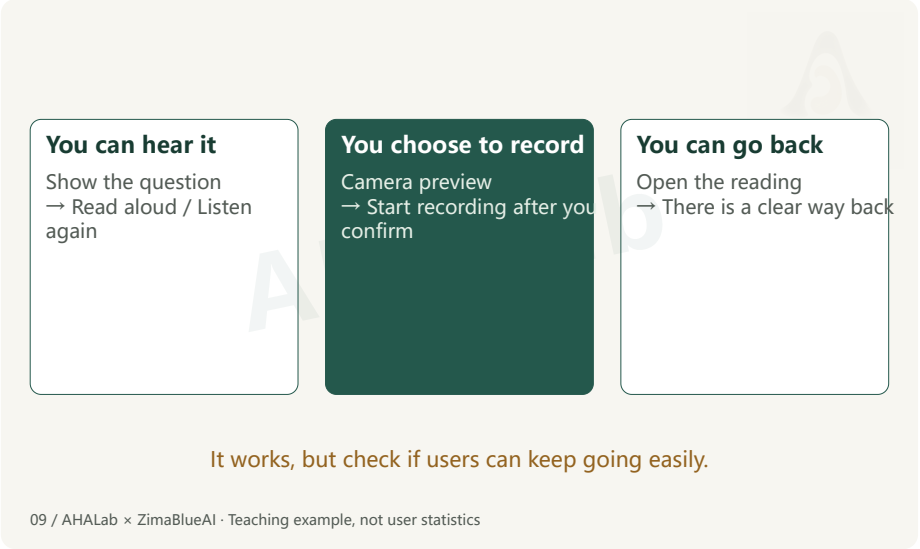
- Tell AI: goals, known facts, real constraints, hypotheses to test, and verification criteria.
- Ask AI to list status, unknowns, and testing methods before providing implementation.
- Use synthetic content to complete one start–pause–save cycle yourself.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Meeting difficulties / 26—29 minutes

Progress comes from trying it again

After it runs, there are still choices for playback, permissions, returning, and recording.



> How does one small snag change whether users want to continue?

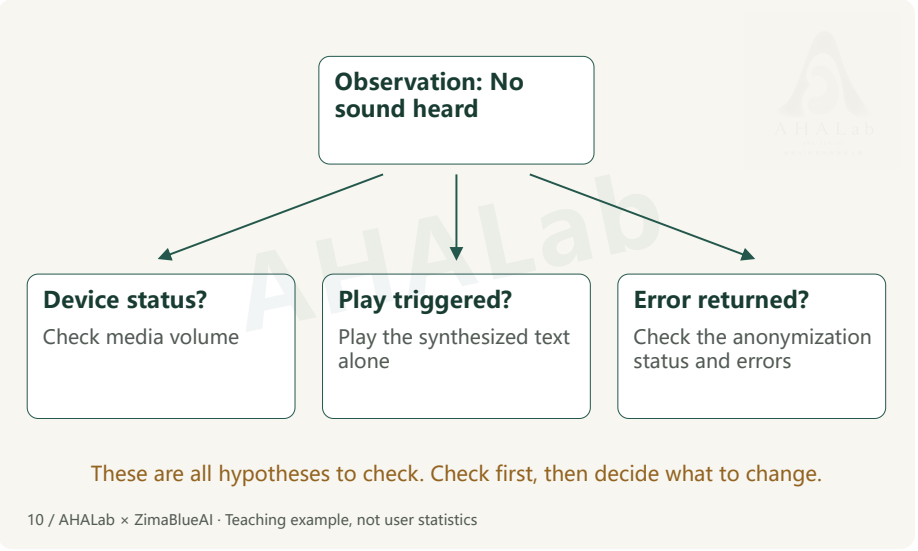
- Users hear the question first, instead of facing a blank screen.
- Open the camera for a preview first, then confirm before recording.
- After opening the reading page, make sure there is a way back.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Activity 2 / 29—33 minutes

AI says it is fixed. The phone is still silent.

Known → Unknown → Minimal check → Single change → Re-test.



Task Card B: What is your next check?

