

YOUR CLASS WORKBOOK

What's All This Artificial Intelligence About?

Four Tuesdays · October 6, 13, 20 & 27, 2026 · 1:00 pm · San Mateo Senior Center

This workbook belongs to

This is yours. Write in it, fold the corners, cross things out. The margins are for your notes — the best ideas in this class will come from the room, not the slides.

Oct 6 **Get it in your hand.** Set up, then type, talk and show.

Oct 13 **Trust it for words. Check it for facts.** Getting results you can rely on.

Oct 20 **Safety is a skill, not a fear.** Four moves for anything urgent.

Oct 27 **Things your kids don't know AI can do yet.** Build something.

Three lines we'll use all month

- Useful AI, minimal exposure, human verification.
- Trust it for words. Check it for facts.
- An AI that shows its source beats one that doesn't.

Slides and handouts are posted after each class at safeai4seniors.com. Questions any time: rsellers@sonic.net

Words you'll hear

Plain-English meanings. Add your own at the bottom.

AI (artificial intelligence)	Software that finds patterns in huge amounts of examples and uses them to predict, write, recognise or create.
Chatbot / assistant	An AI you talk to in plain language — Gemini, ChatGPT, Claude.
Prompt	Whatever you type or say to it. Better prompts = better answers, and the second prompt usually matters most.
Hallucination	When the AI states something false — confidently. It's why we check facts.
Source-grounded	An AI that answers only from documents you give it and shows where (NotebookLM).
Deepfake / clone	A fake video, photo or voice of a real person, made with AI.
Training data	What an AI learned from. Some apps also learn from your chats unless you switch that off.

More words I want to remember

WEEK 1 · TUESDAY, OCTOBER 6

Get it in your hand

Today everyone leaves with an AI assistant working on their own phone or tablet — and uses it three ways.

What it actually is

An AI assistant is a very good guesser of the next word, trained on an enormous amount of writing. That makes it brilliant with **words** — explaining, rewriting, drafting, organising — and unreliable with **facts it supplies itself**: numbers, dates, names, prices. It sounds equally sure of itself either way.

The one rule today: before you photograph or paste anything, cover account numbers, ID numbers and dates of birth. It never needs them to help you.

Setup checklist

- ☐ **Get Gemini.** iPhone: App Store, search “Google Gemini.” Android: Play Store, search “Gemini.” Or open **gemini.google.com** in any browser.
- ☐ **Sign in** with your Google account (the one you use for Gmail or YouTube).
- ☐ **Privacy switch.** Tap your photo or initial in the top corner, find **Activity**, and turn **Keep Activity** off. Your chats are then held for up to 72 hours instead of saved to your history. On a computer: Settings & help › Activity. We'll do this together.
- ☐ **Find the microphone** — you can talk instead of type.
- ☐ **Find the + or camera** — you can show it a photo instead of retyping.
- ☐ **Green card up** when you're done. **Red card up** if you're stuck — a table captain will come to you.

Notes

Try these three

After each one, jot down what happened — what surprised you, what it got wrong, what you'd ask next.

1 • Ask about something you've always wondered

Try: "Explain how ___ works, the way a friend who knows the subject would."

2 • Show it something

Try: photograph a label, a menu, a sign or a page, then ask "What is this, and what should I know about it?"

3 • Talk to it

Try: tap the microphone and ask a question out loud. Then say "Put that more simply" — or "Go deeper."

Notice: ask the same question two different ways and you can get two different answers. That's not a glitch — it's how it works. It's why we check.

This week's homework

Use it for **one real thing** this week — anything you'd normally look up, write, plan or puzzle over. Bring this page back next Tuesday.

What I asked it

What it got right — and anything it got wrong

What I checked, and where I checked it

Notes
