Welcome to the AI Lab!
From Theory to Practice

A hands-on workshop for Lifelong Learners. Let's roll up our sleeves and explore these amazing tools together.

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Center for Lifelong Learning @ USC-Aiken
Completely updated for the Fall 2025 classes (presentation is free to share)

What We'll Accomplish Today

Get Hands-On

Move beyond discussion and actually *use* the AI tools we talked about.

Build Confidence

Follow simple, guided exercises to become comfortable with each platform.

Discover Practical Uses

Find real-world applications for AI in your daily life.

Ask Questions!

This is an interactive lab. There are no bad questions.

The goal today is to provide you with the tools and experiences to start to use AI, and a path to become proficient

The Golden Rule of AI

Verify, then Trust.

AI is a powerful assistant, but it's not perfect. It can make mistakes. Always use your wisdom and judgment and double-check important information with a reliable source.
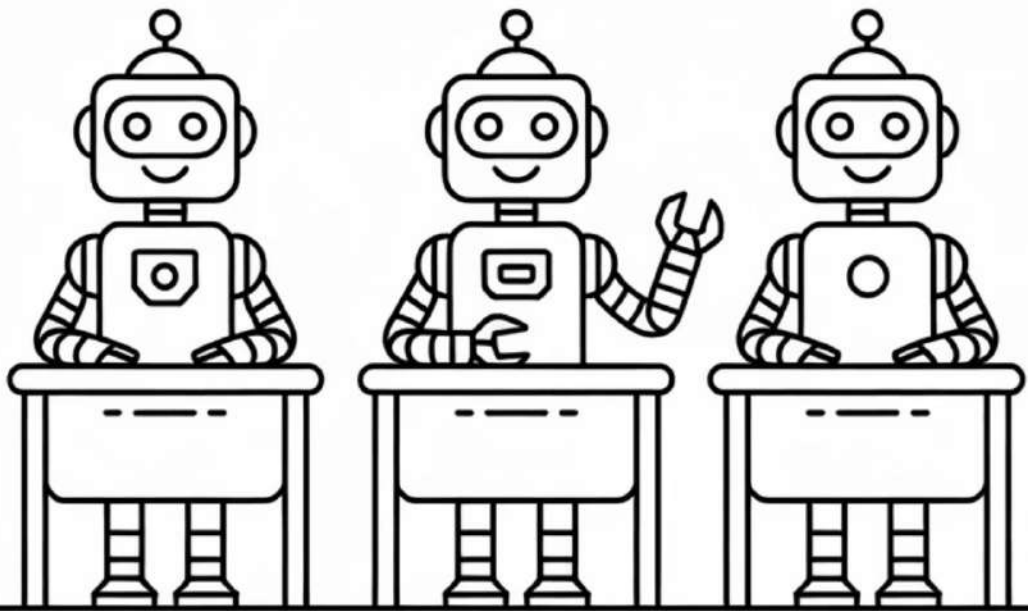
Part 1: The AI Assistants

Our Conversational Partners

Meet ChatGPT: The Friendly All-Rounder

Think of ChatGPT as a knowledgeable companion who can help with writing, brainstorming, and answering general questions on almost any topic. It's famous for its easy-to-use, conversational style.

It excels at creative tasks like drafting emails or explaining complex topics in simple terms, making it perfect for beginners.
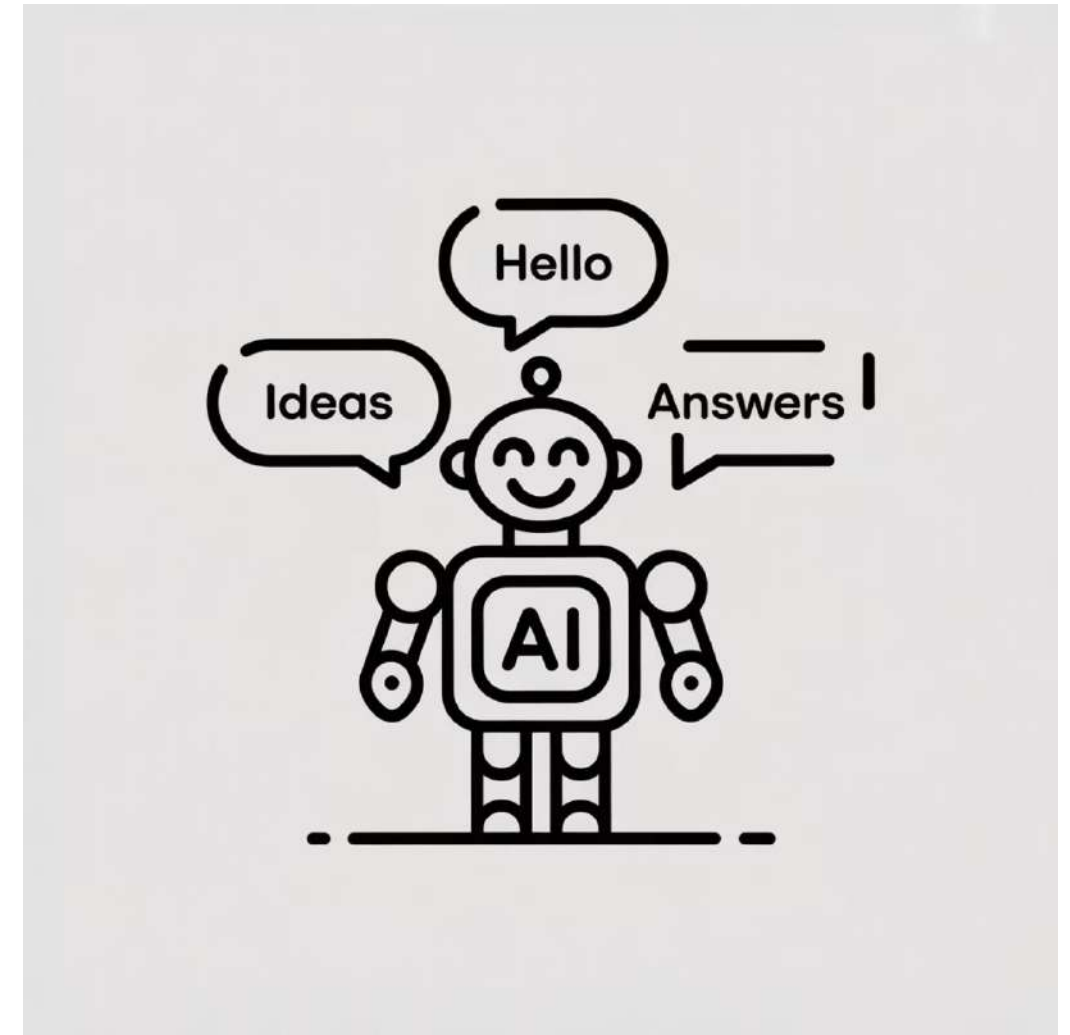
ChatGPT: The Details

Where to find it

chat.openai.com

Its Strength

Great for creative tasks, drafting text (emails, letters, poems), and explaining complex topics in simple terms.

Heads Up

It doesn't search the internet in real-time (the free version has a knowledge cut-off), so it may not know about very recent events.

ChatGPT Exercise 1: Let's Try It Together

Ask a Historical Question

Let's ask a question that has a clear answer but requires a good explanation.

1

Go to chat.openai.com

Open the website in your browser and log in or create an account if needed.
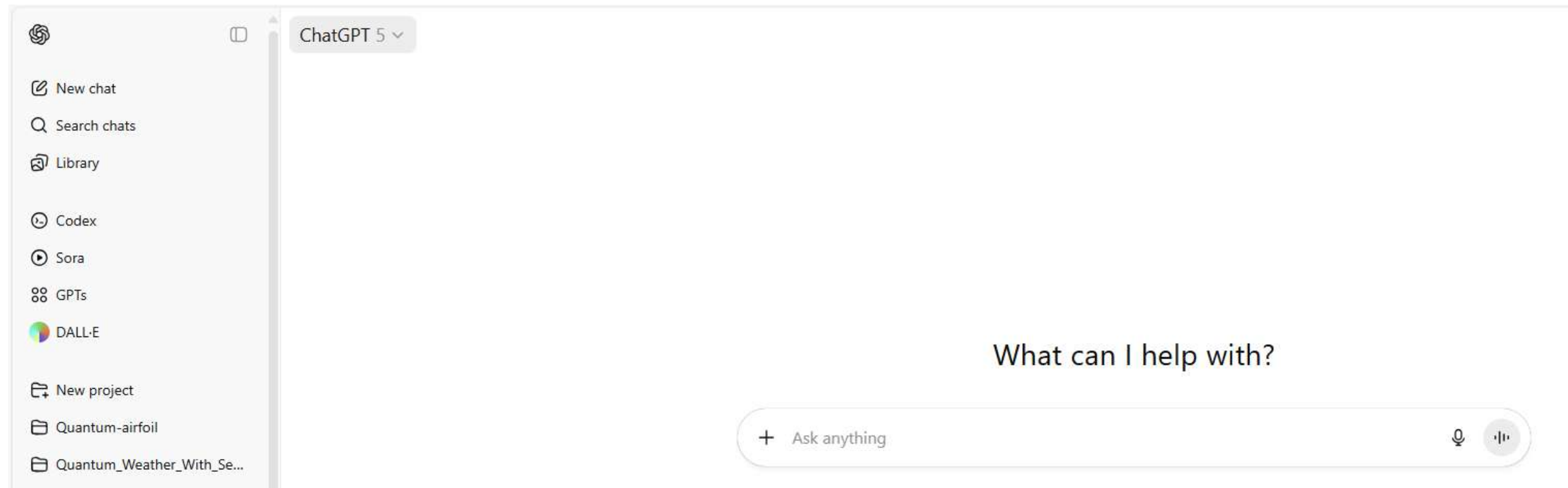
2

Type your question

In the message box at the bottom, type or copy this prompt: "Can you explain in simple terms why the Titanic was considered 'unsinkable' before its voyage?"

3

Review the response

Press Enter and read the response. Notice how it breaks down the answer into easy-to-understand points.

Meet ChatGPT: Screenshot on the PC
(will be similar on smartphones)

Meet ChatGPT:

Screenshot on the PC

(will be similar on smartphones)

Can you explain in simple terms why the Titanic was considered 'unsinkable' before its voyage?

