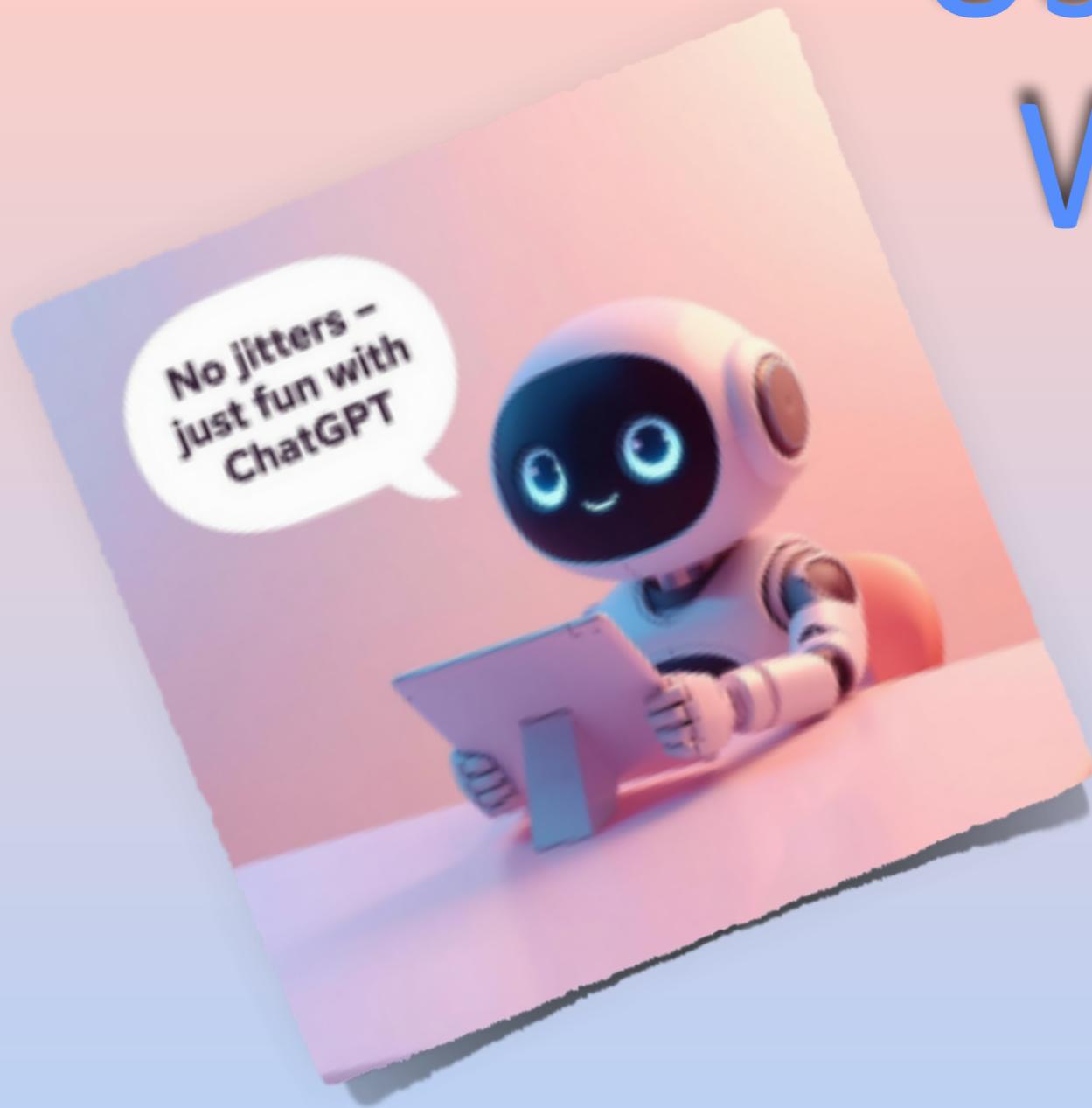


# Using ChatGPT Without the JITTERS



Paula Sandridge  
Lakes Resident

# Thanks for Coming!



# After this session you will ...



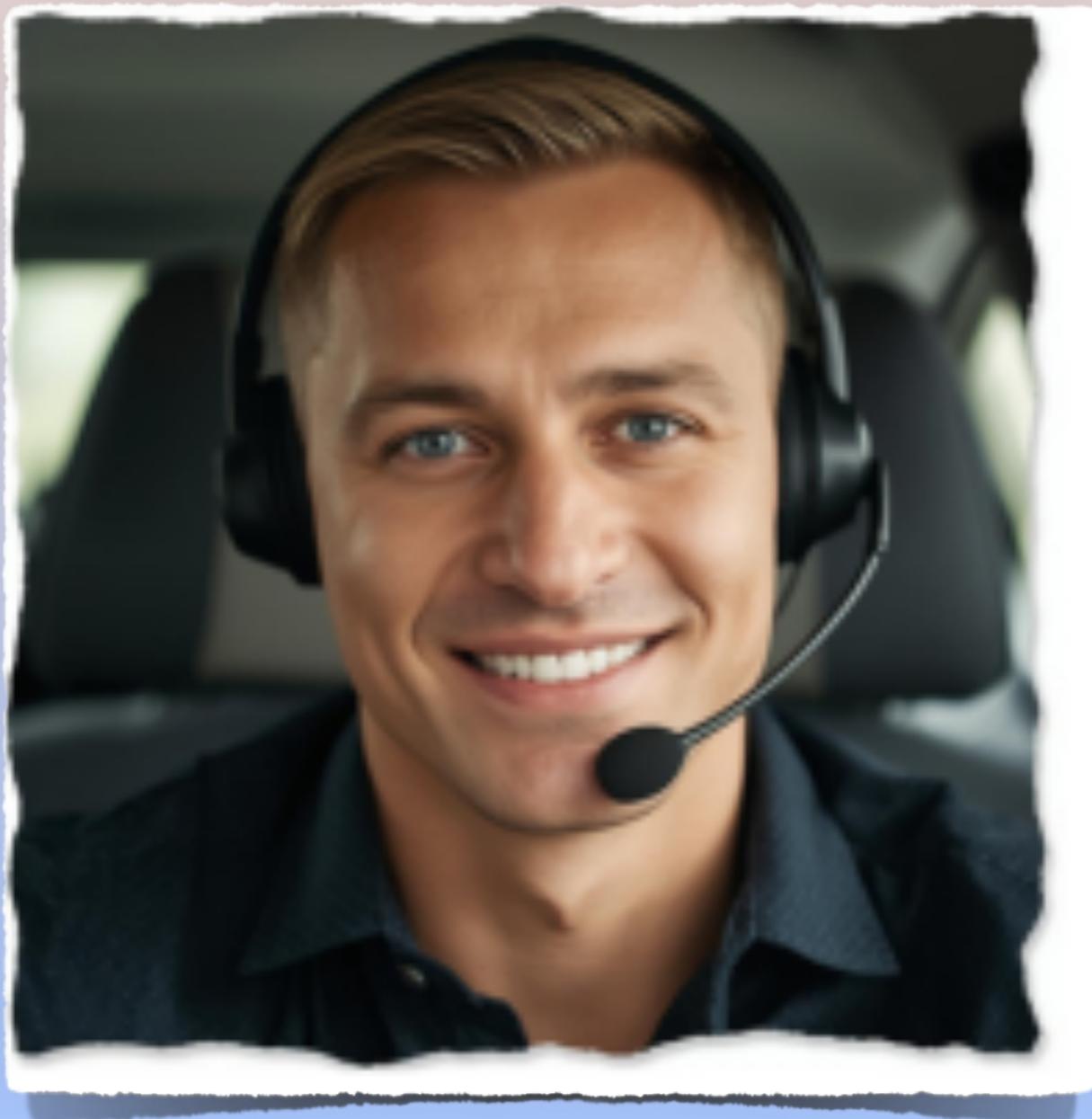
- Know how to ask simple questions using the free, web-based version
- Understand how ChatGPT can be helpful in everyday life
- Decide whether to make an account
- Be confident using ChatGPT on your own

# What is ChatGPT?



- Artificial Intelligence (AI) refers to the ability of machines and software to perform tasks that typically require human thinking.
- This can include recognizing patterns, generating text, making decisions, or predicting outcomes.
- AI works by using large amounts of data and algorithms to "learn" how to respond or generate output.
- It is not human, but it mimics certain types of human thinking.

# What is ChatGPT?



- ChatGPT is like a very patient helper who will answer your questions.
- It doesn't judge, it doesn't get tired, and there are no wrong questions.

