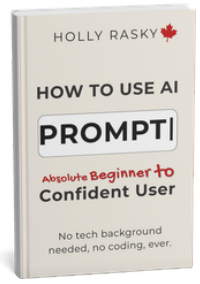
PROMPT: How to Use AI, Absolute Beginner to Confident User

by **Holly Rasky**



A Personal Note from Holly

When I first set out to learn AI at the age of 60, I quickly discovered that many resources were written by people who already the technology. What about the rest of us?

I wrote PROMPT to give everyday people a welcoming place to start, without the technical language or the pressure to keep up with every new development.

This guide is an invitation to talk, share experiences and explore the ideas in the book together. There are no right or wrong answers, and no one needs to be an expert. You may be curious about AI, cautious about it, or simply wondering what all the fuss is about.

My hope is that your conversation will help you understand AI a little better, decide what you think about it, and perhaps discover a few useful possibilities along the way.

How to Use This Guide

These questions are starting points for conversation. Choose the ones that interest your group, share your experiences and opinions, and feel free to follow the discussion wherever it leads. You don't need to agree with one another, and you don't need to be an expert on AI.

Discussion Questions

Part 1: AI and Us

Let's start with what we hear about AI and how we feel about it.

1. What do you think about AI?

Where do you hear about AI most often? In the news, from family and friends, online, or somewhere else? What interests you, puzzles you or concerns you about it?

2. Learning something new

Was there a story, example or explanation in PROMPT that changed how you thought about AI, or helped you understand it better? What stood out for you?

3. Learning from someone like us

Holly came to AI as a non-technical person, with plenty to learn. Did you find that perspective helpful? Why or why not?

Part 2: A New Way to Find Information and Get Help

AI can do more than answer a question. Let's explore what that might mean in everyday life.

4. Beyond a search engine

Before reading PROMPT, what did you think AI was? Has the book changed your understanding of what it can do, or how it differs from a regular internet search?

5. Getting a better answer

AI doesn't always understand what we want, and its answers aren't always correct. Did anything in the book help you understand how to ask for what you need, or how to judge the answer you receive?

6. What would you ask?

Imagine you could ask AI for help with something that takes time, feels complicated or is simply a nuisance. What might you ask it to help you with? What would you want to know before giving it a try?

Part 3: Making AI Useful in Everyday Life

AI isn't just for work or technical experts. It may also be useful for personal interests, everyday tasks and learning new things.

7. Everyday possibilities

Could AI be useful for something in your life, such as writing an email, planning a trip, exploring a hobby, learning about a subject or organizing a project? What would you like help with, if anything?

8. What about the risks?

What would you want to be careful about when using AI? How would you decide whether an answer was accurate, whether your information was private, or whether you needed to check something with a trusted person or another source?

9. Your favourite takeaway

What idea, example or practical tip from PROMPT will you remember? Was there anything that surprised you, challenged you or made you see things differently?

Thank You for Reading

Thank you for spending time with PROMPT and sharing your thoughts. You don't have to become an AI expert, use every new tool or change the way you live. The important thing is to understand enough to make your own choices. If this conversation has helped you feel a little more informed, a little more curious or simply more comfortable asking questions, that's a good place to start.

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