The Titanic was considered *"unsinkable"* because of its advanced engineering design and the confidence people had in new maritime technology at the time. Here's the simple explanation:

1. **Watertight compartments** – The ship was built with 16 large watertight compartments in its hull. The idea was that even if several filled with water, the others would keep the ship afloat. This was a major innovation, and designers thought it made the ship nearly impossible to sink.

2. **Double-bottom hull** – The Titanic's hull was reinforced with a double bottom, adding another layer of safety against damage from below.

3. **Public perception and marketing** – Shipbuilders, newspapers, and the White Star Line (the company that owned Titanic) promoted it as the largest, safest, and most luxurious ship ever built. Journalists picked up on the "unsinkable" idea, and it became part of the ship's public image—even though engineers never claimed it was literally impossible to sink.

4. **Faith in modern technology** – At the time (early 1900s), people had great trust in engineering progress. The Titanic represented the peak of human achievement in shipbuilding, so many assumed disasters of the past no longer applied.

In reality, while the Titanic was very advanced, its watertight compartments didn't extend high enough. Once too many flooded, water spilled over into the rest of the ship—and the "unsinkable" liner went down.

Would you like me to also explain *why the design failed in practice* when it hit the iceberg, but still seemed convincing before the voyage?

Ask anything

ChatGPT can make mistakes. Check important info.

ChatGPT Exercise 2: Now You Try!

Draft a Friendly Message

Now, let's use it for a practical writing task.

Think of a real message you might want to send.

Your Task:

Ask ChatGPT to draft a short, cheerful email or text message to a grandchild or friend, inviting them for a coffee or a phone call next week.

Write a short and friendly text message to my grandson, Alex, asking if he's free to catch up over a phone call next week. Keep the tone casual and warm
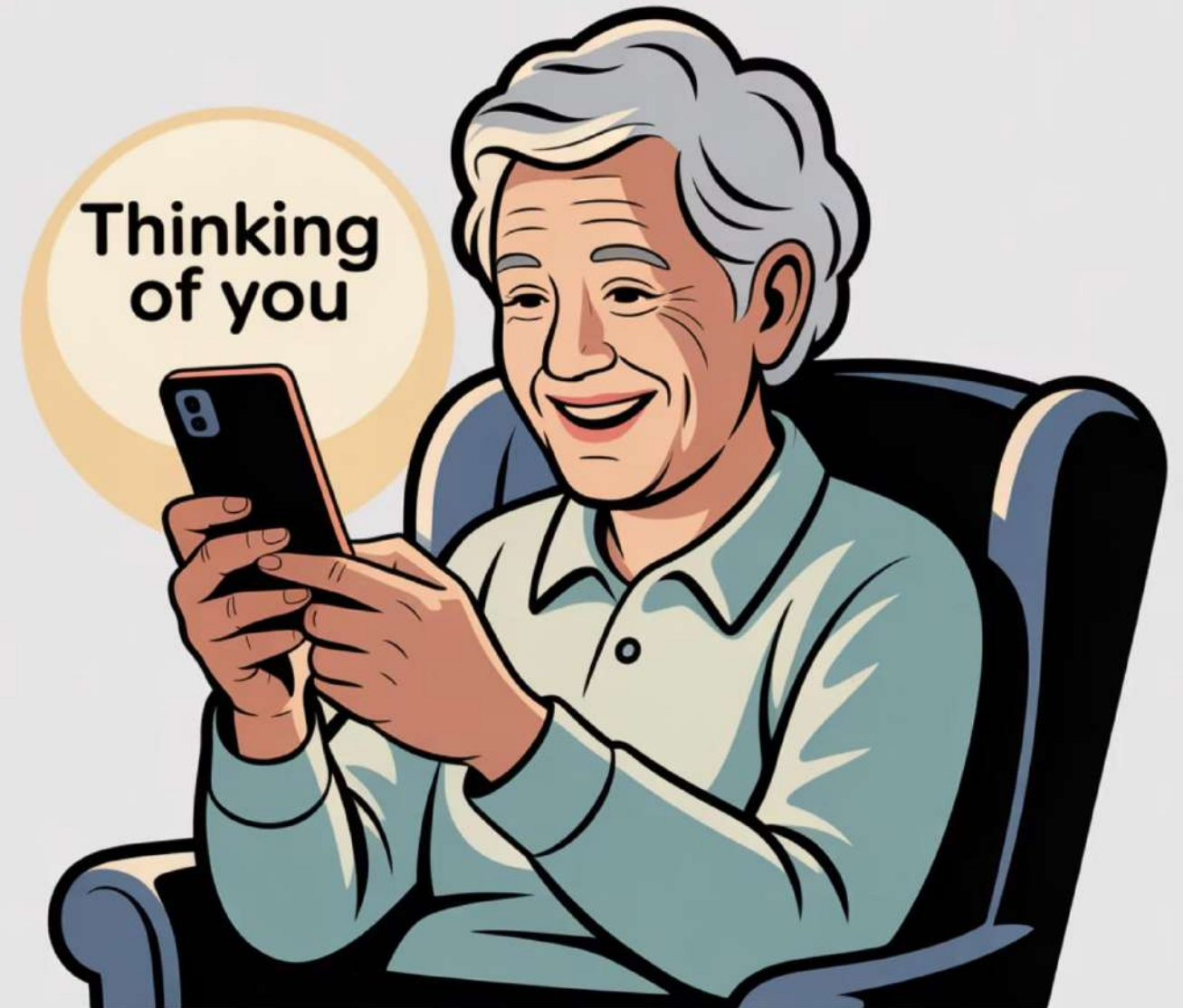
Sure! Here's a warm and casual text you cou⌐ **99 Ask ChatGPT**

"Hi Alex! Hope you're doing well 😊 Just wondering if you've got some time next week to catch up over the phone. Would love to hear how things are going!"

Do you want me to also suggest a version that includes a specific day or time to make it easier for him to say yes?

Thinking of you

Meet Gemini: The Smart Researcher

Gemini is Google's AI assistant. Its biggest advantage is being connected to Google's massive knowledge base, making it excellent for research, planning, and even "seeing" and understanding images you upload.

If you need the most up-to-date information or help planning a trip, Gemini is an excellent choice.

Google Gemini: The Details

Where to find it

gemini.google.com
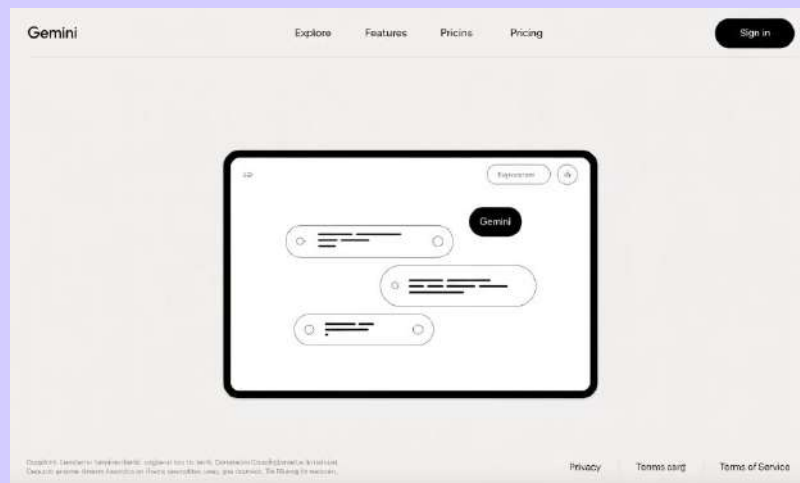
Its Strength

Accessing up-to-date information from the internet, planning trips, and analyzing images. It integrates well with other Google services.

Heads Up

Because it pulls from the live internet, it's still important to check the sources of its information.

Gemini

2.5 Pro ▼

Choose your model

Fast all-around help
2.5 Flash

Reasoning, math & code
2.5 Pro   ⊘

🙏 NEW! <u>Try image editing</u> with our best image model, Nano Banana

Hello, Dcn Larry

Ask Gemini

+   ⚏ Tools   🎤

🙏 Create Image   Write   Build   Deep Research   Create Video   Learn

Google Gemini Exercise 1: Let's Try It Together

Plan a Day Trip

Let's use Gemini's real-time information to plan a fun local outing.

1. Go to gemini.google.com.

2. In the message box, type a prompt like this (replace the location with your own town or a place you know): "Plan a relaxing one-day itinerary for a senior visiting Charleston, South Carolina. Include a nice place for lunch and an attraction that is easily accessible."

3. Notice how it might suggest real places, maybe even with links or map information.
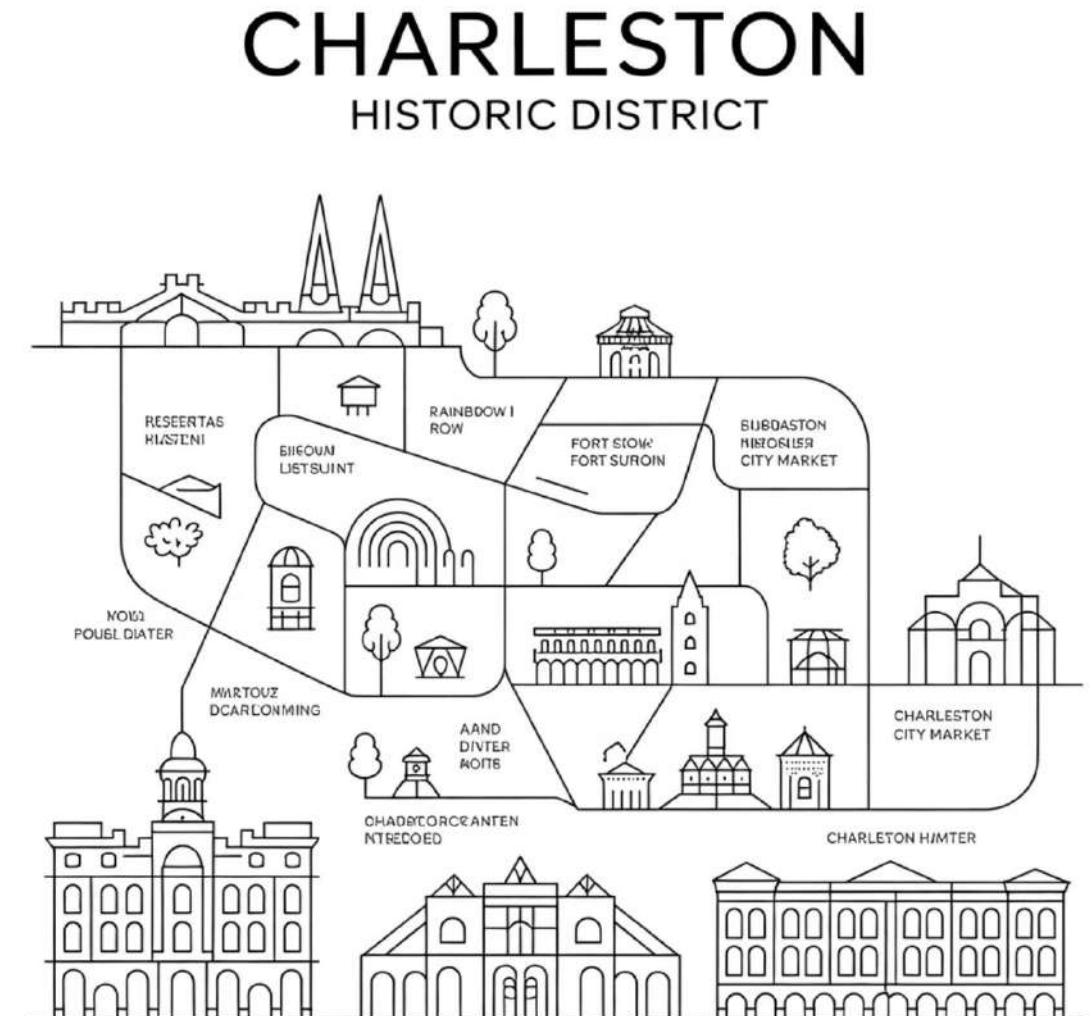
CHARLESTON
HISTORIC DISTRICT

