

Al for Everyday Tasks

Dr. Lane Freeman

NC Community College System



Introductions

Dr. Lane Freeman

Director of Online Learning

NC Community College System





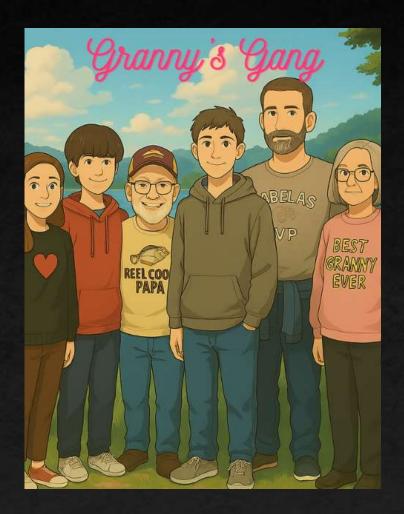




Take old photos and add color and motion

Having Fun with Al Image Generators as Gifts



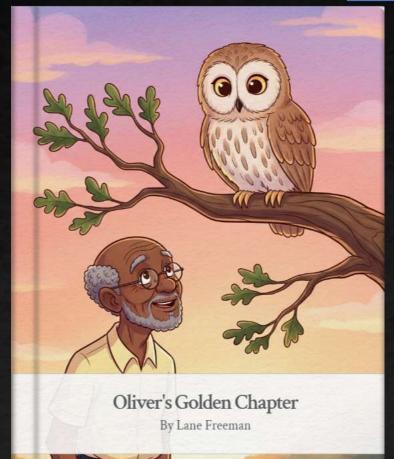




Google's Gemini Storybook

https://gemini.google/overview/storybook/

https://g.co/gemini/share/4da39d959ac4



**R etirement isn't the end of the story," Oliver the Owl hooted softly from his branch, "it's the start of a brand-new adventure." The setting sun painted the sky in warm colors, welcoming his friends to a new chapter.

LANE FREEMAN





Text to Video – Google's Veo 3



Prompt: Create a video clip of a young Continental Army soldier at the Victory of Yorktown in 1781. He is holding a selfie stick and an iPhone, excitedly making a social media post to announce the end of the Revolutionary War. The background shows surrendered British troops, scattered cannons, and American flags waving. The soldier is smiling, slightly dirty from battle, and animatedly says: "Yo, it's official—it's a wrap, Redcoats! Cornwallis just threw in the towel. We out here at Yorktown, and freedom's never looked so good. Six years of fightin' and we finally did it. America's about to glow up, y'all. Drop a like for liberty!" End with him giving a quick fist pump and a triumphant "Let's gooo!" The vibe is celebratory, upbeat, and proud—like he just helped change history.

Text to Video – Google's Veo 3



Al Avatars



Al Avatar – Chinese Translation





Lorraine Boucher Lane's Digital Assistant

- Designed within ChatGPT's Custom Instructions
- Daughter to Bobby Boucher and Vicki Vallencourt
- Bachelor's Degree in Business Administration from Louisiana State University
- MBA from Tulane University's School of Business

Before You Start with Al



Protect
Personal
Information





Maintain
Digital
Citizenship



Al Can Sing! (Suno.com)



RGEA Country Song



RGEA Gospel Song

Randy Travis – "Where That Came From"



Rule-Based Learning

Machine Learning

Deep Learning

Generative Al

LLM

Generative Al

- Creates new content by learning from vast datasets, mimicking human creativity.
- Self-Learning Capability: Al continuously improves by analyzing and predicting data patterns.
- Diverse Applications: Used in writing, art, coding, and simulating complex human tasks.