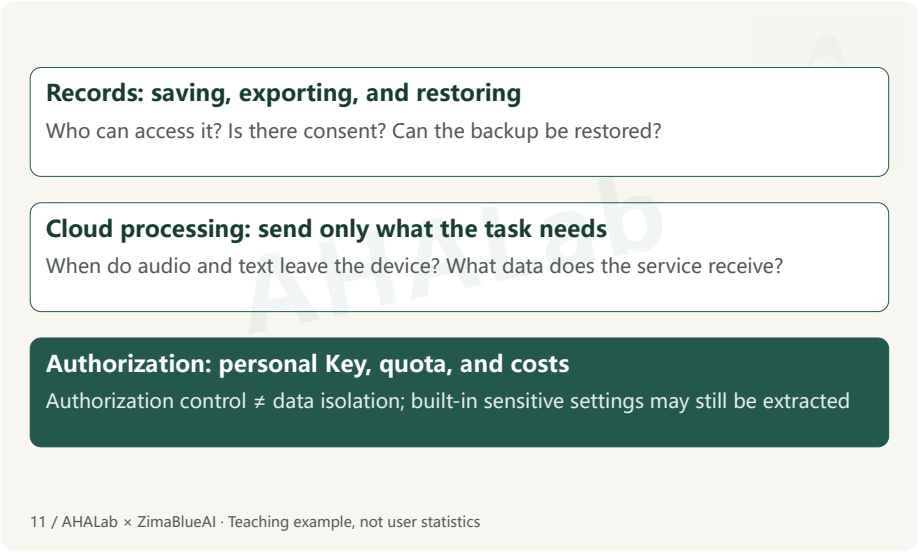
- Write down the expected and actual results, not just “it doesn’t work.”
- Give a testable hypothesis, then design one minimal check.
- Keep evidence of failure; do not change everything at once.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Safety and responsibility / 33—37 minutes

A usable prototype still comes with responsibilities

Someone is responsible for records, authorization, and call costs.



> What data would you reduce first, and what permissions would you limit?

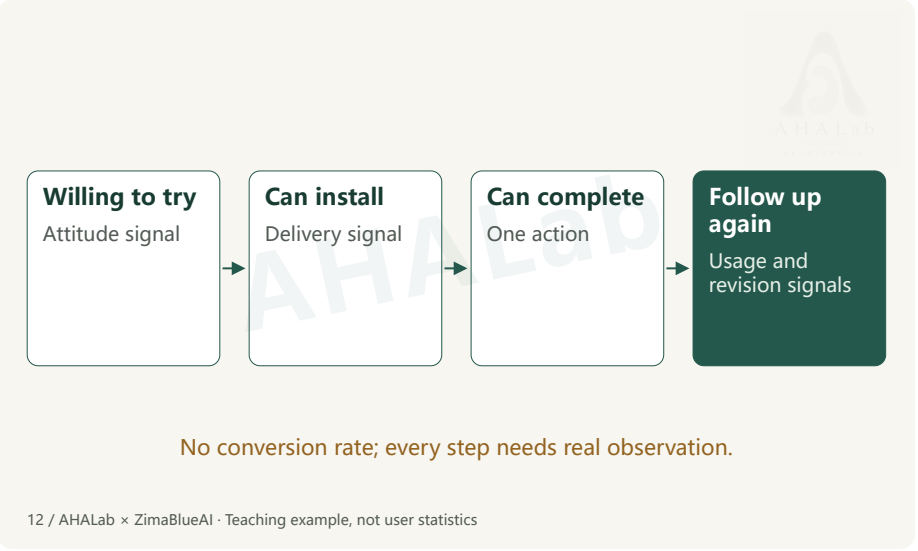
- Run through it with synthetic data: where is it saved, who can access it, and can it be restored?
- A personal Key is for authorization and quota; data isolation needs separate controls.
- The client still has risks of sensitive settings being extracted. Keeping the source code closed does not guarantee safety.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

A small trial / 37—40 minutes

Sending the installer is only part of delivery

Invite → Install → Complete a small task → Follow up.



> What should we observe in the first trial, instead of just asking "Is it easy to use?"