Considering Charleston's Charms

I'm focusing on crafting a relaxing Charleston itinerary suitable for seniors. The core will involve an accessible attraction and a pleasant lunch. So far, the horse-drawn carriage tour seems ideal for its accessibility and historical context. Next, I'll be looking for a charming lunch spot.

Developing the Charleston Plan

I've refined the Charleston itinerary, focusing on brevity and impact. The carriage tour and Magnolias lunch remain central. I've now crafted the full response, aiming for a smooth flow. Word count is verified under 100, which is great. Now, I'm checking accessibility of the park.

Enjoy a relaxing day in Charleston starting with a historic horse-drawn carriage tour. It's a wonderful, seated way to see the city's architecture without extensive walking.

For lunch, dine at **Magnolias** on East Bay Street. This accessible restaurant offers an elegant atmosphere and upscale Southern cuisine, perfect for a special meal.

Afterward, take a short, leisurely stroll to the nearby Waterfront Park. Sit on a bench, enjoy the harbor breeze, and admire the famous Pineapple Fountain for a peaceful end to your afternoon.
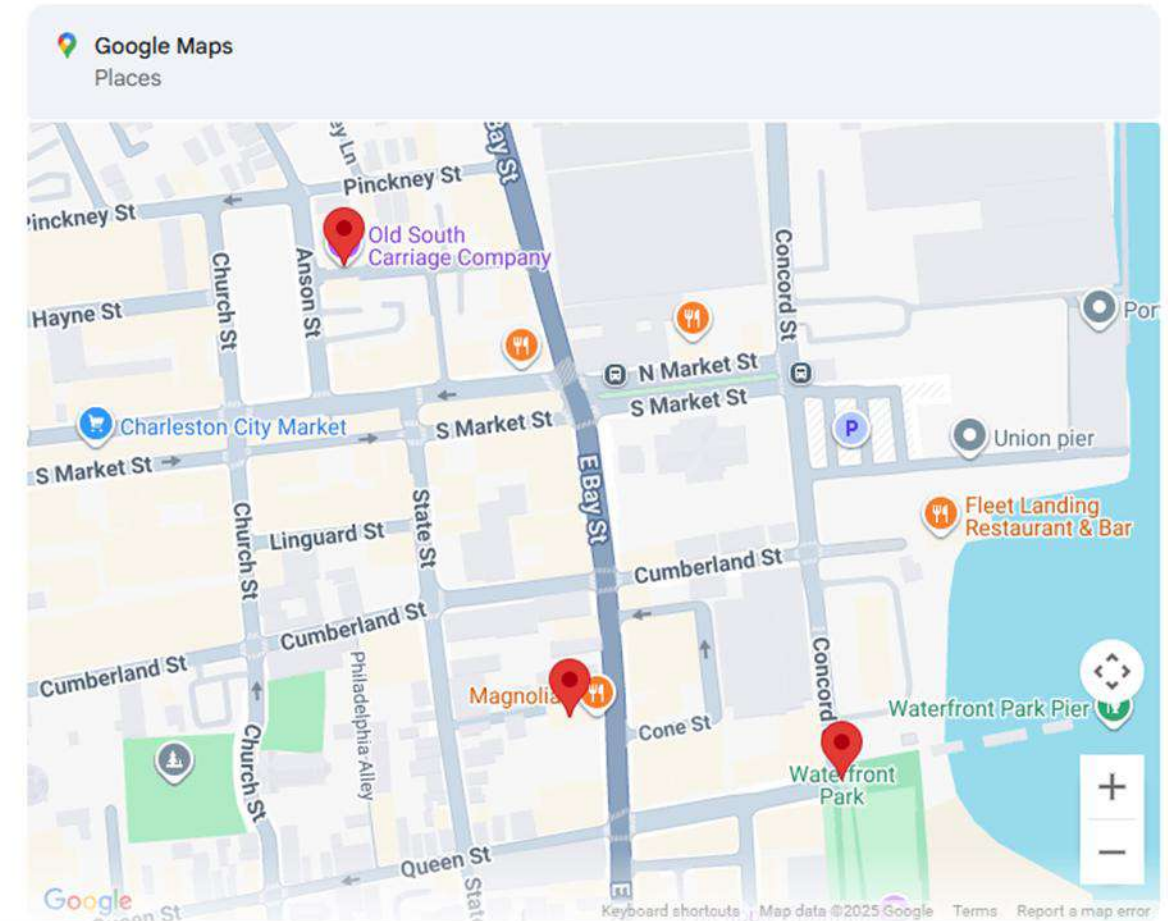
👍 👎 ⟳ ⤳ ⧉ ⋮
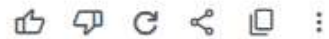
Ask Gemini

\+ ⚙ Tools 🎤

Here is the map with the walking path connecting the three locations from your itinerary: Old South Carriage Company, Magnolias, and Waterfront Park.

Ask Gemini

\+ ⚙ Tools 🎤

Google Gemini Exercise 2: Now You Try!

The 'What is This?' Challenge

01

Find a picture

Find a picture on your phone or computer of a flower, a landmark, a pet, or an interesting object.
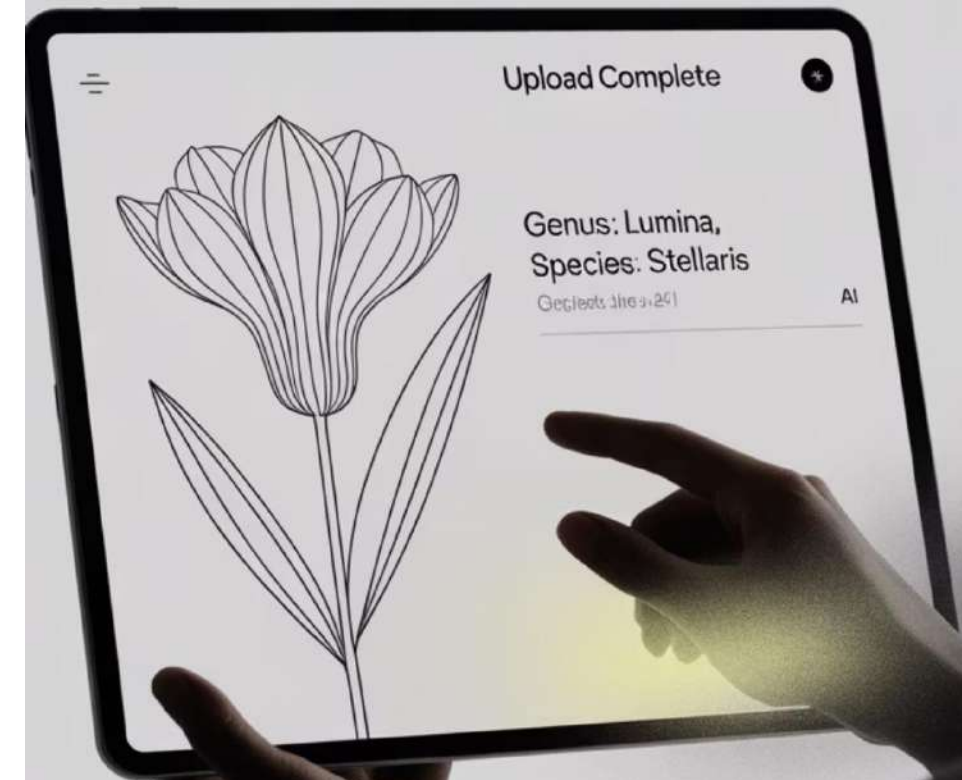
02

Upload your image

In Gemini, look for a small picture icon or paperclip icon next to the message box. Click it to upload your image.

03

Ask about the image

After the image is uploaded, type a question in the prompt box, like: "What kind of flower is this?" or "Can you tell me more about this building?"

"Describe this image. What is its significance?"

This picturesque photograph captures a classic, sun-drenched view of Paris.

In the background, the iconic Eiffel Tower rises against a blue sky, while a Bateau-Mouche tour boat filled with passengers' cruises along the shimmering Seine River. The scene is beautifully framed by the lush, green leaves of overhanging trees, creating a warm and idyllic atmosphere.

The image's significance lies in its role as a powerful cultural symbol. It represents the quintessential, romanticized ideal of Paris, often called the "City of Love."

This view is an instantly recognizable visual shorthand for the city, embodying the dreams of travelers worldwide. It captures the essence of the Parisian tourist experience—leisurely, beautiful, and steeped in history.

More than just a depiction of a place, this image evokes feelings of wanderlust, romance, and the joie de vivre for which Paris is famous. It's a perfect encapsulation of why the city remains one of the world's most beloved and visited destinations, representing an idealized vision of travel and beauty.