AI'S PROVEN IMPACT ON PRODUCTIVITY AND WORKFORCE READINESS

Microsoft's 2024 Work Trend Index

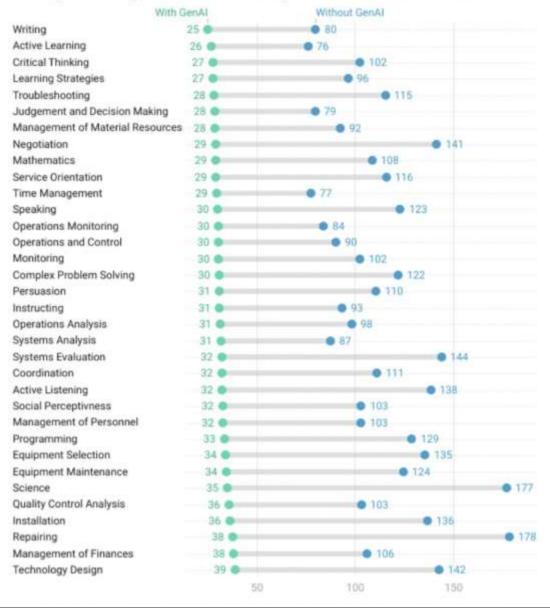
- 75% of knowledge workers use AI in daily tasks.
- 66% of employers prefer candidates with AI skills even if they have less experience than someone without those skills



Al and the Future of Work: Labor Market Impacts

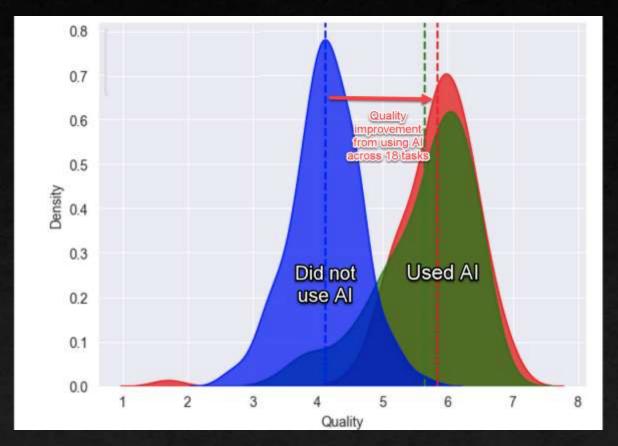
- Develop survey to analyze Generative Aluse in labor market.
- Younger, educated, higher income individuals use Generative AI most.
- 30.1% of adults used Generative AI at work (Dec 2024).
- Estimates intensive usage, efficiency gains, and job search applications.
- Examines LLM effects on productivity and the labor market.
- Findings guide policymakers, businesses, and researchers globally.

Figure 11: Average number of minutes to complete a task with and without Generative AI



Al Proficiency: A Highly Valued Skill in the Modern Workforce

- Al use led to 12.2% more tasks completed.
- Tasks done 25.1% faster.
- Experience a 40% increase in work quality.
- This boost was achieved using the standard GPT-4 model without any specialized training or tuning.



https://www.oneusefulthing.org/p/centaurs-and-cyborgs-on-the-jagged





July 17, 2023

Chatbot vs Medical Student Performance on Free-Response Clinical Reasoning Examinations

Eric Strong, MD1; Alicia DiGiammarino, MS2; Yingjie Weng, MHS3; et al.

