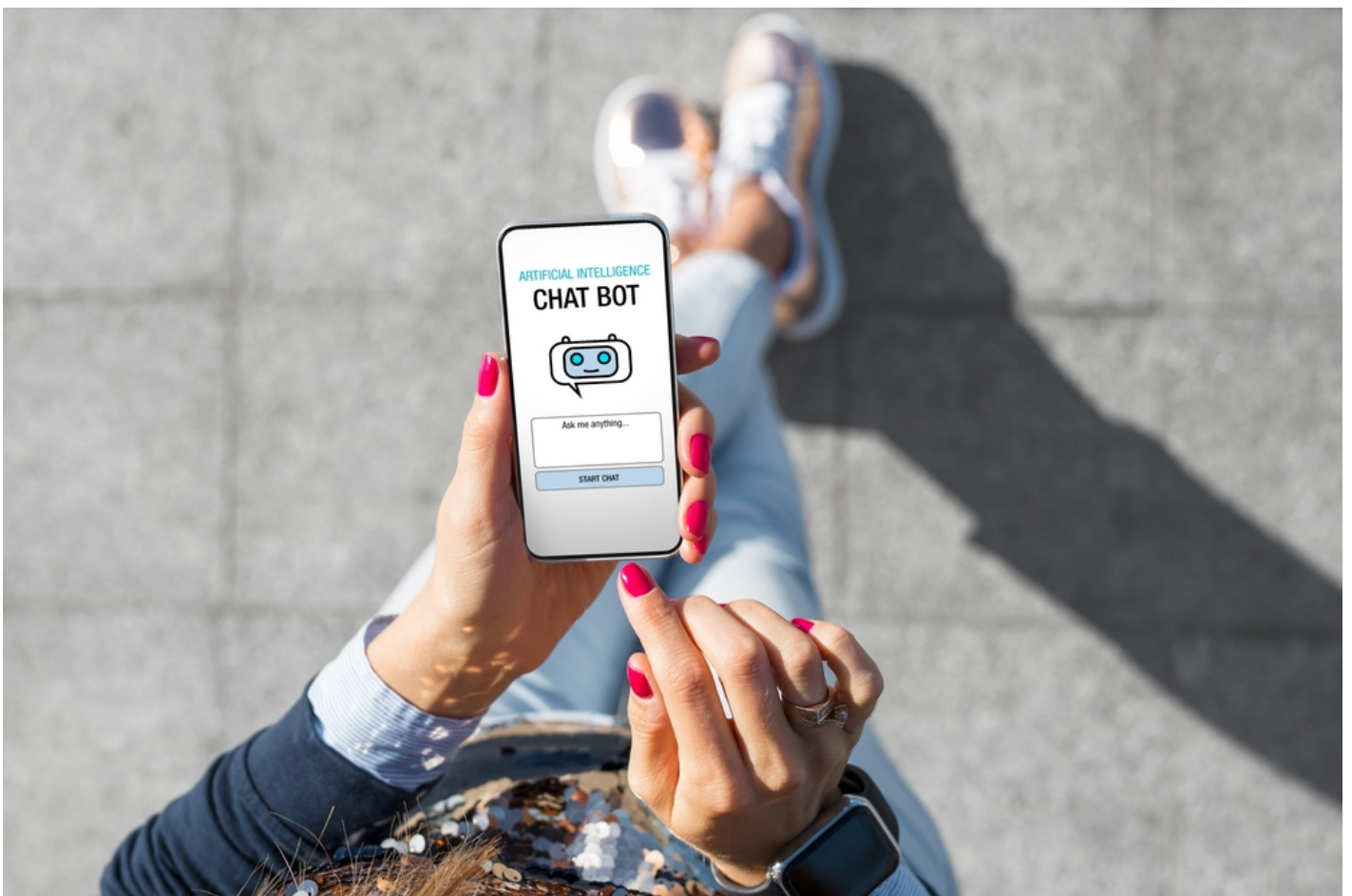Digital Unite

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ChatGPT – What can it do and how it can help you

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ChatGPT is one of the most popular Generative Artificial Inteliigence (AI) computer programmes (See our guide: What is Generative Artificial Intelligence?). It is a free web service and you can also install it as a mobile phone app https://chat.openai.com/.