Meet Claude: The Thoughtful Analyst

Claude is an AI assistant that excels at reading, summarizing, and analyzing long pieces of text. It's known for being very thorough and having a strong focus on safety and accuracy.
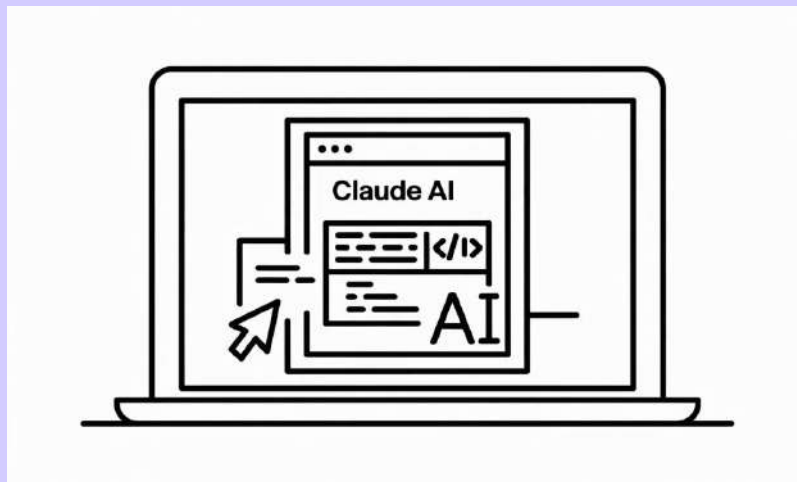
When you need to understand a complex document or get a detailed explanation, Claude is an excellent choice.
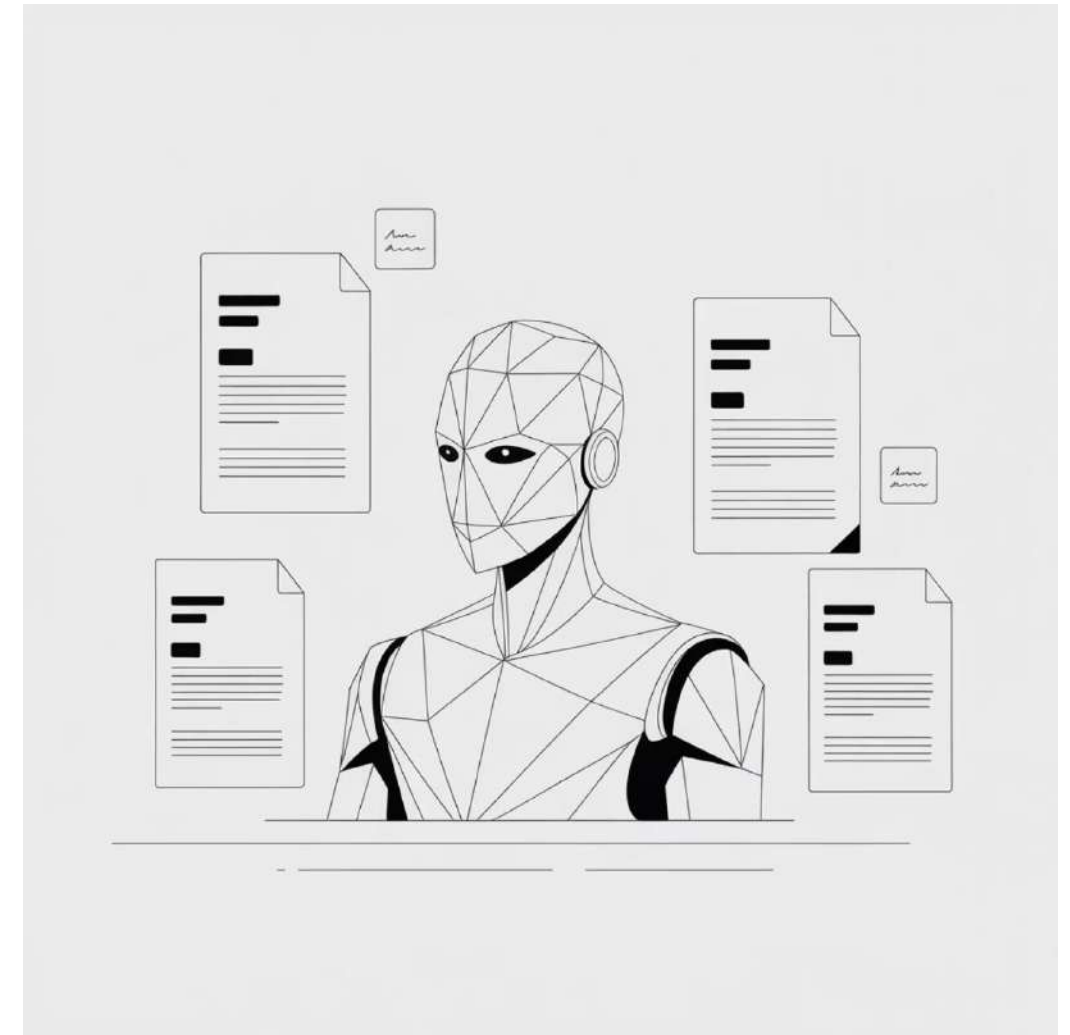
Claude: The Details

Where to find it

claude.ai

Its Strength

Summarizing articles, reports, or long emails. You can upload documents (like PDFs) for it to analyze. It gives very nuanced and detailed responses.

Heads Up

The free version has a limit on how many messages you can send in a short period.

✳ Larry returns!

How can I help you today?

＋ ⚙ 🔍 Research 🕐 Sonnet 4 ⌄ ↑

✎ Write · 🎓 Learn · </> Code · ☕ Life stuff · 💡 Claude's choice

Claude Exercise: Let's Try It Together

Summarize an Article

Let's give Claude a block of text and ask it to pull out the main ideas.

Find an article

First, go to a news website (like Associated Press, Reuters, or your local paper) and copy a few paragraphs from an article.

Paste and ask

Go to claude.ai. In the message box, type: "Please summarize the key points of the following article in three bullet points:" [Paste your copied text here]

Review the summary

See how it distills the long text into the most important information.

Claude and Gemini Side by Side

US News best worst exercises older adults balance strength longevity
10 results

Synthesized key exercise insights for older adults' wellness.

Based on the US News article, here are the 3 key takeaways about exercises for older adults:

- **Best exercises focus on gentle, low-impact activities:** Gentle cardiovascular exercises such as walking, swimming an (Best and Worst Exercises f...) d water aerobics, chair yoga, Pilates, strength training and biking are often ideal for seniors. They can improve muscle strength, mobility, balance and flexibility. Simple at-home exercises like single-leg stands, leg lifts, and tai chi are particularly effective for building balance and preventing falls.

- **High-impact exercises pose risks without proper guidance:** High-impact exercises may apply significant stress to the joints, most notably the knees. As we age, our joint integrity begins to diminish, becoming more fragile and painful. The consequences may lead to a higher risk of falling. (Best and Worst Exercises f...) Rather than being "worst" exercises, these become inappropriate without professional supervision or proper form knowledge.

- **Interval training and gradual progression are key strategies:** Instead of trying to "go hard" the whole time, consider interval training, which is bursts of activity then rest, or less intense exercise periods. (Best and Worst Exercises f...) Studies show that discontinuous exercise (like martial arts, table tennis, and dance) reduces fatigue in elderly adults, especially women. Starting slowly and consulting healthcare professionals before beginning new programs is essential for safety and effectiveness.

Retry

Claude can make mistakes. Please double-check cited sources.

Summarize this article in 3 key bullets
Best and Worst Exercises for Older Adults for Balance, Strength and Longevity | U.S. News

Show thinking ∨

Here are the key takeaways from the article "Best and Worst Exercises for Older Adults for Balance, Strength and Longevity":

- **Prioritize Resistance Training:** It's crucial for seniors to engage in resistance training at least two to three times per week. This helps maintain muscle mass, bone density, and strength, and can reduce the risk of various health conditions like osteoporosis, arthritis, and heart disease.

- **Focus on Safe, Effective Exercises:** The best exercises for older adults include squats (which can be modified for different fitness levels), push-ups (also modifiable), and grip-strengthening exercises. These exercises are functional and help with daily activities.

- **Avoid High-Risk Movements:** Certain exercises pose a higher risk of injury for seniors. These include leg extensions (which can stress the knees), crunches (which can strain the neck and back), and overhead presses (which can be hard on the shoulder's rotator cuff). It's recommended to choose safer alternatives to these movements.

🔗 Sources

Ask Gemini

+ ⚙ Tools

Gemini can make mistakes, so double-check it

AI Assistants: Recap

Which One Should I Use?

ChatGPT

Best for creative writing and general conversation.

