**The Path from EI to AI™**

# IS MY TEEN READY FOR AI?

*A simple checklist to assess the mindsets and habits that matter most.*

Go through each section and check off what feels true for your teen. **This isn't a test! It's a conversation starter.** Use it to reflect, reset, and build new habits together.

## CORE MINDSETS

**Does your teen …**

□ Show curiosity about how things work?
□ Ask thoughtful questions—even if they don't know the answer?
□ See mistakes as a normal part of learning?
□ Feel confident experimenting with new tools or tech?
□ See AI as something to collaborate with—not fear or blindly trust?

## EXECUTIVE FUNCTION SKILLS

**Can your teen …**

□ Break a task into smaller steps and follow through?
□ Prioritize what matters when there's too much information?
□ Recognize when they're procrastinating—and shift gears?
□ Reflect on their own thinking and revise their work?
□ Ask for help when they're stuck?

## COMMUNICATION + ETHICS

**Does your teen …**

□ Understand the line between using AI for help and using it to avoid thinking?
□ Know how to write clearly and revise their ideas?
□ Respect others' original work and know what plagiarism is?
□ Understand how their words, actions, and data show up online?

**How many boxes did you check?**

✅ 13–14: Yay! Your teen is well on their way!
⚠️ 8–12: Your teen is building a solid foundation; some skill building will help.
🚧 0–7: This is a great starting point, and there's time to build the habits that matter.

*Want to build these skills together — without the guesswork? Explore the AI Ready Bootcamp.*
**www.maryostrowski.com**