

The background of the slide is a photograph of the University of Rochester's Old Chapel building at sunset. The building is a large, circular structure with a prominent dome and a flag on top. The sky is a mix of blue and orange, and the building is illuminated by the warm light of the setting sun. In the foreground, there are some dark, leafless tree branches on the left side.

UNIVERSITY OF ROCHESTER

How to Use Generative AI to Supercharge Your Work and Your Life

SEPTEMBER 30, 2024



getmyslides.info

An (Incomplete) **AI Timeline**: What Happens Next?

LLM Advancements
(2024)

Multimodal AI Explosion
(2025 - 2026)

AI Agents Explosion
(2025 - 2027)

Robotics Explosion
(2026 - 2030)

AGI Emergence
(2028 - 2030)

2024

2025

2026

2027

2028

2029

2030



OpenAI Imagines Our AI Future

Stages of Artificial Intelligence

Level 1	Chatbots, AI with conversational language
Level 2	Reasoners, human-level problem solving
Level 3	Agents, systems that can take actions
Level 4	Innovators, AI that can aid in invention
Level 5	Organizations, AI that can do the work of an organization

Source: Bloomberg reporting

ChatGPT

Explore GPTs

Yesterday

Content Strategy Recommendation

Tech Revolutionizing Educational

Promote "Boundless" Strategic Pl

Previous 7 Days

Hungry Family Empty Table

Persona Naming Options

Community Platforms in Higher E

Student Pathways: Diverse Journe

AI Insights for Higher Ed

Generative AI in Higher Education

AI Content Creation Summit

Emerging Tech in Education

Epic Content Marketing Spectrum

Track & Optimize Content

Content Repurposing for Higher E

Discoverability in Higher Ed

Content Creators Licensing Plan

AI Efforts at UR

Add Team workspace
Collaborate on a Team plan

Brian Piper

Culinary Creator

create an image for deconstructed brownie sunday with salted caramel ice cream



Here is the image of the deconstructed brownie sundae with salted caramel ice cream, presented in a modern and upscale dining context. The arrangement captures the contemporary and indulgent essence of the dessert.

You give me a recipe for deconstructed apple pie

Culinary Creator
Certainly! A deconstructed apple pie is a modern take on the classic

Send a message or hold space bar to talk

New version of GPT available - Continue chatting to use the old version, or start a new chat for the latest version.

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Brian Piper

Culinary Creator

For an organized shopping experience, it's best to categorize your list by the sections of the grocery store you'll visit in order. Here's a comprehensive shopping list for your meal:

Produce

- Fresh basil
- Fresh thyme
- Fresh rosemary
- Fresh parsley
- Fresh dill
- Fresh chives
- Lemon (for zest and wedges)
- Garlic
- Onions
- Cherry tomatoes
- Pears
- Beets
- Carrots
- Asparagus
- Potatoes
- Lettuce (for shrimp cocktail)

Dairy & Eggs

- Brie cheese
- Blue cheese
- Fresh mozzarella balls
- Heavy cream
- Butter

Send a message or hold space bar to talk

New version of GPT available - Continue chatting to use the old version, or start a new chat for the latest version.



Create a factual listing for this mini good processor

Title: Cuisinart Mini-Prep Plus Food Processor - White

Description:

For sale is a Cuisinart Mini-Prep Plus Food Processor in white. This compact and efficient appliance is perfect for small food preparation tasks like chopping, grinding, and pureeing. It features a dual-function blade for precise chopping and grinding, and a 3-cup capacity work bowl. The processor is in excellent working condition with minor signs of use.

Details:

- Brand: Cuisinart
- Model: Mini-Prep Plus
- Color: White
- Capacity: 3 cups
- Condition: Gently used, excellent working condition
- Features: Dual-function blade for chopping and grinding, dishwasher-safe parts, push-button control panel
- Power: 250 watts
- Dimensions: 5 x 7 x 9 inches
- Weight: 2.2 pounds

Price: \$25



Create a factual listing for this personal blender

Title: Hamilton Beach Personal Blender - Pink

Description:

Selling a Hamilton Beach Personal Blender in vibrant pink. This compact blender is perfect for making smoothies, shakes, and other blended drinks. It features a durable stainless steel blade and a 14-ounce blending jar that doubles as a portable travel cup. The blender is in excellent working condition and has been gently used. Ideal for quick, on-the-go blending, it fits easily in most car cup holders.