Gemini

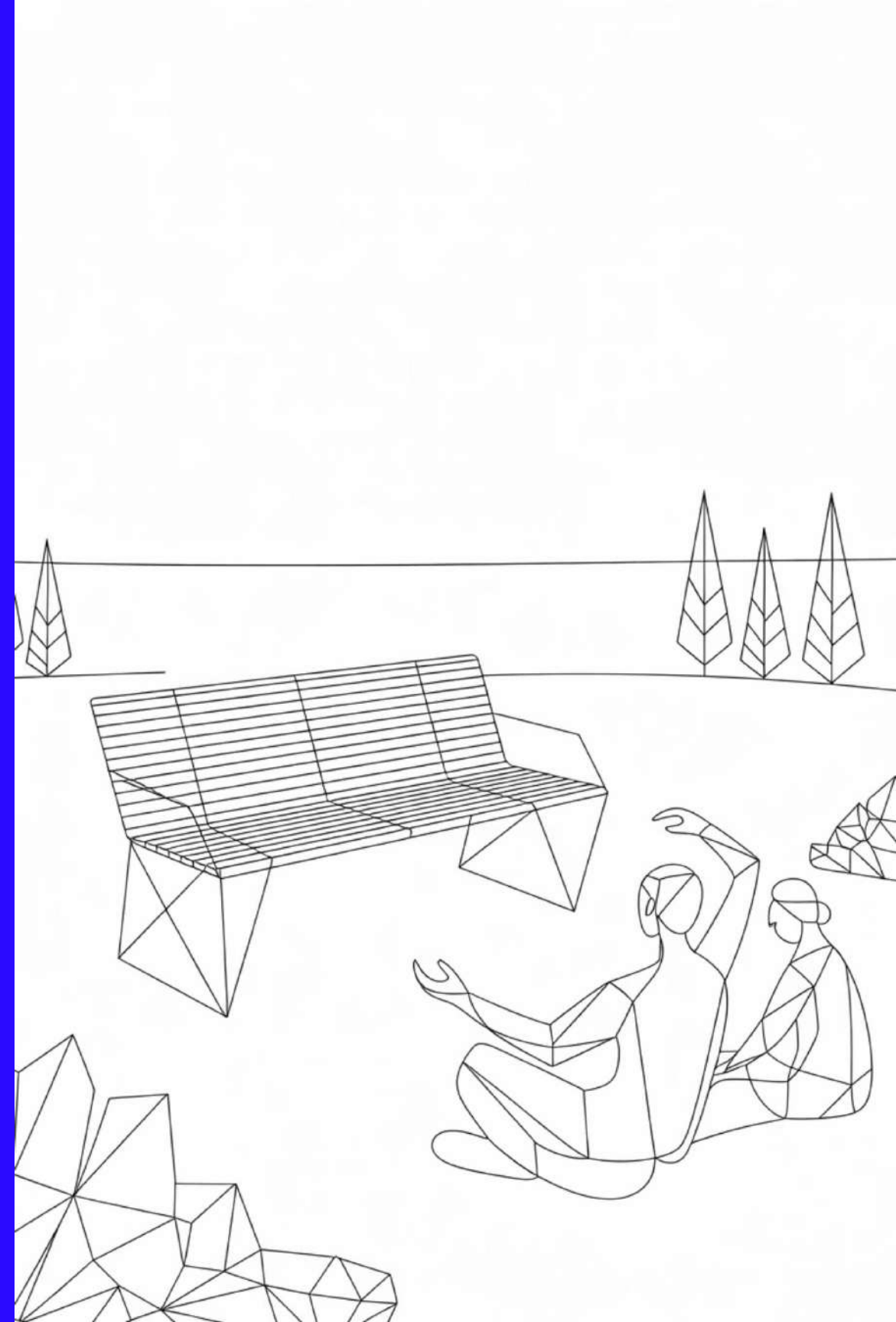Best for up-to-date research and analyzing images.

Claude

Best for summarizing and analyzing long documents.

Our recommendation from the first class still stands: Try all three free versions to see which one you like best!

Short Break

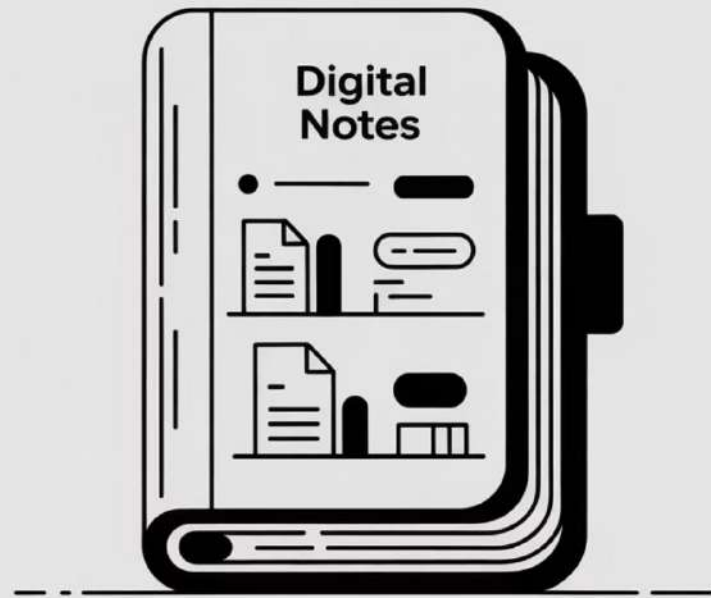**Let's take 10 minutes to stretch, relax, and discuss what we've seen.**

Part 2: Creative & Organizational Tools

Your Personal Librarian, Artist, and Narrator

Meet NotebookLM: Your AI Research Assistant

NotebookLM is a special tool from Google designed to be your personal research assistant. Instead of searching the whole internet, it *only* uses the documents and notes *you* provide. This makes it incredibly accurate for your own information.

It's like having a librarian who's read all your documents and can answer questions about them instantly.

NotebookLM: The Details

Where to find it

notebooklm.google.com
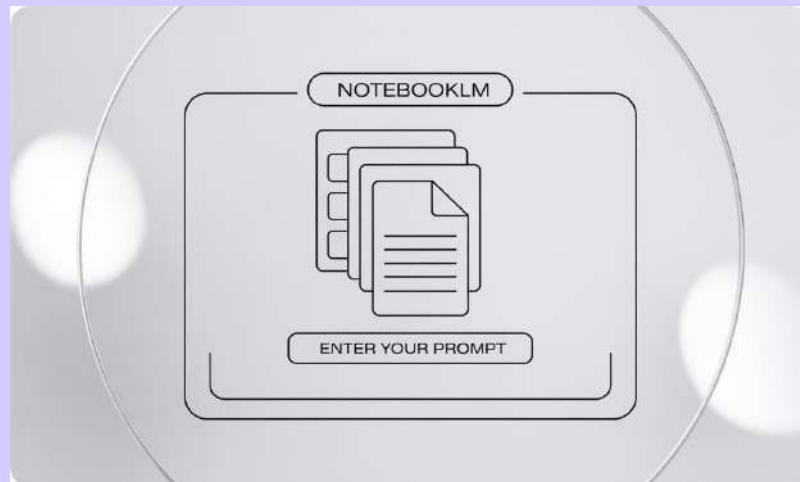
Its Strength

Organizing and answering questions about your personal documents (family history, recipes, health info, travel plans). It won't make things up because it's "grounded" in your sources.

Heads Up

You need to upload your own sources for it to be useful. It starts as a blank slate.

Featured notebooks

Travel
The Science Fan's Guide To Visiting...
May 12, 2025 · 17 sources

Business
Q1 Earnings Reports For Top 50...
Apr 17, 2025 · 168 sources

Techno Sapiens
Parenting Advice for the Digital Age
May 5, 2025 · 21 sources

The Atlantic
How To Build A Life, from The Atlantic
Apr 22, 2025 · 46 sources

Our World in Data
Trends in Health, Wealth and...
Apr 15, 2025 · 24 sources

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Recent notebooks

+
Create new notebook

📖
Social Doctrine
Nov 18, 2024 · 1 source

🙏
Untitled notebook
Nov 16, 2024 · 1 source

USCCB-Pastoral_Plan_June...
Oct 26, 2024 · 1 source

🙏
Untitled notebook
Nov 4, 2024 · 1 source

Sources

Select all sources ☑

- 📄 6 tips for raising teens ☑
- 📄 67 screen-free activities for kids ☑
- 📄 Are violent video games dangerous ☑
- 📄 Did social media cause the teen mental health crisis ☑
- 📄 Dont think about a white bear ☑
- 📄 Helping siblings get along ☑
- 📄 How to discipline kids effectively ☑
- 📄 How to find a therapist ☑
- 📄 How to fix any parenting problem ☑
- 📄 How to get your child to sleep ☑
- 📄 Kids screens and dopamine ☑
- 📄 Parents ultimate guide to video games ☑

Chat

Techno Sapiens

Parenting Advice for the Digital Age
21 sources · May 5, 2025

Struggling to raise kids in the social media era? Professor and psychologist **Jacqueline Nesi** gives you science-backed advice to help you navigate the challenges of **screen time, sleep, and more**, all drawn from her popular Substack newsletter Techno Sapiens. Ask questions about the latest hurdles you're facing as a parent, and get practical advice based on peer-reviewed scholarship. Or listen to Audio Overviews discussing **the latest research on raising kids in the digital age.** It's like having an expert on call to talk you through the complexity of being a parent, backed by research you can trust.

Keep up with Dr. Nesi's work by subscribing to her Substack newsletter, Techno Sapiens.

Start typing...   21 sources ➤

How can parents effectively balance modern digital challenges with established parenting principles for child development? ›

NotebookLM can be inaccurate; please double check its responses.

Studio

These studio outputs give an in-depth visual and audio overview of the notebook topic!

Briefing Doc: Parenting & Child Development
Briefing Doc · 21 sources · 65d ago

How To Get The Most Out Of This Notebook
65d ago

Briefing Doc: Dopamine, Screen, and Social Media
65d ago

Sample Question: Should I let my 12-year-old get a...
66d ago

Thriving in the Digital Age: An Evidence-Bas... ▶
21 sources · 72d ago

Modern Parenting FAQ
FAQ · 21 sources · 92d ago

Expert Guidance for Raising Children
20 sources · 134d ago

Sources

☑ Select all sources

📄 6 tips for raising teens ☑

📄 67 screen-free activities for kids ☑

📄 Are violent video games dangerous ☑

📄 Did social media cause the teen mental health crisis ☑

📄 Dont think about a white bear ☑

📄 Helping siblings get along ☑

📄 How to discipline kids effectively ☑

📄 How to find a therapist ☑

📄 How to fix any parenting problem ☑

📄 How to get your child to sleep ☑

📄 Kids screens and dopamine ☑

📄 Parents ultimate guide to video games ☑

Chat

↻ Refresh   ⇶

> How can parents effectively balance modern digital challenges with established parenting principles for child development?

Effectively balancing modern digital challenges with established parenting principles for child development involves integrating core parenting strategies like **authoritative parenting, warmth, structure, and evidence-based discipline** with an informed approach to digital media use 1 … . This approach requires understanding both child development needs and the specific impacts of digital technologies 8 .

Foundational Parenting Principles

1. Authoritative Parenting: Balancing Warmth and Structure Authoritative parenting is defined by **high levels of both warmth and structure** 5 … .

• **Warmth** involves showing affection, support, listening to children, offering independence and flexibility, inviting them into conversations, and generally enjoying time with them 5 … . Building a positive, loving relationship with a child creates trust and affection, which makes other parenting strategies more effective 11 .

• **Structure** means establishing consistent, predictable limits, rules, and expectations, while setting high standards for a child's behavior 6 12 . This includes having routines and logical consequences 6 .

2. Evidence-Based Discipline and Consequences Discipline is a system for teaching kids acceptable behavior through warmth, structure, and appropriate consequences 1 2 . It is based on **operant conditioning**, which suggests that behaviors followed by a good consequence are more likely to recur, and behaviors followed by a bad consequence are less likely to recur 13 14 .