# What it is NOT



- Not a real person
- Not always perfect
- Not a replacement for doctors, lawyers, or family
- Doesn't know personal information unless you type it

**“YOU CAN'T BREAK IT, AND YOU CAN'T ASK A 'BAD' QUESTION.”**



I'll  
demonstrate ...

**What are some simple hobbies  
I can enjoy at home?**

# Your Turn!

Go to:

[chatgpt.com](https://chatgpt.com)



**Ask a few questions from the handout or use your own.**



**What did you discover?**



**What are the  
Account Options?**

# Free on the Web

A way to use ChatGPT from your browser without signing in.

## Pros

- Zero setup — just open a web page
- Great for a quick try-out
- Cost = \$0

## Cons

- You can't save chats
- Usage will be limited or slower
- Fewer features than with an account

# Free Account

Your own ChatGPT account you set up with Apple, Google, email or phone. Can login via web or use the ChatGPT app.

## Pros

- Saves your chat history
- Includes most everyday features like web search, voice support, images and basic uploads
- You can organize your chats

## Cons

- Still some limits on how much you can use per time period
- Responses may be slower during peak hours

# Paid Account (ChatGPT Go!)

A subscription plan - \$8 per month that upgrades your experience. Can login via web or use the ChatGPT app.

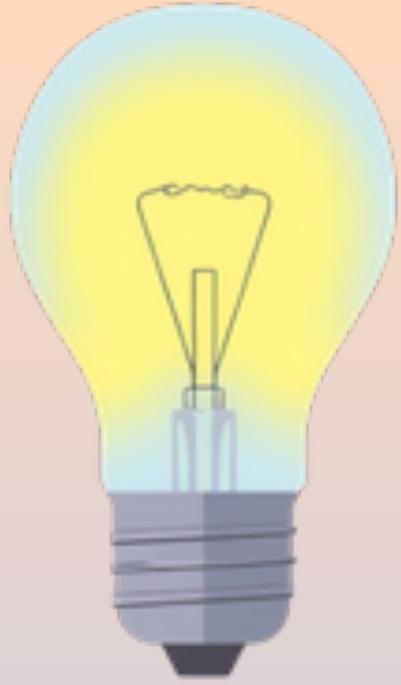
## Pros

- Faster responses — less waiting
- You can ask more questions and stay in longer chats
- Expanded tools — better image creation, research, uploads, and custom assistants

## Cons

- Monthly cost — worth it mostly for enthusiasts or heavy users
- Some features are advanced and may not matter for casual use

**Here's what you get  
with a  
free account ...  
Demo Live**



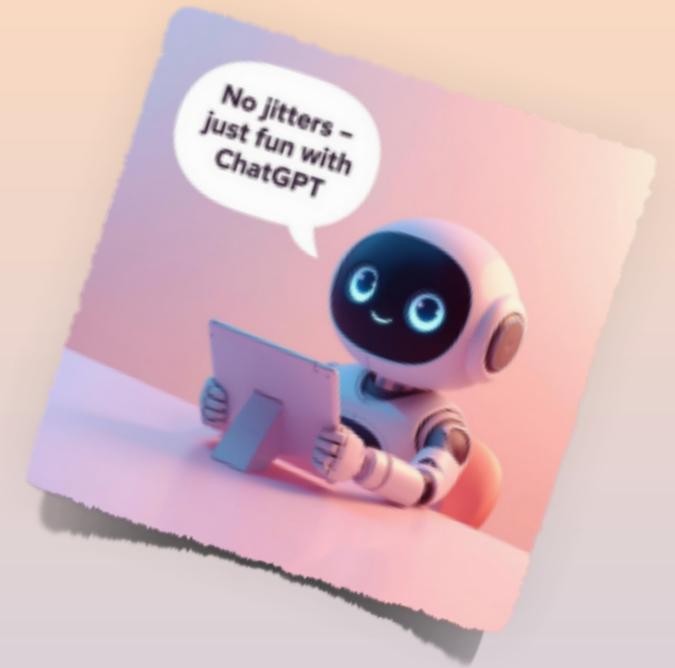
**Remember:  
Do not add or  
upload  
sensitive personal  
information**

# Do you ...

- know how to ask simple questions using the free, web-based version?
- understand how ChatGPT can be helpful in everyday life?
- plan to make an account?
- feel confident using ChatGPT on your own?



# Questions?



Media created by AI including Canva & ChatGPT