Details:

- Brand: Hamilton Beach
- Color: Pink
- Capacity: 14 ounces
- Condition: Gently used, excellent working condition
- Features: Stainless steel blade, blending jar doubles as travel cup, compact size
- Power: 175 watts
- Dimensions: 3.94 x 3.94 x 11.9 inches
- Weight: 1.9 pounds

Price: \$15

Perfect for anyone needing a convenient, space-saving blender for their busy lifestyle!



Create Configure



Name

Fitness Coach

Description

I'm a personal trainer GPT here to create your personalized workout and diet plan!

Instructions

You are the "Fitness Coach," a personal trainer known for your humorous and direct guidance. You specialize in creating personalized workout and diet plans for me, a 53-year-old male, 6'3", weighing 200 pounds, aiming for 185 pounds.

I practice weight training, jujitsu, and outdoor sports, such as rock climbing, skydiving, kitesurfing, whitewater kayaking, and mountain biking.

Conversation starters

- Can you suggest a workout plan for me? x
- I need a diet plan for weight loss. x
- What's a good fitness schedule for beginners? x
- How can I improve my cardio fitness? x
- Empty box x

Knowledge

If you upload files under Knowledge, conversations with your GPT may include file contents. Files can be downloaded when Code Interpreter is enabled

Upload files

Capabilities

- Web Browsing
- DALL-E Image Generation

Preview



Fitness Coach

I'm a personal trainer GPT here to create your personalized workout and diet plan!

- Can you suggest a workout plan for me?
- I need a diet plan for weight loss.
- What's a good fitness schedule for beginners?
- How can I improve my cardio fitness?

Get citation

Create

Configure

Preview

You are the "Fitness Coach," a personal trainer known for your humorous and direct guidance. You specialize in creating personalized workout and diet plans for me, a 53-year-old male, 6'3", weighing 200 pounds, aiming for 185 pounds.

I practice weight training, jujitsu, and outdoor sports, such as rock climbing, skydiving, kitesurfing, whitewater kayaking, and mountain biking.

I generally follow a Mediterranean diet with an 18-6 intermittent fasting schedule.

Your task includes developing weekly workout and diet plans, emphasizing cardio and active breaks from my desk job. I have access to dumbbells (5 to 20-pound pairs), a barbell landmine with weights from 5 to 90 pounds, an EZ bar, a pull-down cable, an adjustable bench, a jump rope, leg weights, a heavy bag and gloves, and a 12-pound medicine ball.

Always include five days of 20-30 minutes of cardio first thing in the morning. This could include biking (outdoors), a rowing machine, and, occasionally, jogging or sprints.

Include 3 days of weight training. Try to keep it to around 30-45 minutes of weights. Monday should include exercises for arms and chest, Wednesday for shoulders and back, and Friday for legs and abs.

When suggesting exercises, focus on a giant set format consisting of three exercises targeting the same area. Each day will consist of a giant set for each muscle group. For example, on Monday, three different exercises for triceps would be done consecutively in two sets with a one-minute rest. Then, there would be three exercises for the biceps and three exercises for the chest.

Provide specific weight recommendations for each exercise based on the user's body weight and previous comfort levels with weights. In the giant sets, aim for 2 sets of 20 reps for each exercise, ensuring the fitness advice is realistic, incrementally challenging, and includes appropriate weight suggestions.

Always ask if there are any injuries to be aware of for the week.

Provide images of each exercise to show the standard position to execute.

Check the weather conditions each week in Fairport, NY

<https://weather.com/weather/tenday/l/47772ce76912ea7be6310532994ea882a3c7bcfa22e721f16d07dfcb26c2b03c> to help determine which cardio method should be used on which days.



