

LESSON 1.2 • 1 HOUR

How AI is changing jobs — what this means for you

IN THIS LESSON

- Why work is shifting, not just disappearing
- Which tasks change and which stay human
- The skills employers want now
- How to future-proof your own career



L1.2 Learning Objectives

By the end of this lesson you will be able to:



Describe how the job market is expected to change by 2030, using a named source



Tell apart routine tasks AI can take over and tasks that stay human



Name the digital and human skills employers value now



Plan one small step to future-proof your own work

THIS LESSON

L1.2

Duration: 1 hour

Practice: Interactive activity

Quiz: 5 questions, 70% to pass



Key Terms

The words you will meet in L1.2, in plain language.

Automation

Using technology to do a task with little or no human effort, usually routine, repeatable work.

Augmentation

Using AI to support and boost a person's work, rather than replace them.

Upskilling

Learning new skills to do your current job better as it changes.

Reskilling

Learning skills for a different role, often because your old tasks have changed.

Digital literacy

Being able to use everyday digital tools, such as the cloud, documents and AI, with confidence.

Lifelong learning

Treating skill-building as an ongoing habit throughout your working life.



The job market is shifting fast

Employers worldwide expect major change by 2030. This is churn, not just loss.

170M

new jobs created by 2030

92M

existing roles displaced by
2030

+78M

net new jobs worldwide

39%

of today's skills expected
to change

Source: World Economic Forum (2025), Future of Jobs Report 2025.



Tasks change, whole jobs rarely vanish

JOBS ARE BUNDLES OF TASKS

AI usually takes over parts of a job, not the whole job. Most people will do the same job in a new way.

Less copying and looking things up. More reviewing, judging and dealing with people.



What AI takes over vs what stays human

Knowing which is which helps you focus your learning.



AI handles the routine

- Copying data between systems
- Looking up standard information
- First drafts of routine text
- Sorting, tagging and basic calculations



Humans stay essential for

- Judgement and difficult decisions
- Empathy, care and persuasion
- Handling exceptions and the unexpected
- Taking responsibility for outcomes

The human column is where your value grows as AI spreads.



Where the growth is

These areas are expected to grow, and most build on digital skills you can learn.



Digital and data roles

Working with online tools, data and AI assistants is in rising demand in almost every sector.



Care and people roles

Health, care, education and customer work rely on human skills AI cannot replace.



Green and technical roles

The shift to greener, more digital industries is creating new hands-on and technical jobs.

The skills employers want now

A mix of digital and human skills makes you adaptable, which is exactly what employers look for.



Digital literacy

Using online tools, the cloud and AI assistants with confidence for everyday tasks.



Communication

Explaining clearly, listening well and working with people in person and online.



Problem-solving

Breaking down a task, finding options and choosing sensibly, with or without AI.



Adaptability

Staying calm with change and being willing to learn new tools as they arrive.

Simplified from World Economic Forum (2025), Future of Jobs Report 2025.



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Re-AI Training Programme · Module 1: Introduction to AI & Digital Tools · EQF Level 3–4



Basic digital skills are the gateway



You do not need to become a programmer. You need to work with AI. The EU wants 80% of adults to have basic digital skills by 2030, and many do not yet.

- Tasks change, not whole jobs
- Human skills matter more than before
- Small, regular learning keeps you employable



Augmentation: AI as a co-worker

The healthiest way to think about AI at work is augmentation: a helper that boosts what you do.

	Replacement	Augmentation
What it means	A machine does the whole job.	AI handles the busywork so you focus on higher-value work.
Example	A self-service machine takes over a simple task completely.	A support worker lets AI draft replies, then edits them for warmth and accuracy.
Who does well	Few people. The job is gone.	People who learn to direct AI well and help more customers each day.

Mindset: 'How can AI help me do this better?' not 'Will AI replace me?'

How to future-proof your career

You can take charge of your own future with four practical steps.

1



Audit your tasks

List what you do in a typical week and mark the routine parts. That is where AI will help most.

2



Build the basics

Get comfortable with the cloud, online documents and one AI assistant. This course covers exactly that.

3



Practise with AI

Use AI on small real tasks until directing it feels natural. Confidence comes from doing.

4



Keep updating

Set aside a little regular time to try new tools. Lifelong learning is part of every modern job.

Small and regular beats big and rare: 30 minutes a week adds up.

Myths vs facts about AI and jobs

Fear usually comes from myths. Facts help you act calmly and smartly.



Facts

- More jobs are expected to be created than lost by 2030 (WEF)
- Most workers need to use AI tools well, not build them
- Most people are beginners, so starting now puts you ahead
- Communication, care and judgement grow in value



Myths

- AI will take all the jobs
- Only programmers will cope
- I am too late to start
- Human skills will stop mattering

Check Your Understanding

Try answering these in your own words before moving on.



Why is it more accurate to say AI changes tasks rather than whole jobs?



Which of your own weekly tasks could an AI assistant help with?



Name one digital skill and one human skill employers value right now.



What is one small step you could take this month to future-proof your work?



Learning Resources

Want to go further? These are free and trusted.



World Economic Forum: The Future of Jobs Report 2025

<https://www.weforum.org/publications/the-future-of-jobs-report-2025/>



Eurostat: Skills for the digital age (Statistics Explained)

[https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Skills for the digital age](https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Skills_for_the_digital_age)



L1.2 Key Takeaways

Before the next lesson, hold on to these five points.



AI is reshaping work through churn: creating, displacing and changing jobs at once.



AI takes over routine tasks, while judgement, care and people skills grow in value.



About 39% of today's skills are expected to change by 2030, so keep learning.



You do not need to code. You need digital literacy and confidence directing AI.



Future-proofing is a habit: audit, learn the basics, practise and keep updating.



Now Put It Into Practice

Head to the Re-AI learning platform to finish this lesson.



INTERACTIVE ACTIVITY

AI task or human task?

On the platform · about 10 minutes



LESSON QUIZ

5 multiple-choice questions

70% to pass · unlimited retakes



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