



## Prompt Like a Pro: A Hands-On Guide to AI Prompting

UWF Florida Cybersecurity Training Program  
Offered by the University of West Florida Center for Cybersecurity

### Course Overview

**Cyber Skills Exercise Dates:** January 14, 2026

**Cyber Skills Exercise Times:** 8 am – 4 pm CT with break from 11:30 am – 12:30 pm CT  
(9 am – 5 pm ET with break from 12:30 – 1:30 pm ET)

**Duration:** 1 day

**Estimated Time Commitment:** 7 hours

**Instructional Hours:** 7 contact hours

**Delivery Format:** Synchronous online (Meeting via Zoom)

**Target Audience:** IT or Cybersecurity practitioners, managers, and executives

**Required Prerequisites / Background:** Learners should have basic familiarity with computers.

**CEUs:** 0.7, **CPEs:** 9

**Course Instructors:**

Instructor	Email
Dr. Elizabeth Rasnick	erasnick@uwf.edu

### Course Description

This course offers a hands-on introduction to the art and science of prompting large language models (LLMs) like ChatGPT. Participants will explore the core principles of effective prompting, learn to structure clear and goal-oriented instructions, and gain practical experience applying advanced techniques such as prompt chaining, persona-based prompting, and few-shot learning. The course emphasizes real-world applications across business, education, creative writing, and software development.

By the end of this course, participants will be able to craft effective prompts tailored to various tasks, troubleshoot and refine prompt performance, and understand the ethical considerations involved in responsible AI use. Learners will build confidence in integrating prompt engineering into their professional and creative workflows.

This course uses a combination of lectures, discussions, and exercises in a synchronous (live online instruction) environment via Zoom.