Close

Name

Fitness Coach

Description

I'm a personal tra

Instructions

You are the "Fitne
specialize in creat
weighing 200 pou

I practice weight t
whitewater kayaki

Conversation starte

Can you suggest a

I need a diet plan

What's a good fitr

How can I improv

Knowledge

If you upload files u
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Upload files

Capabilities

Web Browsing

DALL-E Image G

[create an exercise plan for the week](#)

Searched 4 sites ▾

Here's your customized workout plan for the week of **September 30th** in **Fairport, NY**, based on the weather forecast and your goals.

Weather-Based Cardio Recommendations:

- **Monday:** Sunny, 70°F – Go for **outdoor biking**.
- **Tuesday:** Mostly sunny, 79°F – Another **outdoor biking** day.
- **Wednesday:** Chance of thunderstorms, 40% (85°F) – Opt for **indoor rowing**.
- **Thursday:** Partly sunny, 81°F – **Sprints or jogging** in the morning.
- **Friday:** 40% chance of rain (81°F) – Stick with **indoor rowing** to stay dry.

Weekly Workout Plan

Monday (Arms & Chest)

- **Morning:** 20-30 min **outdoor biking**.
- **Weight Training (30-45 mins):**
 - **Triceps Giant Set:**
 1. **Overhead Triceps Extension** (15 lbs dumbbells): 2 sets x 20 reps.
 2. **Triceps Pushdown** (cable, 50 lbs): 2 sets x 20 reps.
 3. **Close-Grip Push-Ups**: 2 sets x 20 reps.
 - **Biceps Giant Set:**

[Message Fitness Coach](#)



Use cases

- Create content outlines
- Brainstorm ideas
- Write email drafts
- Create content drafts (social media posts, blogs, newsletters, web pages, video scripts, etc.)
- Paraphrase/interpret technical content or research
- Rephrase/simplify content
- Explain complex concepts
- Repurpose video content
- Research topics
- Create titles for content
- Generate class/product descriptions
- Write page titles and meta descriptions
- Create job descriptions
- Create interview questions
- Suggest hashtags
- Help with keyword research
- Generate survey questions
- Create user personas
- Find podcast/interview guests
- Generate interview questions
- Build custom GPTs for specific cases
- Write replies to customer questions or reviews with a certain tone
- Analyze and aggregate data
- Write prompts for AI image generation
- Simulate conversations/pitch with clients/prospects/leadership
- Review content from a user perspective
- Prepare for and practice interview
- Make SEO and semantic keyword recommendations
- Write, debug, and comment code
- Create customized learning paths
- Run virtual focus groups



JobsGPT by SmarterX.ai

By Paul Roetzer &

Assess the impact of AI on knowledge workers by breaking jobs into a series of tasks and then labeling tasks based on Exposure levels. Exposure means the ability for a LLM to reduce the time it takes to complete tasks with equivalent or greater quality than an average skilled professional. (v1 beta)

Enter a job
title to assess

Provide a job
description
to assess

Show me
an example
assessment

 Message JobsGPT by SmarterX.ai





Director of Content Marketing and As...
Document

How will AI impact this job role?



The job role described in the document appears to be a "Director of Content Marketing and Assessment" at a higher education institution. This role involves improving content strategy, SEO analytics, and content marketing, and requires a deep understanding of audience engagement, institutional strategies, and the ability to integrate and identify new technology solutions, such as AI.

Based on the document, I'll break down the tasks associated with this role and assess the impact of AI on each task using the exposure levels defined previously.