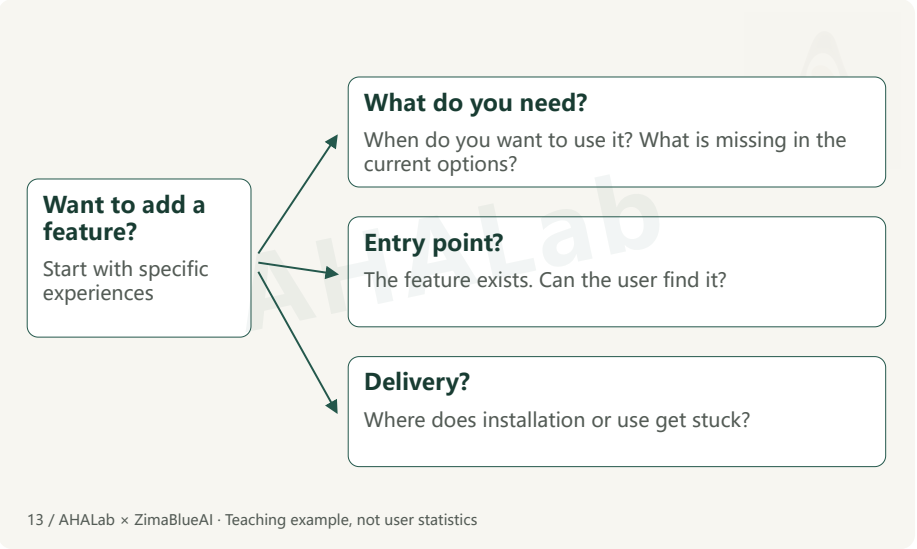
- Willingness to try is an attitude signal.
- The install file and entry point may be the first barrier.
- Ask the person to complete only one voluntary small task at a time.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Feedback / 40—44 minutes

Ask what happened before adding a feature

First ask what is not working: the task was not solved, the entry point was not found, or it could not be used at all.



> How will you observe next time to tell these three situations apart?

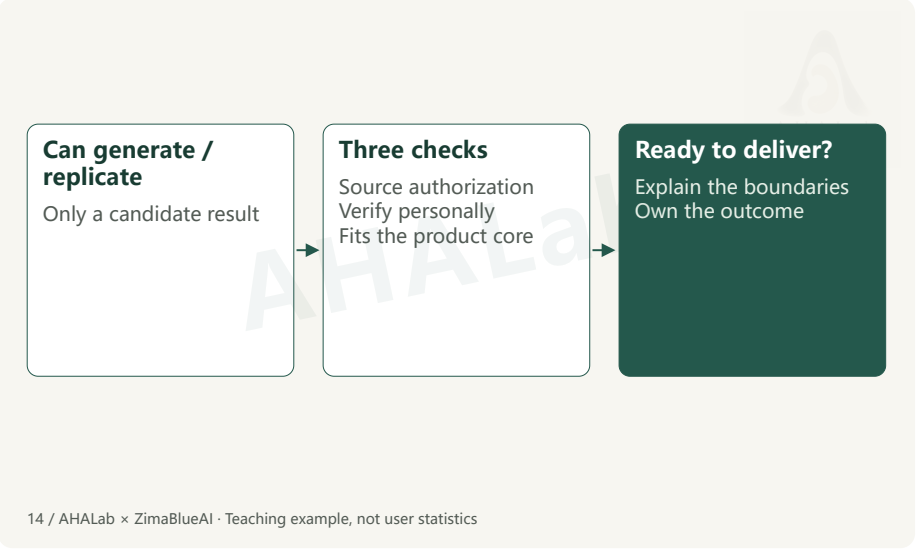
- Want to change the text but cannot find where: check if the entry point is hard to find.
- Want a new topic, then find an existing option: check if the prompt is clear and the option is easy to see.
- Different recording habits: maybe you need to rethink the user scenario.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Activity 3 / 44—47 minutes

When tools can copy, what does a creator still decide?

Learn the method, check permissions, use your own assets, and take responsibility for the results.



> Pick one tool behavior. Explain the permission, the source, and the result you must verify yourself.

