

TRAINING PROVIDER:	
Singapore Professionals' And Executives' Cooperative Limited	
COURSE INFORMATION:	
Course Title	AICHAT GPT: Empowering Seniors with AI Skills in the Digital Age
Course Duration	1 day (7 hours / 9am to 5pm)
COURSE OUTLINE:	
Course objectives	To equip seniors with the knowledge and skills to effectively use AI, specifically AICHAT GPT, for enhanced communication, creativity, and daily applications. Seniors will learn how to leverage AI for content writing, itinerary planning, learning new skills, and improving their well-being, as well as explore how AI can be applied for data analysis and other practical uses.
Topics	<p>Module 1: Introduction to AI and AICHAT GPT</p> <ul style="list-style-type: none"> - Understanding the concept of AI and its evolving role in modern society. - Overview of AICHAT GPT: What it is and how it works. - The current trends in AI and its impact on seniors. - Hands-on experience: Basic interactions with AICHAT GPT for casual conversations. <p>Module 2: Prompt Engineering – Getting the Best from AICHAT GPT</p> <ul style="list-style-type: none"> - Understanding prompt engineering: How to ask the right questions for accurate AI responses. - Crafting prompts for content writing: Creating articles, stories, and blog posts using AI. - Using AI for planning: Designing personalized holiday itineraries with AI. - Interactive practice: Experiment with different prompts to explore AI's capabilities in various tasks like creative writing and content generation. <p>Module 3: AI Applications in Everyday Life</p> <ul style="list-style-type: none"> - Writing for Different Purposes: - How seniors can use AI to write letters, articles, or even start a book. - Exploring how AI can assist in face reading and personalized wellness recommendations. - Learning and Skill Development: - Using AI to help seniors learn new skills (e.g., language learning, hobbies). - How AI can assist in writing exercises or enhancing mental well-being through guided learning. - Data Analysis for Personal Projects:

	<ul style="list-style-type: none"> - Introduction to using AI for basic data analysis: Solving everyday problems by analyzing trends, such as tracking personal health data or understanding broader societal issues. - Group Exercise: Create an article or plan a trip using AI tools. <p>Module 4: Adapting AI for Senior Needs</p> <ul style="list-style-type: none"> - Exploring the unique needs and preferences of seniors when using technology. - Overcoming challenges in adapting to AI tools. - Confidence-building strategies: How seniors can embrace AI for various tasks without feeling overwhelmed. - Hands-on Session: Creating simple projects with AI, like writing a family memoir or planning a holiday. <p>Module 5: Personalization and Well-Being Enhancement Using AI</p> <ul style="list-style-type: none"> - AI for Health and Wellness: - Discover AI tools that help improve daily wellness, such as AI-guided exercises or stress-relief techniques. - Personalized Learning Paths: - Tailoring AI tools for individual interests (e.g., book writing, skill learning, or language acquisition). - Interactive Exercise: Participants will use AI to personalize their learning experience, such as planning a wellness routine or starting a new skill with AI.
<p>Learning Outcome</p>	<p>By the end of this course, participants will be able to:</p> <ul style="list-style-type: none"> - Understand AI Trends: <ul style="list-style-type: none"> • Gain a clear understanding of the trends in AI and how seniors can adapt to and benefit from these changes. - Apply Prompt Engineering: <ul style="list-style-type: none"> • Create effective prompts to optimize AI responses for a variety of uses, including content writing, itinerary planning, and learning new skills. - Use AI for Practical Applications: <ul style="list-style-type: none"> • Confidently use AI tools for content generation, writing projects, and data analysis on personal interests or societal issues. - Enhance Well-Being with AI: <ul style="list-style-type: none"> • Leverage AI tools to support health, wellness, and cognitive engagement, enhancing overall well-being. - Plan and Create with AI: <ul style="list-style-type: none"> • Utilize AI for creative writing, holiday planning, and designing new learning paths or personal projects.

Training Delivery Method	<i>Lecture: 1 hr</i> <i>Group discussion: 1 hr</i> <i>Demonstration: 1hr</i> <i>Drill & Practice: 2 hrs</i> <i>Presentation: 2 hrs (group)</i>
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