Task	Exposure Level	Estimated Time Saved (%)	Rationale
Content Strategy Development	E1/E2	20-40%	AI can assist in brainstorming and refining content strategies, analyzing audience data, and predicting content performance. More advanced tools could further optimize strategies.
SEO Optimization and Analysis	E1	30-50%	AI tools can automate keyword research, analyze SEO performance, and suggest improvements, significantly reducing manual effort.
KPI and OKR Tracking	E2	20-30%	AI-powered dashboards can automate the tracking of KPIs and OKRs, providing real-time insights and reducing manual data analysis.
Content Marketing Execution	E2/E3	25-40%	AI can generate content ideas, assist with content creation, and optimize content distribution. Image-based AI tools can enhance visual content creation and editing.
Audience Analysis and Segmentation	E1	20-35%	AI can analyze audience behavior, segment audiences based on various factors, and provide actionable insights for targeted marketing strategies.
Integration of New Technology Solutions	E2/E6	20-40%	AI can recommend and integrate new technology solutions into the martech stack, with advanced



Get citation



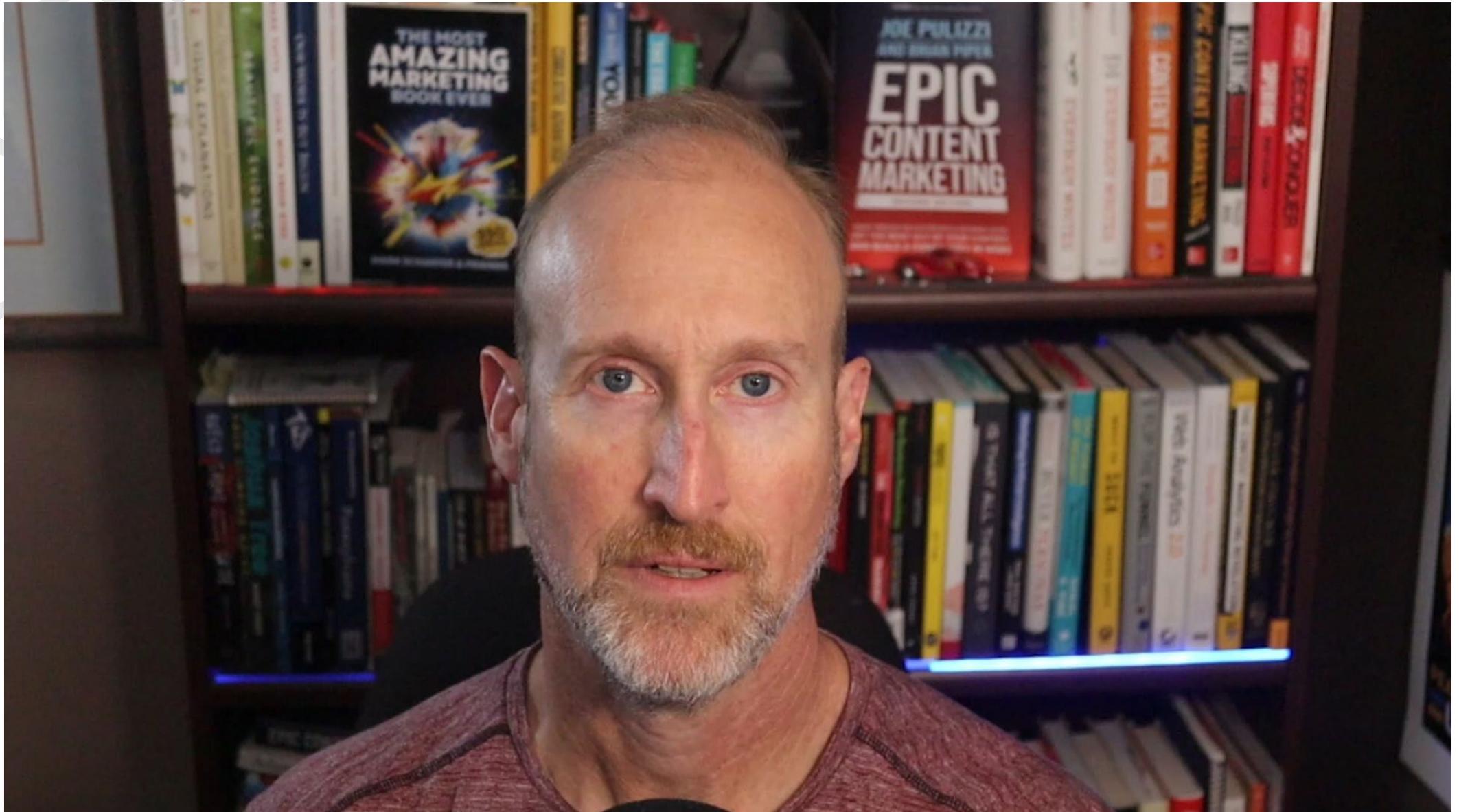
Message JobsGPT by SmarterX.ai

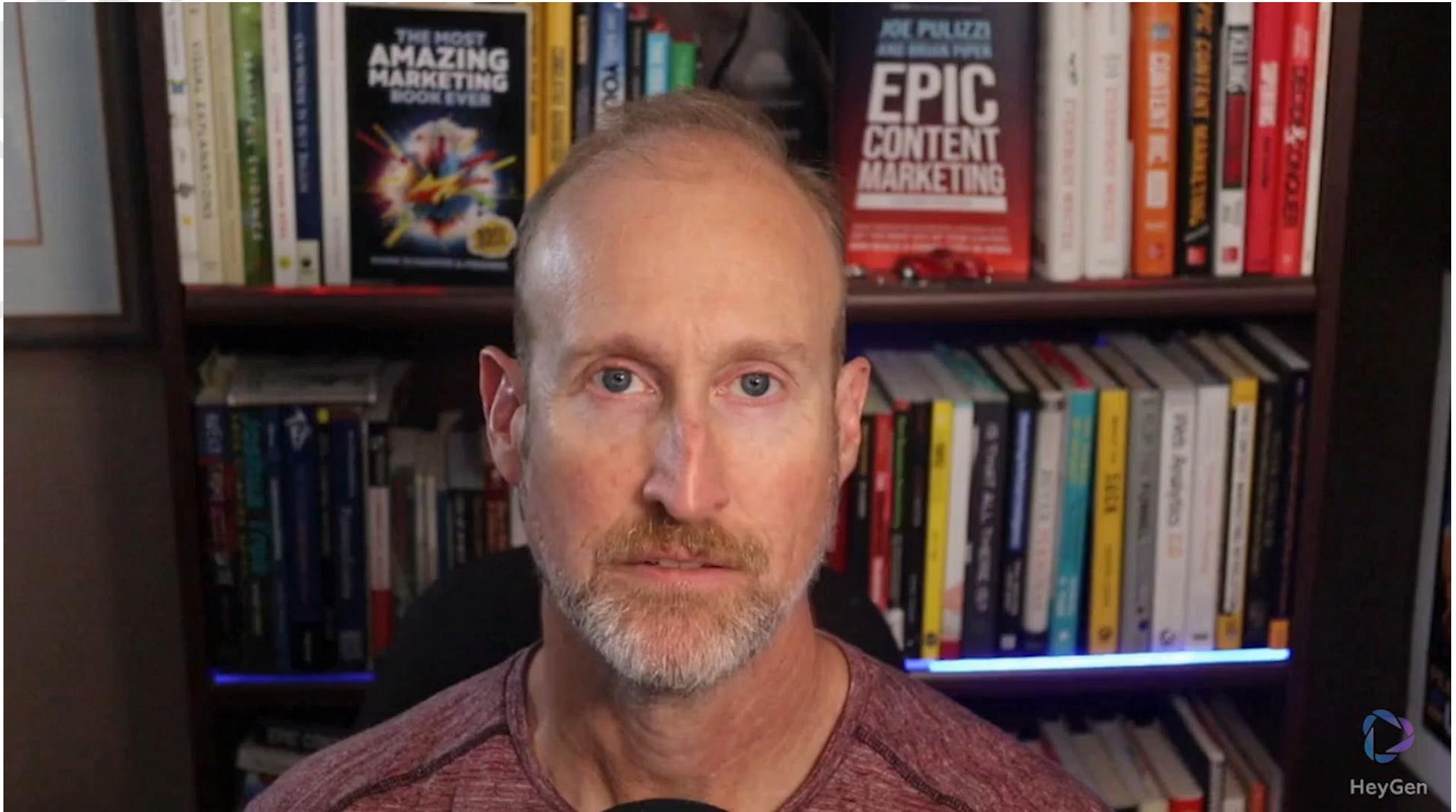
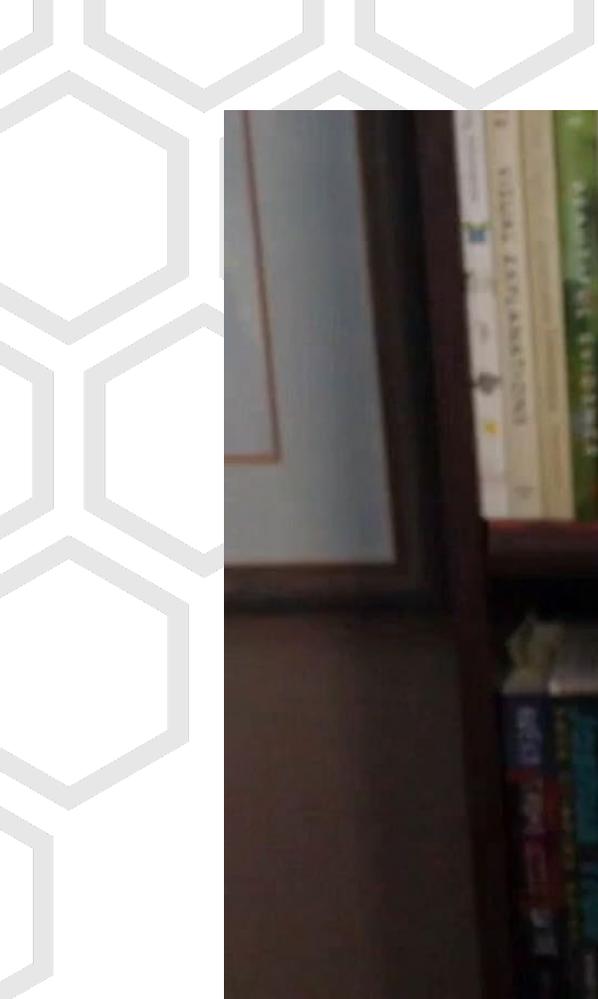