> Author Affiliations

JAMA Intern Med. 2023;183(9):1028-1030. doi:10.1001/jamainternmed.2023.2909



Editorial Commen

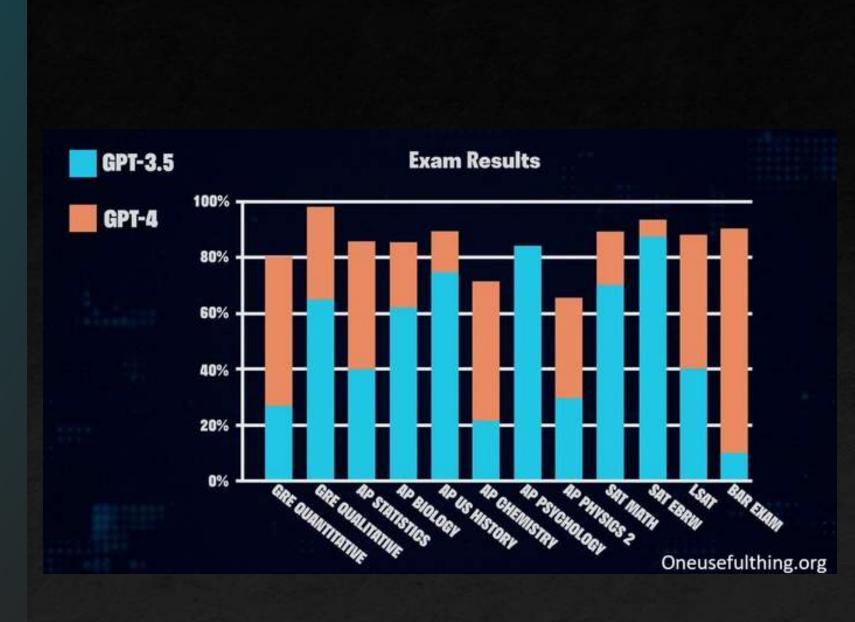


A popular chatbot is an interface for the generative pretrained transformer (GPT) large language model artificial intelligence (AI) system that generates humanlike text in response to user input. An upgrade from the initial chatbot to a newer model was evaluated, and it exceeded the passing threshold for multiple-choice questions that simulate the US Medical License Examinations. This cross-sectional study examined how well the chatbot responded to free-response, multiphase, case-based questions that better reflect real-life synthesis and application of data with broader implications for the instruction and assessment of clinical reasoning. Using clinical reasoning final examinations given to first- and second-year students at Stanford School of Medicine, we compared performance of students vs 2 chatbot models.

ChatGPT 4's Performance

- Outscored 2nd year Stanford Med students in clinical case exams
- Does differential diagnosis at least as well as the best current tools
- Its answers "preferred over physician responses & rated significantly higher for both quality & empathy"

The Al Today is the worst version of Al you'll encounter



ChatGPT can "See"

- Take a pictures with your device and AI will tell you what it sees.
- Personal uses
 - Take a picture you want to sell on eBay and let ChatGPT write the ad
 - Take a picture of your refrigerator and ask what is keto-friendly.



ChatGPT Vision – Workforce Implications

Radiology Report Generation

Prompt: Write a radiology report for this image as an expert radiologist.

GPT-4V - Radiology Report

Exam: Abdominal x-ray

History: Patient presents with abdominal pain and distention

Findings: The abdominal x-ray demonstrates a dilated stomach and small bowel loops, suggestive of a partial small bowel obstruction. There is also a small amount of air in the rectum. No free intraperitoneal air or pneumoperitoneum is noted. The liver, spleen, and kidneys appear unremarkable.

Impression: Findings are suggestive of a partial small bowel obstruction. Further imaging studies and clinical correlation are recommended.

Evaluation from Professionals: Correct study identification, correct diagnosis

Source: arXiv/2309.17421



Facebook Market Place



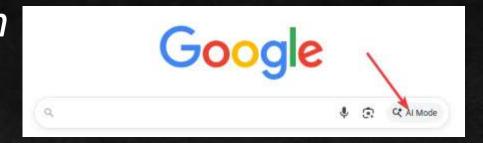
- Use the attached photo to create a Facebook Market place ad for this old lawnmower that doesn't crank. I am asking \$150.
- Someone is asking for \$150 for the lawnmower in this image, is it a good deal?

Large Language Model Platforms

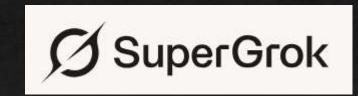
• OpenAl's ChatGPT – www.chat.com



Google Gemini – gemini.google.com
 or Google.com "Al Mode"



Grok – Grok.com (also embedded in X for fact checking posts)



Prompt Writing Tips - RICCE



Role - Tell AI to "Act as a"



Instructions – Tell it what you want it to do.



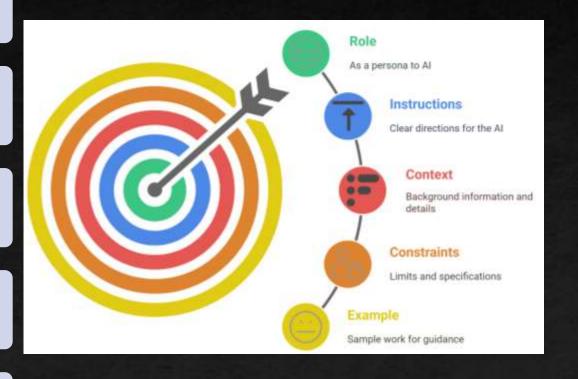
Context – Provide context of what you are working on, your role at the System Office



Constraints – How many words, slides, bullets per slide, words per bullet, Lexile level, etc.

