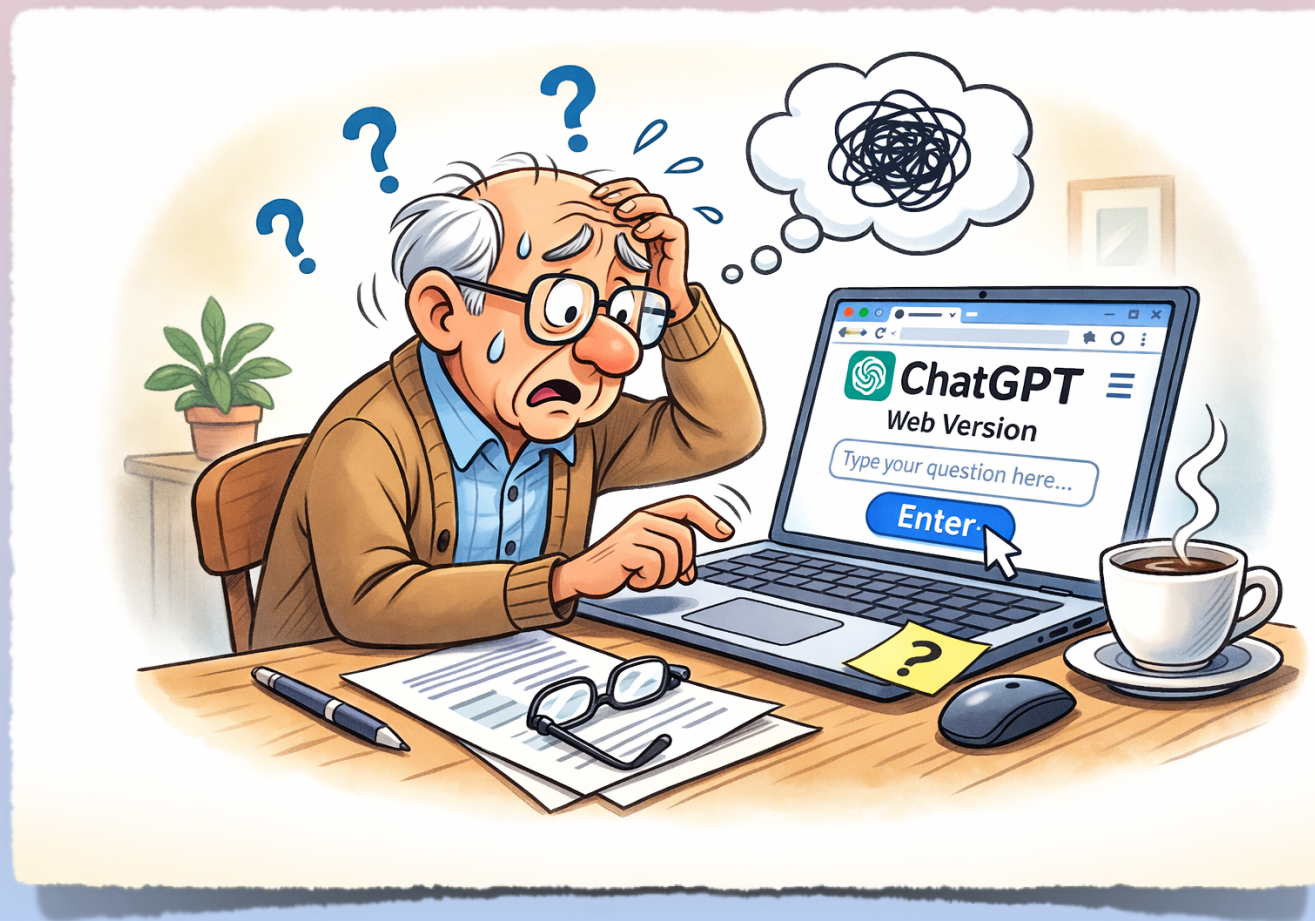