• **Reinforcement** increases the likelihood of a behavior. This can be positive (adding something good, like praise or a privilege) or negative (taking away something bad, like a restricti…n, including scolding or lecturing, can act as a positive reinforcer for young children 16 .

⬇ Jump to bottom

Start typing...   21 sources ➤

✓ How does screen use affect dopamine?   What are the four problem-solving ways?   What defines authoritative pa   ❯

Studio

💡 These studio outputs give an in-depth visual and audio overview of the notebook topic!

🗂 **Briefing Doc: Parenting & Child Development**
Briefing Doc · 21 sources · 65d ago   ⋮

📄 **How To Get The Most Out Of This Notebook**
65d ago   ⋮

📄 **Briefing Doc: Dopamine, Screen, and Social Media**
65d ago   ⋮

📄 **Sample Question: Should I let my 12-year-old get a...**
66d ago   ⋮

📊 **Thriving in the Digital Age: An Evidence-Bas...**
21 sources · 72d ago   ▷   ⋮

🗂 **Modern Parenting FAQ**
FAQ · 21 sources · 92d ago   ⋮

🔗 **Expert Guidance for Raising Children**
20 sources · 134d ago   ⋮

NotebookLM Exercise: Now You Try!

Become a Family Historian

Let's create a small project. For this, you'll need a short document saved on your computer (a Word doc, PDF, or you can copy/paste text). This could be a family recipe, a short story you wrote, or a travel article you saved.

01

Go to the website

Go to notebooklm.google.com.

02

Create a notebook

Create a "New Notebook."

03

Add your document

In the "Sources" section, click "Add" and upload your document.

04

Ask a question

Once it's loaded, ask a specific question about the content in the message box at the bottom.

ⓘ **Example Questions**

- **If you uploaded a recipe, ask:** "What are all the ingredients I need for this recipe?"

- **If you uploaded a travel article, ask:** "What are the top 3 activities mentioned in this guide?"

NotebookLM: The Power of 'Your' AI

A Key Idea

NotebookLM is powerful because it respects your information. It gives you a way to use the power of AI on your own life's documents, privately and accurately.

It's perfect for big projects like genealogy, managing health records, or planning a detailed trip.
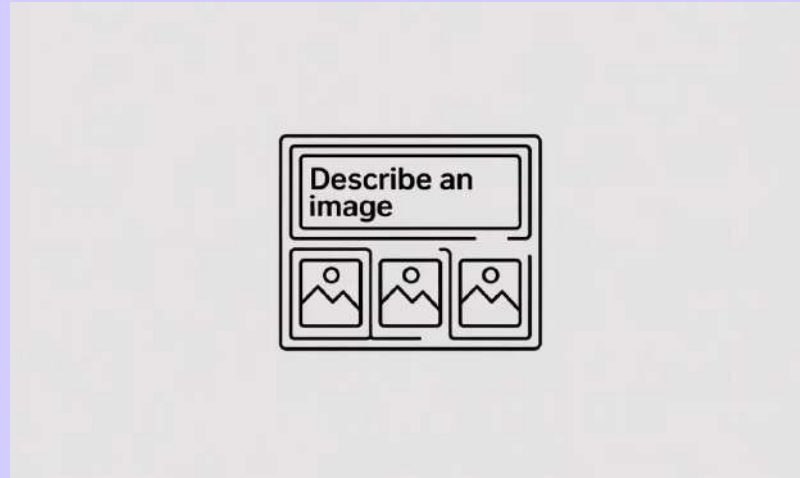
Think of it as a smart assistant who's read everything you've given it and can help you make sense of it all.

DALL-E 3: The Details

Where to find it

Now Available in Chat-GPT
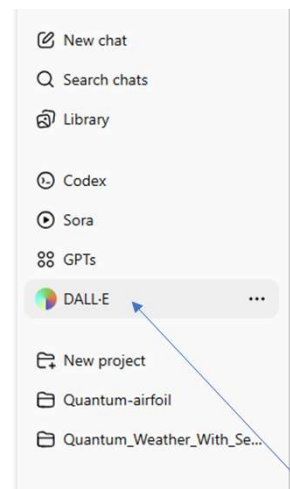

Its Strength

Creating detailed and realistic (or stylized) images from simple text. It's surprisingly good at following specific instructions.
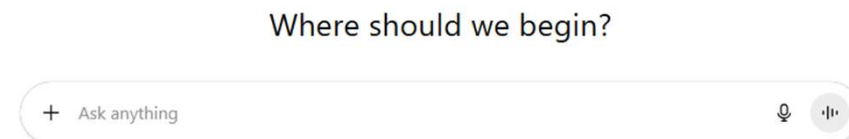
Heads Up

It works best with descriptive, detailed prompts. Sometimes the results can be a bit strange (like people with extra fingers!), so you might need to try a few times.

Meet DALL-E 3: Your Personal Artist

AI image generators turn your text descriptions (prompts) into completely new, original images. It's a fun way to be creative, even if you can't draw.

New chat
Search chats
Library

Codex
Sora
GPTs
DALL·E
New project
Quantum-airfoil
Quantum_Weather_With_Se...

Now in ChatGPT

Where should we begin?

Ask anything

DALL-E 3 Exercise 1: Let's Try It Together

Create a Whimsical Scene

Let's give the AI a fun, creative prompt to see what it can do.

1

Go to the ChatGPT website:

2

Enter your prompt

In the prompt box at the top, type or copy this description: "A happy squirrel wearing a tiny straw hat, sitting at a small table and drinking a cup of tea in a sunny garden, watercolor style."

3

Generate and review

Click "Create" and wait a moment for the images to appear. See how it tried to include all the details from our prompt?

A happy squirrel wearing a tiny straw hat, sitting at a small table and drinking a cup of tea in a sunny garden, watercolor style

Made with the old version of image generation. Learn more

Here are two watercolor-style illustrations of the happy squirrel enjoying tea in the garden. 🌸 🍵 🧺 Would you like me to add any extra details, like pastries on the table or more flowers around the scene?

Gemini

2.5 Pro ▾

Hello, Dcn Larry

Ask Gemini

\+ ⚙ Tools 🎤

🍌 Create Image   Write   Build   Deep Research   Create Video   Learn

Draw an A happy squirrel wearing a tiny straw hat, sitting at a small table and drinking a cup of tea in a sunny garden, watercolor style

make it more of a winter scene, when the deep fresh snow is at it's cleanest and the prettiest in New England

Here's your happy, tea-drinking squirrel in a sunny garden!

That sounds absolutely magical! Here's your squirrel now enjoying a cozy tea in a beautiful, clean New England winter wonderland.

DALL-E 3 and Gemini Exercise 2: Now You Try!

Design a Greeting Card

Think of an upcoming holiday, birthday, or occasion. Let's create a custom image for it.

Your Task:

Write a prompt to create an image for a card. Be descriptive!

A cozy winter holiday scene with a fireplace and a Christmas tree, with two stockings hanging from the mantle. Stained glass art style

Made with the old version of image generation. Learn more

Here are two stained glass-style images of a cozy winter holiday scene with a fireplace, Christmas tree, and stockings. Let me know if you'd like adjustments or a different style!

Microsoft Edge and Co-Pilot

Copilot

Good morning, Larry
What can I help you with today?

Write a first draft   Get advice   Learn something new   Create an image   Make a plan

Brainstorm ideas   Practice a language   Take a quiz

Ask anything

Quick response

Provide your top three features why people should use you.

Absolutely, Larry! Here are three standout features that make me a game-changer for anyone who wants to think faster, create smarter, and explore deeper:

🧠 1. Advanced Reasoning That Feels Like a Thought Partner

I don't just spit out facts—I help you *think*. Whether you're wrestling with a tough decision, crafting a persuasive argument, or trying to understand a complex topic, I break things down like a thoughtful collaborator. I can even shift into deeper modes of analysis when you need that extra layer of insight.

🎨 2. Creative Power Across Text, Voice, and Visuals

From writing poems and speeches to generating images and editing them, I'm your creative co-pilot. You can talk to me, type to me, or show me something with your camera—and I'll respond in kind. I help bring ideas to life across formats, whether you're building a brand, planning a party, or just having fun.

🔍 3. Real-Time Knowledge + Personalized Memory

I stay current by searching the web when needed, and I remember what matters to you (if you want me to). That means I can tailor suggestions, recall your preferences, and build on past conversations—so every interaction feels more intuitive and relevant.

Ask anything

Quick response ⌄

Perplexity AI – Search and Summarize Tool

https://www.perplexity.ai/

perplexity pro

Ask anything or @mention a Space

Q Meta Ray-Ban display glasses $799

Q Xpeng flying cars collision China airshow

Q Italy first EU AI law deepfake penalties

Q Ozone layer recovery 2066 timeline

Q Hamas leader survives Israel strike Qatar

Q EU warns India Russian oil military drills

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Perplexity AI – Search and Summarize Tool

Italy first EU AI law deepfake penalties

Answer   **Images**   **Sources · 20**   **Steps**

anews.com	Cryptopolitan	Wanted in Rome	Reuters
Italy approves AI law with prison terms for sharing…	Italy passes law on AI outlining privacy and child…	Italy passes law to regulate Artificial Intelligence -…	Italy enacts AI law covering privacy, oversight and chil…

Italy has become the first EU country to enact a comprehensive national AI law aligned with the EU's AI Act, introducing clear penalties for illegal deepfake creation and distribution. The new legislation includes prison sentences of one to five years for those who share deepfakes without consent, especially if resulting in harm. `anews +2`

Key Provisions of the Law

- Italy's AI law mandates transparency, human oversight, and traceability of AI-driven decisions across multiple sectors such as healthcare, public administration, and education. `reuters +2`

- Parental consent is required for AI access by those under 14 years old. `edexlive +2`

- The law designates the Agency for Digital Italy and the National Cybersecurity Agency as the main bodies responsible for AI oversight. `globalbankingandfinance +2`

Deepfake Penalty Details

- Unlawful dissemination of AI-generated content, including deepfakes, is now a criminal offense in Italy. `cryptopolitan +2`

- Offenders face prison terms ranging from one to five years if their actions result in harm. `wantedinrome +3`

- The law also introduces stricter penalties when AI tools are abused for crimes like identity theft, fraud, or similar offenses. `cryptopolitan +2`

Ask a follow-up…

# Meet ElevenLabs: Your Personal Narrator

This technology, often called text-to-speech (TTS), converts written text into incredibly natural-sounding audio. You can choose from many different voices and languages.

