

OLLI Presentation

ChatGPT Handout

Where to get ChatGPT

a. Run directly on Web

- i. <https://chatgpt.com/>

✅ **(Simplest): Use ChatGPT in your browser**

This is the **tried-and-true way**. Reliable, nothing to break, works everywhere.

1. Open your web browser (Chrome, Edge, Firefox — all fine)
2. Go to 🖱️ <https://chatgpt.com>
3. Sign in (or create an account)
4. Limited access to Camera

b. Download application

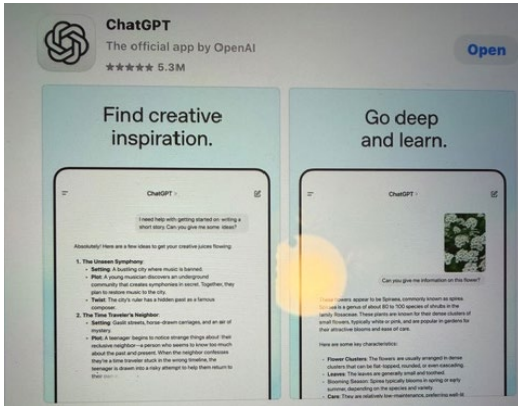
✅ **Install the official ChatGPT desktop app (Windows / macOS)**

1. Go to 🖱️ <https://chatgpt.com/download>
2. Choose:
 - **Windows app** (Windows 10/11)
 - **macOS app** (Apple Silicon or Intel)
3. Download and install like any normal program
4. Launch it and sign in

Pros

- Faster startup
- Keyboard shortcuts
- Cleaner interface
- Access to Camera & Microphone

c. Apple IPHONE & IPAD AppStore



✔ Install the official ChatGPT on IPAD or IPHONE

1. Download and install as any app.
2. Launch it

Pros

- Always available
- Access to Camera & Microphone

Personal Usage Plans and Cost

Free	Go	Plus	Pro
\$0 USD / month	\$8 USD / month	\$20 USD / month	\$200 USD / month
See what AI can do	Keep chatting with expanded access	Unlock the full experience	Maximize your productivity
Your current plan	Upgrade to Go	Upgrade to Plus	Upgrade to Pro
<ul style="list-style-type: none">◆ Get simple explanations○ Have short chats for common questions🖼️ Try out image generation🗨️ Save limited memory and context	<ul style="list-style-type: none">◆ Explore topics in depth🗨️ Chat longer and upload more content🖼️ Make more images for your projects🗨️ Get more memory for smarter replies🔧 Get help with planning and tasks🤖 Explore projects, tasks, and custom GPTs	<ul style="list-style-type: none">◆ Solve complex problems🗨️ Have long chats over multiple sessions🖼️ Create more images, faster🗨️ Remember goals and past conversations🔧 Plan travel and tasks with agent mode🤖 Organize projects and customize GPTs📺 Produce and share videos on Sora🕒 Write code and build apps with Codex	<ul style="list-style-type: none">◆ Master advanced tasks and topics🗨️ Tackle big projects with unlimited messages🖼️ Create high-quality images at any scale🗨️ Keep full context with maximum memory🔧 Run research and plan tasks with agents🤖 Scale your projects and automate workflows📺 Expand your limits with Sora video creation🕒 Deploy code faster with Codex🔧 Get early access to experimental features
Have an existing plan? See billing help	This plan may include ads. Learn more		Unlimited subject to abuse guardrails. Learn more

■ Fun Prompts to Try with ChatGPT

A quick guide for everyday use

■ Everyday Life

- ■ Write a thank-you note to my neighbor for watering my plants.
- ■ Make me a grocery list for four healthy dinners.
- ■ Plan a three-day trip to Boston with museums and restaurants.

■ Learning & Curiosity

- ■ Explain baseball like I'm 10 years old.
- ■ Summarize the news today in plain English.
- ■ Teach me five words in Spanish with examples.

■ Creative & Fun

- ■ Tell me a bedtime story about a cat who opens a bakery.
- ■ Write a funny poem about coffee in the style of Dr. Seuss.
- ■ Imagine what a day in space would be like for a dog.

■ Work & School

- ■ Summarize this 5-page article in one paragraph.
- ■ Draft a professional email asking for a job reference.
- ■ Create practice quiz questions about U.S. history.

■ Just for Play

- ■ Give me five riddles and their answers.
- ■ Play 20 Questions with me.
- ■ Invent a new silly holiday and describe how people celebrate it.

■ *Tip: The more detail you give ChatGPT, the better the answer!*

Try prompts like: "Write a short story about..." or "Explain like I'm new to this..."

To Learn more about ChatGPT:

- **AI for Us 50 Plus** <https://www.patreon.com/AIforUs50Plus>



- **Tom's AI Guide** <https://www.tomsguide.com/ai/chatgpt>



- **What You Can Do with AI After 50 (It's More Than You Think!)**

From YouTube presentation:

<https://www.patreon.com/posts/what-you-can-do-142983793>



A friendly introduction to AI & ChatGPT

ChatGPT for Seniors: The Setup That Changed Everything

From YouTube presentation:

<https://www.youtube.com/watch?v=9-ZiGtzjcO4>



This explains how to access and modify the system settings for ChatGPT focusing primarily on personalization, security, and memory properties to improve the quality of conversations for you personally. It recommends the following order for setting up your account to maximize usefulness:

1. Start with **personalization** to ensure ChatGPT communicates in the desired manner.
2. Glance at **connected apps** if integration is desired.
3. Set **data controls** according to comfort level.
4. Turn on **security protections**.