



# Meet ChatGPT: Your New Conversation Partner

**Session 2 - Location:** Mackey Auditorium (RGC-013), CSUF OLLI • **Date:** October 13, 2025

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## 1. Welcome & Review 🧑

- Who has tried ChatGPT since the last class?
- Quick stories (successes, surprises).
- Transition: What is ChatGPT?

## 2. What is ChatGPT? 💬

- A program that answers in plain language.
- **AI** = computers trained for tasks like language, speech, and problem-solving.
- **GPT = Generative • Pre-trained • Transformer**
  - 🗨️ Generative = creates text
  - 📖 Pre-trained = learned from massive data
  - ⚙️ Transformer = engine of conversation
- Analogy: Like a **chef** with recipes in a full kitchen.

**Other Chatbots:** 🔍 Gemini • 📖 Perplexity • 🍷 Claude • 🎨 Venice.ai

**Free vs Paid:** 🚗 Free = reliable • 🚗 Paid = faster, longer memory, new tools

## 3. History of Chatbots ⌚

- 1966 — ELIZA: therapist mimic
- 1972 — PARRY: simulated paranoia
- 1988 — Jabberwacky: playful
- 1995 — ALICE: award-winning
- 2001 — SmarterChild: 30M users
- 2011 — Siri: iPhone voice assistant
- 2014 — Alexa: smart speakers
- 2016 — Google Assistant: “Hey Google”
- 2022 — ChatGPT: 1M users in 5 days
- Today — Claude • Gemini • Perplexity • Venice.ai



*Key Idea: ChatGPT is the latest step in 60 years of chatbot progress.*

## 4. How to Get ChatGPT 📱

**On Computer (💻):**

- Visit [[chat.openai.com](https://chat.openai.com)] → sign in → bookmark

**On Phone/Tablet (📱):**

- Install ChatGPT app ([App Store](#) / [Google Play](#))
- Or add [shortcut via Safari/Chrome](#)

**Alternatives:** Gemini • Perplexity • Claude • Venice.ai

## 5. What ChatGPT Can ✅ (and Can't ⚠️) Do

**Always Ask:** *Does this make sense?* 😞

✅ **CAN Do:**

- 📝 Write letters, emails, cards
- 📄 Summarize articles

- 🛠️ Step-by-step tech help
- 🌐 Translate text
- 💡 Brainstorm ideas
- 🧑 For seniors: health tips, med lists, consumer protection, tech tutor, conversation practice, entertainment recs

⚠️ **CAN'T Do:**

- ❌ Guarantee accuracy (hallucinates)
- ❌ Replace doctor, lawyer, advisor
- ❌ Handle private info (SSN, bank data)

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## 6. Guided Practice (Examples) 🖥️

- 📝 Everyday: Thank-you notes, City Hall letters
- 🧘 Wellness: Gentle stretches + YouTube links
- 💰 Consumer: Medicare Advantage pros/cons + smart questions
- 🎬 Entertainment: Movie/TV recs

*Pattern: You bring the idea → ChatGPT polishes.*

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## 7. Useful Personal Prompts to Try 🌟

### 1. Life Story Summarizer 🎤

“Summarize my life into a 3-minute speech in the style of a graduation commencement address.”

### 2. Step-by-Step Teacher 📱

“Explain how to change the settings on an iPad so the text is larger. Use numbered steps and plain language.”

### 3. Consumer Protector 💰

“Give me the pros, cons, and 5 smart questions to ask before signing a reverse mortgage.”

### 4. Travel Companion ✈️

“Create a 3-day itinerary for a senior-friendly trip to **New York City**, including walking breaks, local food, and must-see cultural spots.”

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## 8. Q&A + Wrap-Up 💡

- ChatGPT = partner, not professional advisor
- Explore, create, learn — but verify answers
- Homework: 📝 Try one new prompt this week

[Check These 100 Powerful ChatGPT Prompts For Every Situation](#)




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### 📌 Key Takeaway:

ChatGPT is your *conversation partner* — powerful, versatile, and fun, but **you remain the final decision-maker**.

Next session: **Session 3 – October 16 “AI at Home, Work, and Play”**