In order to get ChatGPT to create something for you, you need to enter a **prompt**. A prompt is any form of text, question, information, or coding that communicates to ChatGPT what response you're looking for.

Here are some ideas of ways ChatGPT could help you. You can copy these prompts directly into ChatGPT and see how it quickly gives you ideas and answers.

1. Information Retrieval:

ChatGPT can provide quick answers to your questions, help you find information on the internet, and explain complex topics in a simplified manner.

Here are some of examples of questions/prompts to ask it:

- Help me pick out a gift for my Dad who loves fishing.
- Help me brainstorm names for an orange cat that we're adopting from a cat shelter.

- Plan a trip to see Amsterdam like a local.
- Improve my post to sell a hoover in a used condition.

2. Understand complicated topics

If you want to understand machine learning, or find out how quantum computing is being used, ChatGPT can give you succinct overviews in everyday language.

Example Prompt:
Can you explain to me in simple terms how wifi works using UK English.

3. Writing Assistance

Tell ChatGPT what you're writing about — whether it's a poem, a news article, an email, or a college admissions essay, and you'll get customised content.

Example Prompt:
In UK English can you draft a short email confirming my order for a birthday cake.

4. Brainstorming and Idea Generation

Need to generate ideas for a theme for your niece's upcoming birthday party? Or brainstorm a list of topics for your next blog post? ChatGPT can help with that! It can even generate recipe ideas or entire meal plans.

Example Prompt:
For can you list 3 gluten free recipes to have as a starter.

5. Language Translation

Give ChatGPT your text, and it can translate it into 95 different languages.

Example Prompt:
Can you translate this phrase into Welsh - what would you like for breakfast?

6. Get personalized recommendations.

ChatGPT can act as your shopping assistant, health assistant, or even a cinema concierge that gives you customised movie recommendations - all tailored to your specific likes and dislikes.

Example: Prompt:
I love the author Louise Penny. Can you suggest other authors that write like her.

7. Entertainment and Leisure

ChatGPT can engage in casual conversations, tell jokes, provide trivia, recommend movies, music or books, and even generate stories or poems for your entertainment.

Example Prompt:
I am looking for 3 jokes based around computers.

8. Time Management and Productivity

You can use ChatGPT to create to-do lists, set reminders, and receive productivity tips to help you stay organised and focused.

Example Prompt:
Tell me how to set up reminders on Alexa.

9. Health and Well being

ChatGPT can offer general health information, suggest exercises, create a running plan, provide healthy recipes, and offer relaxation techniques to help with stress management.

Example Prompt:

Can you suggest 3 simple exercises for a painful hip.

10. Troubleshooting and Tech Support

When you encounter technical issues with your computer, software, or devices, ChatGPT can offer troubleshooting tips and solutions.

Example Prompt:
Find instruction to help me get into my iPhone.

11. Travel Planning

ChatGPT can assist in researching travel destinations, finding hotels, and suggesting itineraries based on your preferences.

Example Prompt:
When is the cheapest time to fly from Manchester to Chiang Mai in Thailand?

12. Personal Finance

Get advice on budgeting, saving, and investing, or ask for tips on managing your finances more effectively by entering relevant prompts.

Example Prompt:
How can I find the cheapest gas supplier in the UK and save money?

13. Social Interaction

ChatGPT can engage in casual conversation, offer advice on social situations, or simply provide companionship when you're feeling lonely.

Example Prompt:
I've just moved to Hereford UK. What groups are there locally for me to join?

14. Accessibility

For users with disabilities, ChatGPT can assist with tasks like reading aloud, providing descriptions of visual content, and answering questions.

Example Prompt:
I'm hard of hearing. How can I get help in listening to YouTube videos?

This short video from Eye on Tech gives [a very short overview of ChatGPT](#).

Caution is needed!

Remember that while ChatGPT is a powerful tool, it's essential that you cross check the information with other reliable sources, especially in fields like health, finance, and legal matters. Also, always be mindful of privacy and security when using AI chatbots or services, as they may store or remember the information you provide.

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Next steps
▶ [What is Artificial Intelligence (AI)](#)

▶ [What is Generative Artificial Intelligence (GenAI)](#)

▶ [The limitations to be aware of when using ChatGPT](#)

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