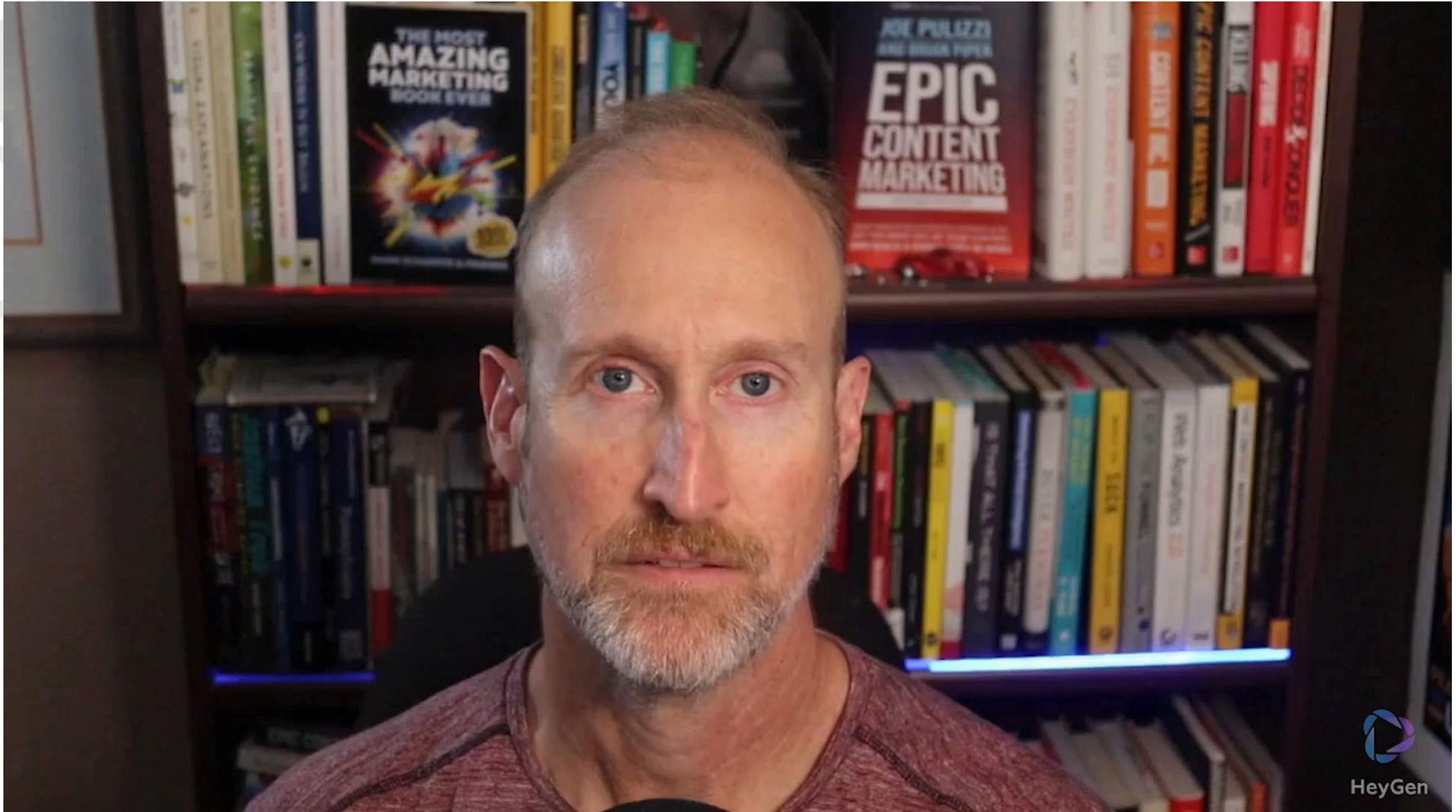
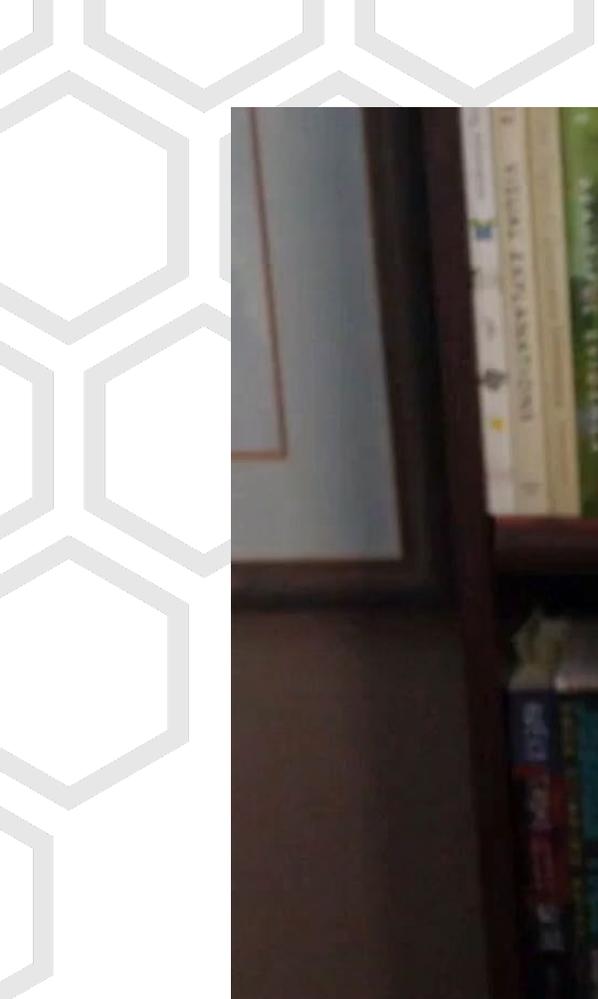