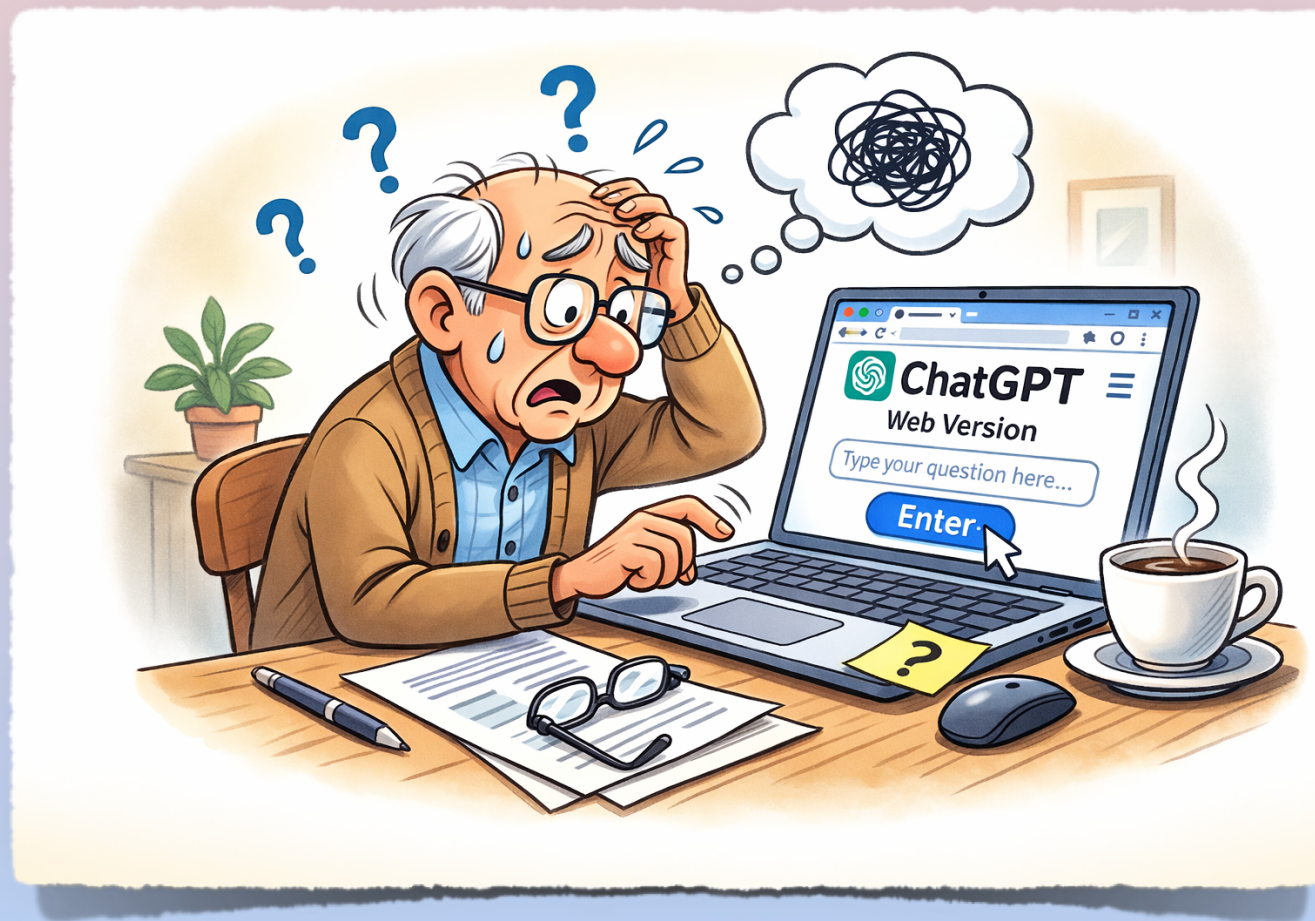


