AI for Everyday Life

Practical Tools for Curiosity, Convenience & Confidence
CLECAT – OLLI | Monday, March 2 – 12:30 PM
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Why the Topic Changed

Originally, today's topic was TitanGPT. OLLI students do not receive access beyond Office 365 and email. We focused instead on AI tools available to everyone.

What Is AI?

AI is software trained on enormous amounts of information. It recognizes patterns and predicts useful responses.

It can answer questions, write emails, summarize information, suggest ideas, and organize checklists.

What AI Is NOT

AI is not a person. AI is not conscious. AI is not always correct. AI is not connected to your private accounts.

Demo Prompts We Used

Writing Help: Write a polite email declining a dinner invitation because I already have plans. Use a warm tone. Limit to 100 words.

Organization: Create a packing checklist for a 10-day cruise. Organize into short categories. Limit to 100 words.

Simplifying Complexity: Explain Traditional vs Roth IRAs to a 70-year-old retiree using simple language and one analogy. Limit to 100 words.

More Practice Prompts

Light Humor: Write a short, funny story about a 72-year-old learning new technology. Use a respectful tone and positive ending. Limit to 100 words.

Balanced Explanation: Explain why electric vehicles are becoming more popular. Assume I am skeptical. Include one benefit and one concern. Limit to 100 words.

Image Creation: Create a description for a peaceful beach at sunset in watercolor style with two older friends walking along the shore. Make it calm and uplifting. Limit to 100 words.

Try This Template at Home

Help me _____. Limit your response to 100 words.

What To Be Careful About

AI can be wrong. It may sound confident when incorrect. It can invent information. Always verify medical, financial, or legal advice.

Privacy Reminder

Never enter Social Security numbers, bank details, passwords, or sensitive legal documents. Use AI for writing help, organization, learning, and brainstorming.

The Big Takeaway

AI is a tool. It helps you think, write, organize, and understand. It does not replace your judgment. Curiosity is more useful than fear.