HARVARD
Online

# Adaptability, Resilience, and AI

Syllabus

This course helps learners move from uncertainty or avoidance around AI to greater confidence and values-aligned action. Through practical reflection exercises, real-world leader perspectives, and science-backed strategies, participants will build the mindset needed to engage with AI in ways that support both their personal growth and professional goals.

| Modules | | Expert Insights | Takeaways | Key Exercises |
|---|---|---|---|---|
| Module 1 | **Introduction** | • Throughout the course, you will gain real-world perspective from industry leaders navigating the opportunities, challenges, and mindset shifts of the AI revolution.<br>• Featured experts include Julie Law, CPO at Rocket Software, and Ketelyn Jesus, CFO at IBM. | • Understand what adaptability means in the age of AI and why it matters for your work, mindset, and future growth. | • Define adaptability.<br>• Identify your own current comfort level with AI. |
| Module 2 | **Observe the TEB Cycle** | | • Discover how your thoughts, emotions, and behaviors shape the way you respond to AI-driven change, and begin identifying patterns that may be helping or holding you back. | • Observe your own TEB Cycle.<br>• Identify your avoidance style(s). |
| Module 3 | **Shift** | | • Learn how to interrupt unhelpful thought patterns and replace them with more balanced, productive ways of thinking about AI. | • Identify unhelpful thoughts about AI that keep you stuck.<br>• Practice the Shift strategy by generating a new, balanced thought around. |
| Module 4 | **Approach** | | • Move from avoidance to action by identifying your personal “hot buttons” and creating a practical plan to engage with AI more confidently. | • Identify “hot buttons” and situations where you are likely to avoid AI.<br>• Create an opposite-action plan to approach AI instead of avoiding it. |
| Module 5 | **Align** | | • Build a values-based approach to using AI so that your next steps feel intentional, ethical, and aligned with what matters most to you. | • Identify core personal and professional values.<br>• Align your AI usage with those values. |

**Learning requirements:** In order to earn a credential from Harvard Online, participants must thoughtfully complete all 5 modules, including satisfactory completion of the associated quizzes, by stated deadlines.

© Copyright 2026. President and Fellows of Harvard College. All Rights Reserved.