Modern AI voices sound remarkably human, making them perfect for creating personalized audio content.

ElevenLabs: The Details

Where to find it

elevenlabs.io
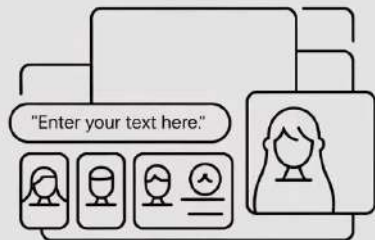
Its Strength

Creating very realistic, human-like voiceovers. Great for accessibility (listening to articles instead of reading) or creative projects.

Heads Up

The free version has a monthly character limit. It's generous enough for small projects, but you can't convert a whole book for free.

ElevenLabs Exercise: Let's Try It Together here or at Home

Bring Your Writing to Life

Let's take the message we drafted with ChatGPT and turn it into audio.

01

Copy your text

Find the friendly message you wrote in the ChatGPT exercise. Copy the text.

02

Go to ElevenLabs

Go to elevenlabs.io. You may need to sign up for a free account.

03

Paste your message

On the "Speech Synthesis" page, you'll see a text box. Paste your message into the box.

04

Choose a voice

You can choose a voice from the options below the box.

05

Generate and listen

Click "Generate." After a moment, you can press the play button to hear your message read aloud!

The most realistic voice AI platform

AI voice models and products powering millions of developers, creators, and enterprises. From low-latency conversational agents to the leading AI voice generator for voiceovers and audiobooks.

SIGN UP   **CONTACT SALES**

🔊 **TEXT TO SPEECH**   ⊘ **AGENTS**   ♫ **MUSIC**   **SPEECH TO TEXT**   **DUBBING**   ◌⟩ **VOICE CLONING**   ⚹ **ELEVENREADER**

In the ancient land of Eldoria, where skies shimmered and forests, whispered secrets to the wind, lived a dragon named Zephyros. [sarcastically] Not the "burn it all down" kind... [giggles] but he was gentle, wise, with eyes like old stars. [whispers] Even the birds fell silent when he passed.

🌐 **Samara** | Narrate a story   🌸 **2 speakers** | Create a dialogue   🟢 **Announcer** | Voiceover a game   🟣 **Sergeant** | Play a drill sergeant

🔵 **Spuds** | Recount an old story   🌸 **Jessica** | Provide customer support

🇺🇸 **ENGLISH** ⌄   ▶ **PLAY**   ⭳

Powered by Eleven v3 (alpha)

Meet Eleven Music
Make the perfect song for any moment

Dreamy Indie Rock

Slow Tempo
Atmospheric
Dreamy

Slow Latin Reggaeton

Reggaeton
Slow Groove
Charismatic Vocals

Conscious Hip Hop

Conscious Rap
Jazzy
Experimental
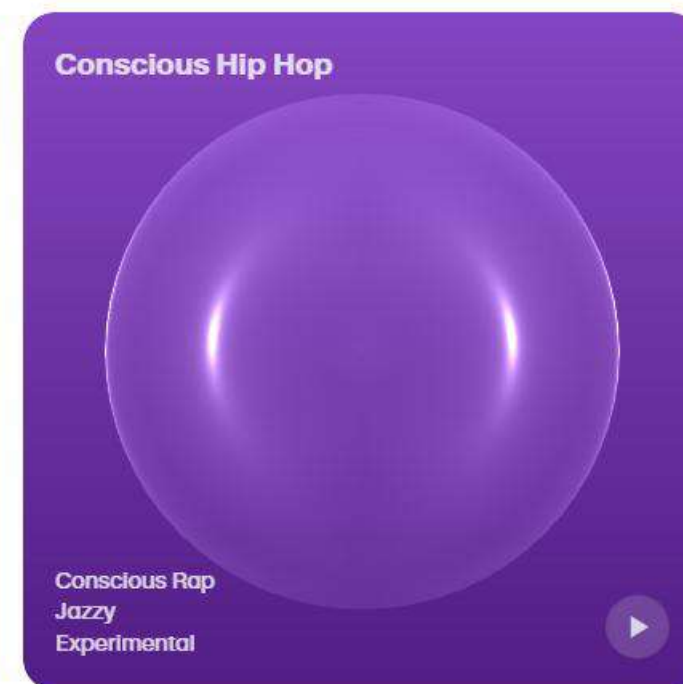
TRY THE AI MUSIC GENERATOR

For **CREATORS, MEDIA & ENTERTAINMENT**

Generate high-quality AI audio for your audiobooks, videos and podcasts

◯ **AUDIOBOOKS**

Create high-quality multi-character audiobooks. Upload your ePub or PDF, select your characters, direct the delivery and then publish.

VIDEO VOICEOVERS

Choose the perfect voice for your video or clone your own voice. Then generate high-quality voice overs for ads, shorts or feature-length films.

DUBBED VIDEOS

Translate your content into 30+ languages while maintaining the voice of the speaker. Dub it in 1-click or have full-control over translation and delivery with Dubbing Studio.

PODCASTS

Voice Isolator turns any recording into studio quality. Or use Text to Speech to generate short sections with your own voice or entire podcasts with multiple speakers.

🔇

🔊 NARRATOR | **Pride And Prejudice**

🔊 NARRATOR | **Chapter XXVI**

🟢 GARDINER 🔊 NARRATOR | Mrs Gardiner's caution to Elizabeth was punctually and kindly given. "You are too sensible a girl, Lizzy, to fall in love merely because you are warned against it!"

🟣 ELIZABETH | "I beg your pardon. I will try again. At present I am not in love with Mr. Wickham; no, I certainly am not. But he is, beyond all comparison, the most agreeable man I ever saw — and if he becomes really attached to me — I believe it will be better that he should not. I see the imprudence of it."

TIME ↗ uses Studio for high-quality, long-form Text to Speech at scale **GET STARTED FREE**
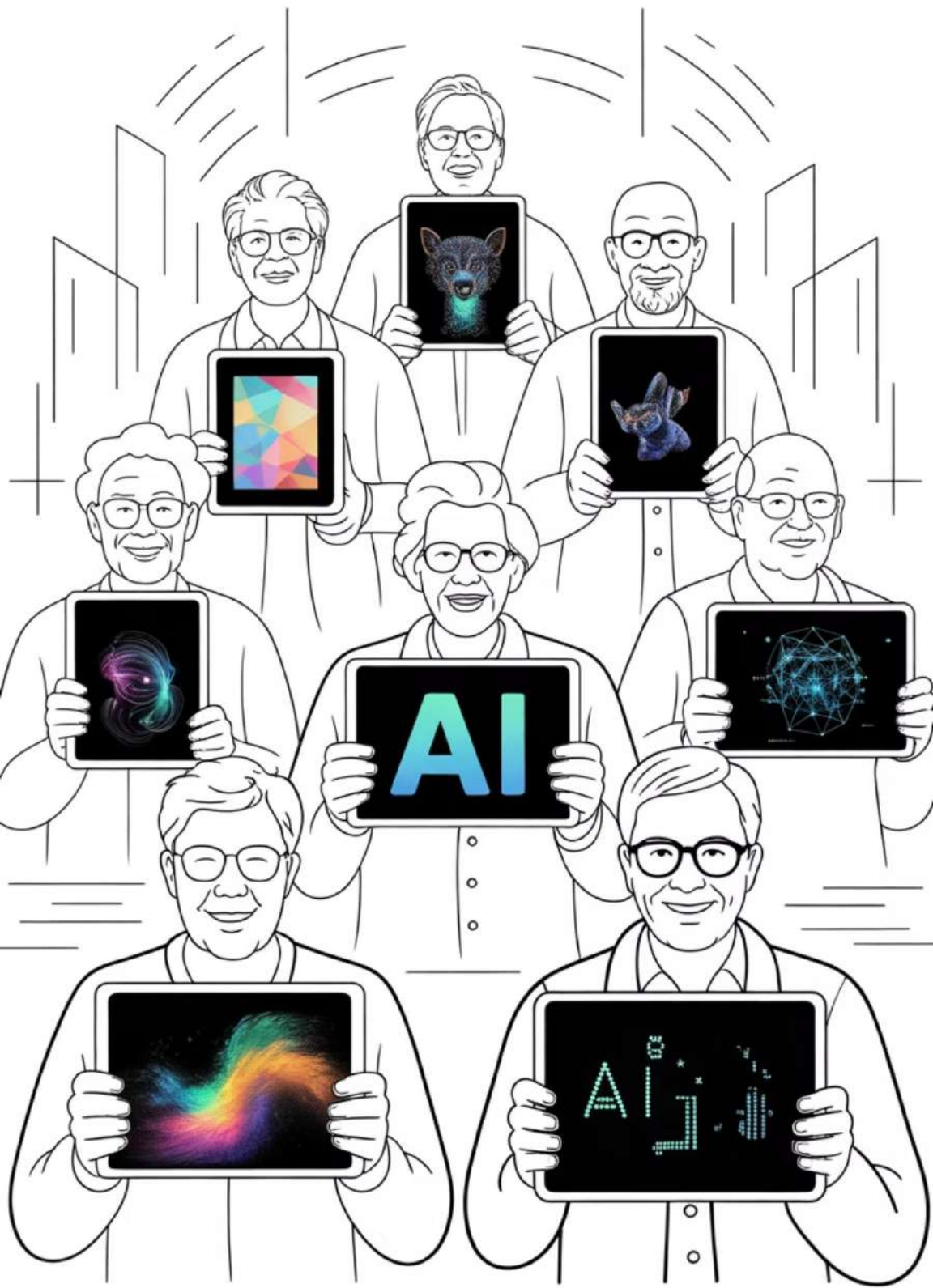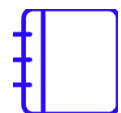
You Are Now an AI User!

Congratulations! You have successfully used six different AI tools today.

AI Assistants

You've chatted, researched, and summarized with **ChatGPT**, **Gemini**, and **Claude**.

Research

You've organized personal information with **NotebookLM**.