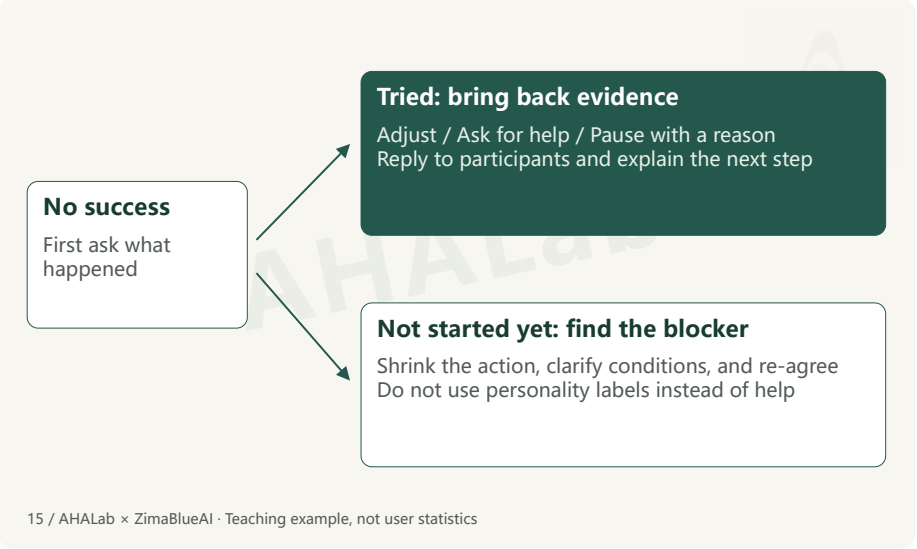
- Use REA and replica-skill as read-only observation material. Do not install or run them.
- A tool license does not equal permission for target code, brands, or user data.
- Similar looks still require you to explain your users, choices, and verification.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Action and setbacks / 47—50 minutes

Make room for small commit - ments, and for starting again

Set a small goal, reduce one distraction, and reschedule after an interruption.



> Next time you get stuck, which condition will you adjust first, and when will you resume?

- Set time and place, start prompts, and completion evidence. Keep rest and cost limits.
- If it fails, bring back the phenomenon. If it does not start, check the blocker. Ask for help or re-agree in time.
- Self-discipline helps execution; first principles help check direction. Neither guarantees success.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

Activity 4 / 50—57 minutes

Keep a wider hope. Choose a smaller next step.

Use one of your strengths, check one guess, and plan a small, doable try.

> Complete Task Card C: The first check you can start within 48 hours.

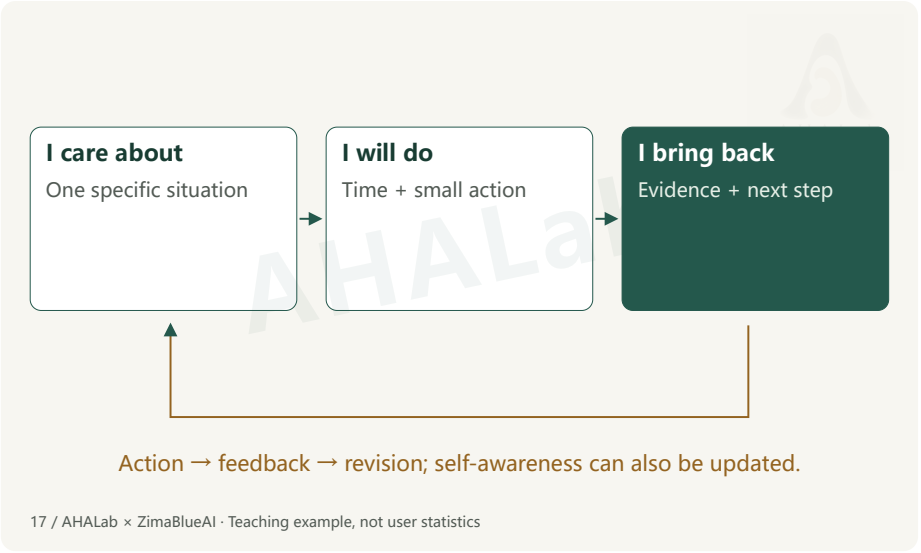
- 2 minutes to write the target and the guess, 2 minutes to write the action and the evidence.
- 2 minutes to self-check using the prompts, 1 minute to revise; if you have a partner, you can choose to share.
- Use one existing strength, and write down the start conditions and what to do if you get stuck.

Set your own cost limits, recruitment methods, and review times. Teachers support you with online suggestions. Whether anyone is willing to pay is still to be verified.

Take one action away / 57—60 minutes

Next time, bring back something that happened

Use one action and the feedback to keep adjusting your idea.



> Write three sentences and set a time to review. Invite others to check only if you need it.

- Finally, write three sentences: what I care about, when I will act, and what I will bring back next time.
- Check if it started after 48 hours. Check evidence and revisions after 7 days.
- Start with what you care about. Use tools to help, and consider how your choices affect others.

First, write down one judgment and one piece of evidence independently. Exchange online only if needed.

AHALab × ZimaBlueAI · aha-lab.ai

AHALab × ZimaBlueAI · Open learning materials · Not yet trial-taught · Anonymous teaching case; no app source code