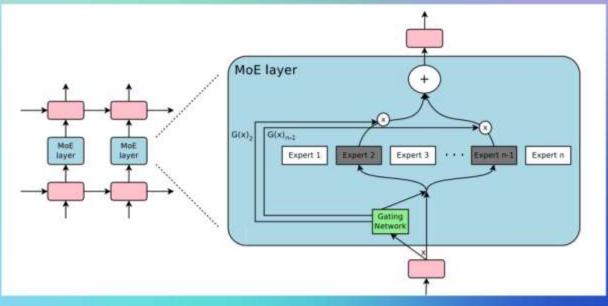


Example – Share an example of what you have done in the past and the output will match the example.



Why assigning a "Role" is important





Assign Personalities to Al

Examples:

- Act as a Benefits Advisor Help explain VA benefits, Medicare, or Social Security in simple terms.
- Act as a Travel Agent Suggest destinations, create itineraries, and compare costs for trips.
- Act as a Nutritionist Build meal plans, create grocery lists, and provide healthy recipes.
- Act as a Tech Tutor Offer step-by-step instructions for using smartphones, tablets, or apps.
- Act as a Companion Conversationalist Provide lighthearted chat, share jokes, or recommend books/movies (with a reminder AI isn't a substitute for real relationships).
- Act as a Medical Research Assistant Summarize trustworthy information about conditions or medications (with caution: not a doctor).

Supporting a Veteran's Activity – Brainstorm a Prompt

Role

Instructions

Context

TAYLOR

Constraints

Group 1 – Facts about your Veteran

- You are assisting **Staff Sergeant Marcus Taylor**, a U.S. Air Force veteran who served **four years (2004–2008) on the flight line at Seymour Johnson Air Force Base** in North Carolina. During his service, he worked as a crew chief, routinely exposed to loud jet engines and aircraft maintenance operations without consistent access to hearing protection—especially during quick-response deployments.
- Marcus had no history of hearing issues prior to his enlistment, and his military occupational specialty (MOS) is well-documented to involve hazardous noise exposure. Since separating from the military, he's experienced significant hearing loss and tinnitus, which have negatively impacted both his job performance as a warehouse manager and his quality of life at home with his family.
 - Recently, the VA denied his benefits claim, stating there was "no direct evidence" linking his hearing loss to military service. He is seeking help to appeal the decision, and you've offered to help him draft an appeal letter that communicates the context, urgency, and justification for reconsideration.

Improve on your RICCE Prompt

TAYLOR

- Role: Act as a veterans' benefits lawyer who specializes in VA disability appeals, with experience writing persuasive appeals related to hearing loss and military occupational noise exposure. Include references to VA regulations or legal precedents where appropriate.
- Instructions: Draft a persuasive appeal letter challenging the VA's denial of a hearing loss claim. The letter should include justification for reconsideration, based on military service conditions.
- Context: The veteran served 4 years on the flight line in the Air Force (2004–2008), had no hearing issues prior to service, and now experiences hearing loss and tinnitus. The claim was denied due to "no direct evidence.
 - Constraints: Keep the letter under 500 words. Use formal and professional legal language appropriate for a government or regulatory audience. Include legal citations such as where applicable.



Al as a Nutrients

"Act as a nutritionist. I am a retired person with Type 2 diabetes, and I'd like a simple weekly meal plan. Please include breakfast, lunch, dinner, and one snack each day. Make sure the meals are easy to prepare, use common ingredients from the grocery store, and help keep my blood sugar stable. Put the plan in a table format so it's easy to read."



Al as a Medical Researcher

"Act as a medical research assistant. My doctor told me I might have arthritis in my hands. Please explain what arthritis is, the common symptoms, and typical treatment options. Use clear, simple language, and include a reminder that I should follow up with a licensed medical professional for advice."



Al as a Travel Agent

Act as a travel agent. I want to plan a 3-day trip to Edenton, North Carolina. Please suggest a daily itinerary that includes local history, waterfront activities, and good places to eat. Keep the schedule relaxed, affordable, and easy for retirees. Present it in a day-by-day format.

Questions and Answers