ChatGPT Without the Jitters



Paula Sandridge
Lakes Resident

ChatGPT Without the Jitters



Paula Sandridge
Lakes Resident

After this introduction to ChatGPT, you will ...



- Be able to ask simple questions using the free, web-based version
- Understand how ChatGPT may be helpful in your everyday life
- Learn about account options

What is ChatGPT?



- **An Artificial Intelligence ‘assistant’**
- **You type a question**
- **It types back an answer**
- **It uses everyday language**

Think of It Like This:



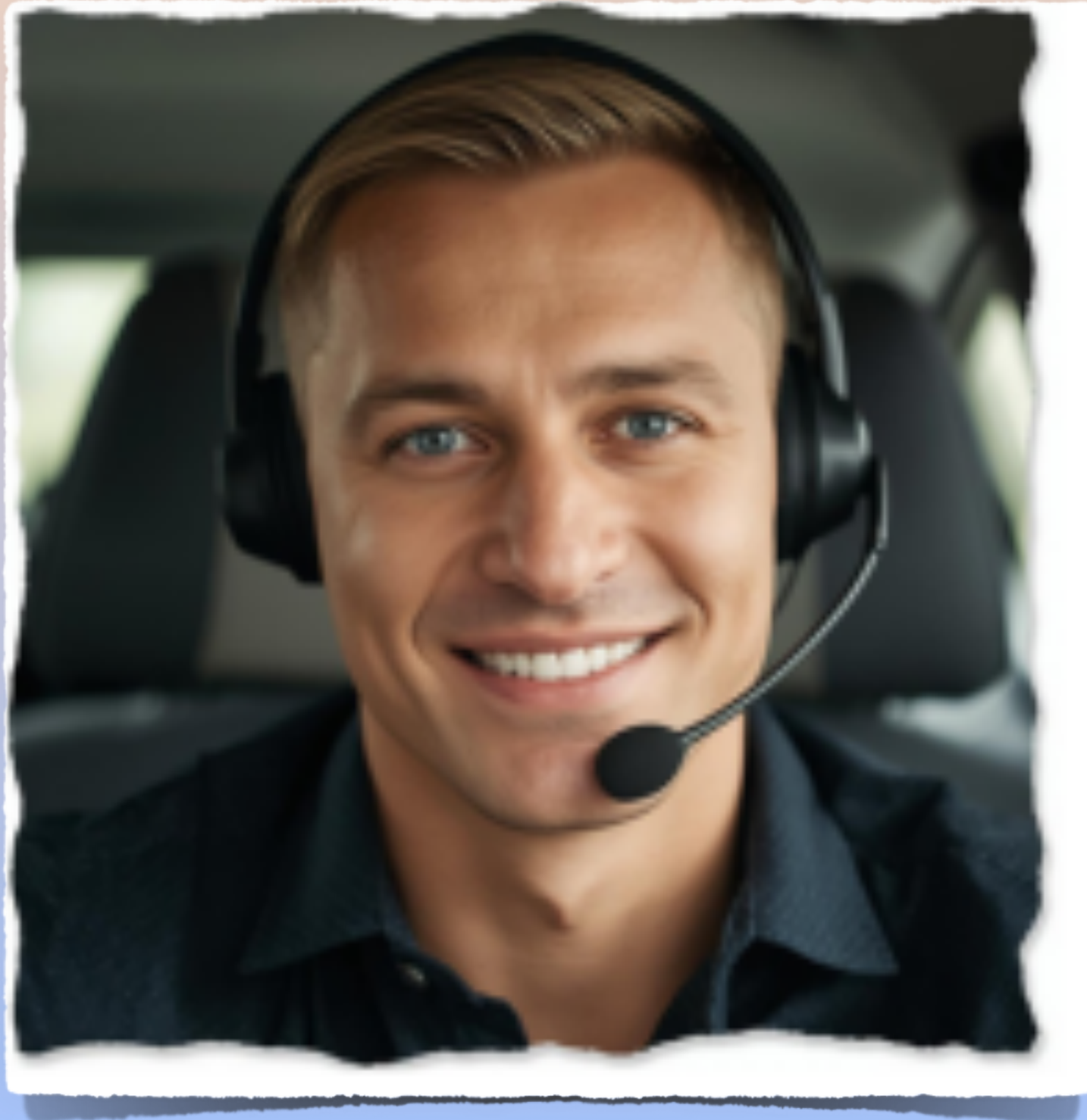
- **A very smart, patient helper**
- **Available anytime**
- **You can ask almost anything**
- **There are no wrong questions**
- **You stay in control**

What It Is NOT:



- **NOT a replacement for medical providers, attorneys or family**
- **It's not watching you**
- **It's not judging you**
- **It's NOT always perfect**
- **It's not human**

My 'Helper'





I'll demonstrate ...

I have chicken,
rice, and
broccoli. What
can I make?

8



Who's got another question?



Your turn: try on your device ...

Go to your favorite browser and in the URL, type

chatgpt.com



Account Options

Free WebSite

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

CHATGPT.COM

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 very limited and slower responses
- Fewer features than with an account
- Ads

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

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

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
- Ads

Do you ...

- know how to ask simple questions using the free, web-based version?
- understand how ChatGPT may be helpful in everyday life?
- know about account options?

