

SECTION 01

Your vulnerability profile.

25.4%

YOUR 2-5 YEAR
VULNERABILITY

#36

RANK ACROSS
104 OCCUPATIONS

90/100

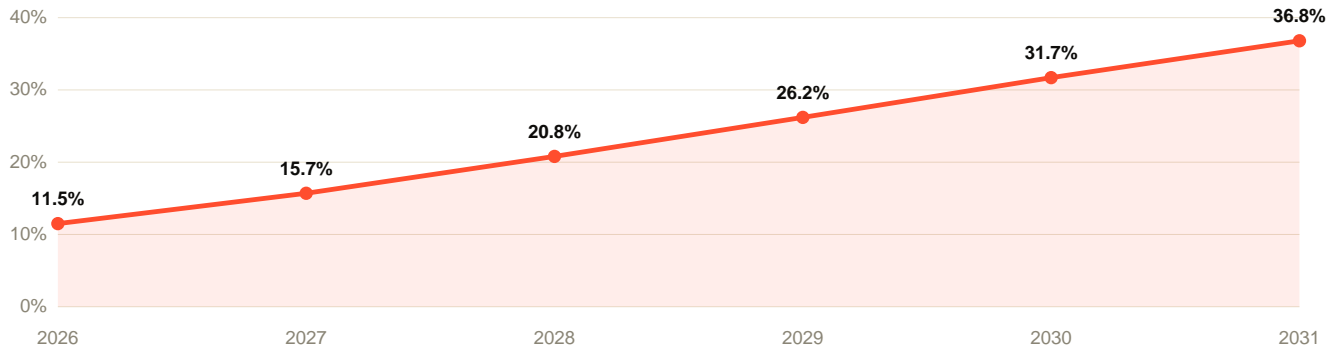
AI EXPOSURE
SCORE

WHERE YOU STAND

Your role is **19.2 percentage points above** the national average for AI vulnerability across all US occupations.

FIVE-YEAR DISPLACEMENT TRAJECTORY

Modeled as a logistic adoption curve. Half-saturation reached around **2029**; projected ceiling near **52.5%** by 2045.



This is a scenario projection based on logistic AI-adoption curves anchored to McKinsey's 2030–2060 half-saturation band. Real outcomes depend on regulation, firm decisions, and the pace of capability gains.

SECTION 02

What AI is replacing in your role.

Based on real-world usage data from the Anthropic Economic Index, Tomlinson et al. (2025) Microsoft Copilot study, and BLS occupational task profiles, these tasks in **Software Engineer / Developer** are the highest-risk for near-term AI substitution:

- Boilerplate generation
- CRUD endpoints
- Test scaffolding
- Documentation

Note: 'task replacement' does not equal 'job replacement.' AI usually substitutes for *parts* of a job before whole roles disappear. The pattern we see across the data: as more of your tasks become automatable, demand for workers in your role declines first through reduced hiring, then through attrition, and finally through layoffs — usually in that order.

SECTION 03

Adjacent safer roles.

These adjacent roles share significant skill overlap with your current role but face **materially lower** AI vulnerability. They are ranked by transferability of the skills you likely already have:

01	Engineering Manager	HIGH SKILL OVERLAP
02	Principal Engineer	HIGH SKILL OVERLAP
03	Solutions Architect	HIGH SKILL OVERLAP

SECTION 04

Skills to build — with resources.

These are the skills with the highest demand growth in your category and the lowest AI exposure. The course recommendations are starting points, not endorsements — pick ones that match your learning style and budget:

System design

Resource: Educative: Grokking the System Design Interview

LINK

<https://www.educative.io/courses/grokking-the-system-design-interview>

AI/agent orchestration

Resource: Coursera: Career Pivot Specialization

LINK

<https://www.coursera.org/>

Distributed systems

Resource: Coursera: Career Pivot Specialization

LINK

<https://www.coursera.org/>

Engineering leadership

Resource: Plato: Engineering Leadership Coaching

LINK

<https://www.platohq.com/>

SECTION 05

Your 90-day pivot plan.

Days 1–14

Audit your current role honestly. Which of your tasks (listed on the previous page) is AI already doing for your coworkers? Talk to 3 people in your org who use AI daily.

Days 15–30

Pick ONE adjacent role from Section 03. Study its job descriptions on LinkedIn — list the skills it requires that you don't yet have.

Days 31–60

Start ONE of the skill investments from Section 04. Stack-rank by what shows up most in those job descriptions, not by what's intellectually interesting.

Days 61–80

Build a portfolio artifact in your new direction — a project, certification, or visible output that demonstrates the new skill.

Days 81–90

Apply to 5–10 roles. Update LinkedIn and resume to reflect the pivot. Don't quit your current job yet — let the market tell you if you're ready.

The hardest part of any career pivot is starting. The data in this report exists to give you a structured starting point — not to predict the future. Adjust as you learn.

APPENDIX

Methodology & sources.

This report uses occupation-level vulnerability scores from the Tufts University Digital Planet *American AI Jobs Risk Index* (March 2026), which combines theoretical exposure measures (Eloundou et al., 2023) with real-world usage data from the Anthropic Economic Index (2025) and the Microsoft Copilot study (Tomlinson et al., 2025).

State-level percentages reflect each state's industry composition. Your personalized score modifies the base occupational vulnerability by your state's mix, with the modifier capped at $\pm 20\%$ of the base.

Five-year trajectory curves are logistic adoption models calibrated to McKinsey Global Institute's 2030–2060 half-saturation band. No industry is forecast to reach 100% saturation; physical work, regulatory floors, licensure, and trust-dependent decisions all leave a permanent human residue.

PRIMARY SOURCES

Tufts Digital Planet (Mar 2026)	Will Wired Belts Become the New Rust Belts? AI and the Emerging Geography of American Job Risk
Anthropic (2025)	Anthropic Economic Index — Labor Market Impacts of AI
Tomlinson et al. (2025)	Microsoft Copilot Real-World Usage Data
Goldman Sachs (2025–26)	How Will AI Affect the Global Workforce?
McKinsey Global Institute	The Economic Potential of Generative AI
Brookings Institution (2026)	Measuring US Workers' Capacity to Adapt to AI-Driven Job Displacement
World Economic Forum	Future of Jobs Report 2025
Stanford Digital Economy Lab	Canaries in the Coal Mine (Brynjolfsson et al. 2025)

IMPORTANT CAVEAT

These projections are **scenarios, not forecasts**. AI capabilities, adoption speed, regulation, and firm behavior are evolving faster than any single study can capture. Your personal trajectory will be shaped by far more than this score: by your specific employer, location, network, willingness to retrain, and luck. Use this report as a starting framework, not a verdict.