

AI Isn't Just Coding — It's Coaching

MIT's new course treats well-being as a system problem. Here's how.

THE DATA

60+

Intention Cards Collected

MIT students earn over 60 AI-generated habit cards by semester's end.

Each card distills a research-backed behavioral strategy into a visual, tangible artifact. These aren't digital reminders — they're physical, collectible tools designed to trigger spaced repetition and recall. The cards serve as both memory anchors and emotional touchstones, helping students internalize habits through deliberate, sensory engagement.

01

AI as a Behavioral Architect

In high-stakes environments like spaceflight or cockpit operations, cognitive load and stress impair decision-making. The MIT model shows how AI can be deployed not as a command layer, but as a continuous, adaptive support system — one that learns from user patterns and adjusts interventions in real time.



02

The Power of Tangible AI

For commercial space operators, this suggests a future where AI doesn't just deliver data via screens, but embeds insights into wearable or environmental cues — like haptic feedback, color-coded displays, or physical artifacts that reinforce critical behaviors during mission phases.

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