Creation

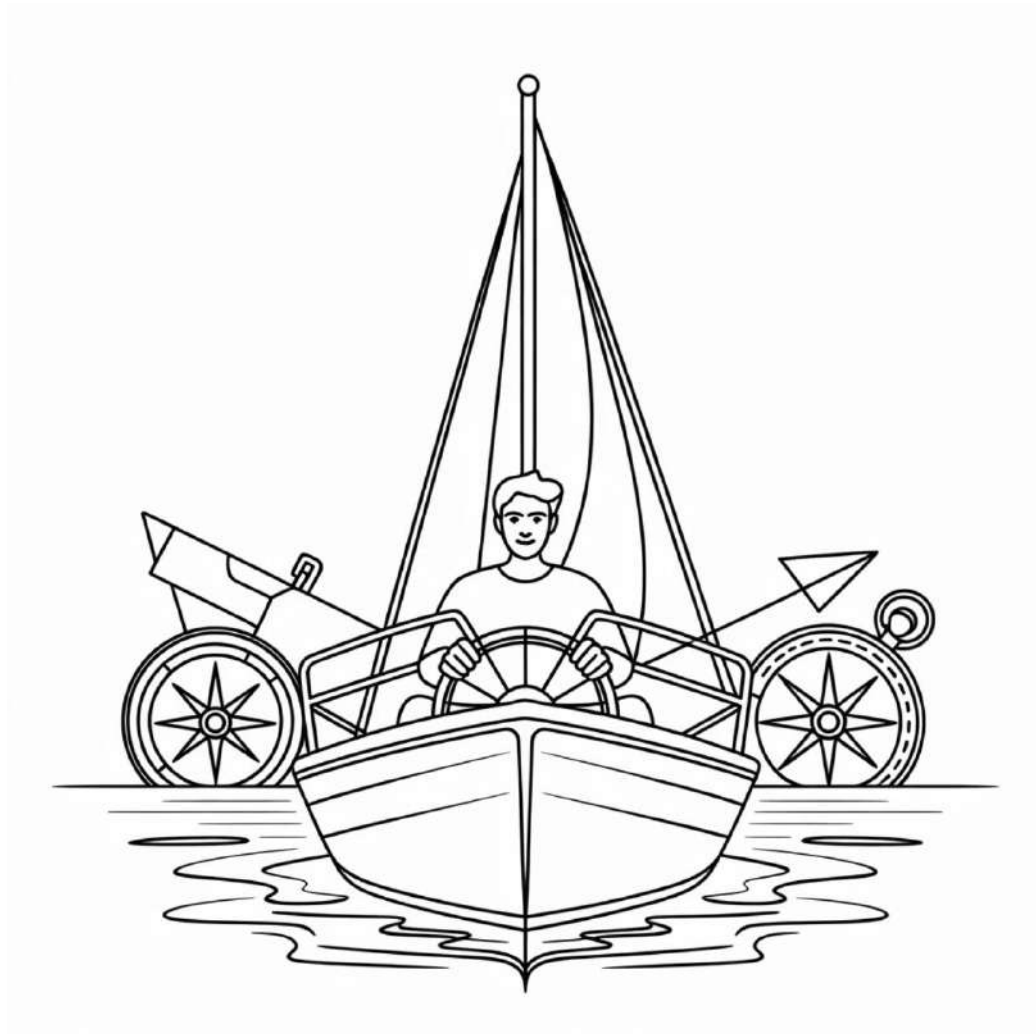You've created original art with **DALL-E 3**.

Audio

You've generated audio with **ElevenLabs**.

Key Takeaway

AI is a Tool, You are the Guide

Each of these tools is powerful, but they work best when guided by your curiosity, your goals, and your wisdom. **You are in control.**

Practice is the key to comfort. Try to spend just 15 minutes a week exploring one of these tools with a small task.

Remember: these tools are meant to enhance your abilities, not replace your judgment.

Questions & Discussion

Let's Talk About It

- Which tool was the most surprising?

- Which one seems the most useful for your daily life?

- What difficulties did you run into?

Let's share our experiences.

Questions for Family Discussions

Conversation Starters:

These questions can help facilitate meaningful family discussions about technology use and digital safety:

- "What AI tools do you use in your daily life or at school/work?"

- "How can we verify information we find online or through AI?"

- "What should our family code word be for verifying identity?"

- "How might AI help us stay organized as a family?"

- "What boundaries should we set around sharing personal information online?"

- "How can we help each other stay safe from digital scams?"

- "What technology skills would you like to learn from each other?"

These conversations aren't just about safety—they're opportunities to strengthen family bonds and bridge generations through shared learning.

Community and Support

Building Your Network

Online Communities

Join Senior Planet's AI Hub or AARP's online forums to connect with peers who are also learning about AI. These communities provide a space to ask questions, share discoveries, and find encouragement.

Local Groups

Look for digital literacy meetups at libraries, senior centers, or community colleges. Face-to-face learning groups offer hands-on help and valuable social connections with people in your area.

Family Connections

Schedule regular technology learning sessions with grandchildren or tech-savvy family members. These intergenerational exchanges benefit everyone—you gain tech skills while sharing your wisdom and experience.

Peer Learning

Form a study group with classmates from this course or friends with similar interests. Teaching and learning from peers who share your perspective can make the process more enjoyable and effective.

Key Takeaways

AI is a tool - powerful but limited

Artificial intelligence can assist with many tasks but requires human judgment to use effectively. It augments rather than replaces human capabilities and wisdom.

Always verify important information

Use the VERIFY method to cross-check information from multiple reliable sources before making significant decisions or sharing with others.

Stay skeptical of suspicious requests

Approach urgent demands, too-good-to-be-true offers, and unexpected communications with healthy caution, especially those creating emotional pressure.

Keep learning as technology evolves

AI is developing rapidly, but with ongoing curiosity and the foundation you've built, you can adapt to new developments confidently.

Share knowledge with others

By sharing what you've learned, you help protect your family and community while strengthening important relationships across generations.

AI Tools We've Discussed: Smartphone Icons:
You can accomplish most anything with this tool combination

Google Gemini
Your AI assistant from Google
★★★★★ 519K
Open
#1 in Productivity | Utilities | 🔲 Google

Microsoft Copilot
Your AI companion
★★★★★ 289K
Open
#18 in Productivity | Lifestyle | 🔲 Microsoft Corporation

Google NotebookLM
Understand anything
★★★★★ 5.4K
Open
#36 in Productivity | Education | 🔲 Google

ElevenReader: Text to Speech
Ad Listen to Books, Docs & PDFs
★★★★★ 5.4K
Open
➤ Productivity | Books | 🔲 ElevenLabs, Inc.

ChatGPT
The official app by OpenAI
Open

ElevenLabs: AI Voice Generator
Text to voice for creators
★★★☆☆ 84
Open
📷 Photo & Video | Productivity | 🔲 ElevenLabs, Inc.

Claude by Anthropic
AI assistant for life & work
★★★★★ 26K
Open

Perplexity - Ask Anything
Search and discovery with AI
★★★★★ 292K
Open

Your AI Journey Begins Now

Final Thoughts:

As we conclude our time together, remember that this course is just the beginning of your AI journey. The skills you've developed will serve you well as technology continues to evolve.

AI literacy empowers you to:

• Maintain meaningful connections with younger generations

• Make informed decisions about which technologies to adopt

• Protect yourself and your loved ones from digital threats

• Leverage powerful tools to enhance your daily life

Remember: You don't need to be an expert—just an informed, thoughtful user who approaches technology with both curiosity and healthy skepticism.
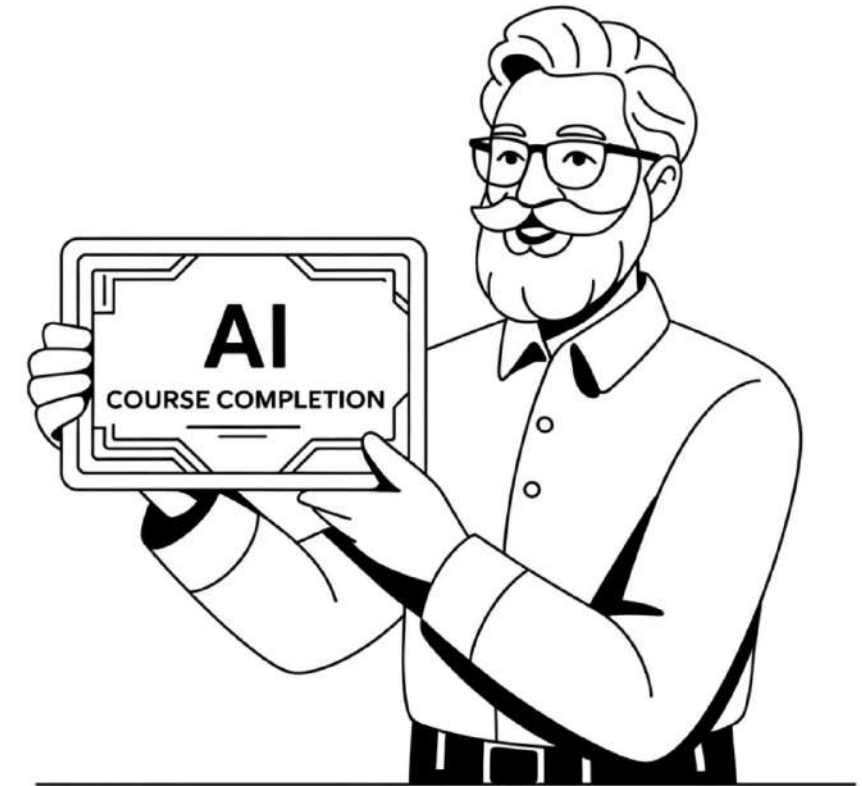
In every era, learning new skills keeps our minds sharp and our lives connected.

Your willingness to explore AI demonstrates the same curiosity and adaptability that has served you throughout life.

Your AI Journey Continues… https://seniorplanet.org/ai/

Questions and Discussion

Thank you for your attention and participation! Now is your opportunity to ask any remaining questions about any aspect of AI we've covered today.

Contact Information

For follow-up questions or additional resources after today's session, please contact:

Email: larry.m.Deschaine@alum.mit.edu
linkedin.com/in/larrymdeschainepe

This Fall's Hands-On Lab Sessions

- September 23rd (Tuesday, 1:30 to 3:30)
- September 30th (Tuesday, 1:30 to 3:30)
- October 7th (Tuesday, 1:30 to 3:30)