



AI & ChatGPT for Everyday Life

Helping Everyday Folks Own Their Tech — One Device at a Time

This guide supports our 3-part class: Relax — this isn't a test. We'll learn together and have fun.

What AI Is • 2) How AI Thinks • 3) Everyday Use & Safety

What AI Is & Why It Matters

Plain Definition

AI = computers doing tasks that usually need human thinking. It learns from examples, spots patterns, and reacts fast.

You Already Use AI

- Voice helpers (Siri, Alexa, Google)
- Netflix/YouTube suggestions
- Maps that reroute for traffic
- Phones sort photos automatically

Meet ChatGPT

A friendly AI you chat with. It writes, explains, plans, and brainstorms — in standard English.

It helps with:

- Emails + notes
- Understanding tech
- Planning tasks
- Idea generation

Golden rule: If you can send an email, you can use ChatGPT.



RGE Tech Tips from the Field – Boomer Edition

Topic: Lecture Companion Handout

How AI Thinks (Plain English) What's Going On Under the Hood

- **Vast & fast:** Trained on trillions of words
- **Generative:** Creates new text, doesn't copy/paste
- **Snapshot:** Knowledge up to **June 2024**
- **Pattern-based:** Predicts what should come next

Important to know

- It **doesn't think** — it predicts
- Coincidences can fool it
- The more detail you give, the better it performs

Better Prompts = Better Results

Just talk naturally. But be clear.

Example prompt:

“Explain Wi-Fi in plain English. Talk like a patient tech helper at a senior center.”



Jim with Chip & Spuds —
The Virtual Amigos of RGE's Service & Support



Ask Better, Get Better

3 Parts of a Good Prompt

1. What do you want
2. Tone/style
3. Details

Example:

“Write a warm, friendly thank-you note to my neighbor. 80-100 words.”

Useful Everyday Prompts

- “Summarize this article in 3 sentences.”
- “Explain cloud storage in plain English.”
- “Create a short poem about my grandkids.”
- “Plan a trip to Newport for a day — simple schedule.”

Edit & Improve

Say things like:

- “Try again, shorter.”
- “Make it friendlier.”
- “Add bullet points.”



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Staying Smart & Safe

AI Hallucinations

Sometimes AI sounds sure... and is wrong.
It predicts — it doesn't verify.

Stay Safe

- ✓ Double-check facts
- ✓ Don't enter personal or financial info
- ✓ Verify before sharing

Quick guide

Response style	What it means
Gives sources	Usually solid
Says "might/maybe"	Uncertain
Sounds confident, but no evidence	Verify before trusting
Ask: "Where did you get that information?"	

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- Home Wi-Fi/Mobile
- PC/Device Set-Ups
- Troubleshooting & Training

A Boomer Helping Fellow Boomers



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Benefits, Takeaways & Resources

Everyday Benefits

- Saves time (no endless searching)
- Explains tech in simple terms
- Sparks creativity
- Helps bridge generations
(Grandkids teach emojis — you teach patience 😊)

Key Takeaways

1. AI = patterns, not personality
2. It creates — it doesn't copy
3. Knowledge frozen as of June 2024
4. Clear requests = great answers
5. Be curious, safe, and have fun

✓ *Bring this sheet to the Tech Tuesdays Drop-In — we'll practice together.*

Chat With Chip: A ChatGPT Customized Front-End

Think of these feature front-ends as different “faces” or interfaces that people create on top of ChatGPT — the same powerful engine, but with customized doors, dashboards, and workflows tailored for specific tasks or audiences, such as Boomers. 😊



Signing Up For ChatGPT

Step 1 — Access ChatGPT

You have three simple options:

✓ On the RGE Website

- Scroll to the **Chatbot Chip** section
- Click “**Chat with Chip**”
- Goes straight to ChatGPT's sign-in screen
- Handy if you're already browsing RGE

✓ Use the shortcut link

tinyurl.com/chat-with-chip

- Easy to remember
- No tracking
- Nice for phones/tablets

✓ Official website

chat.openai.com – No Front End

All three take you to ChatGPT — they're just convenience doors. Your privacy remains intact.