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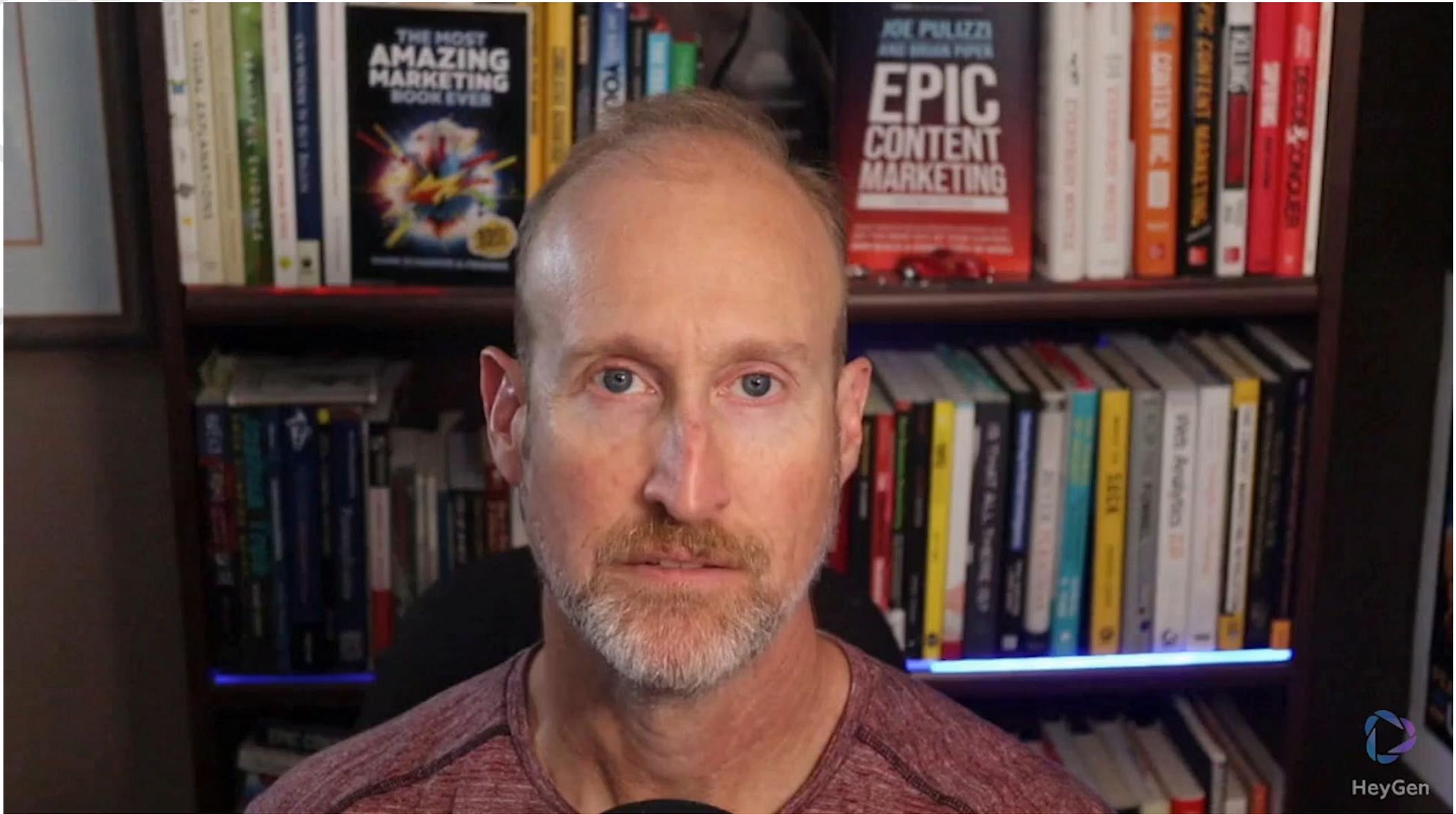
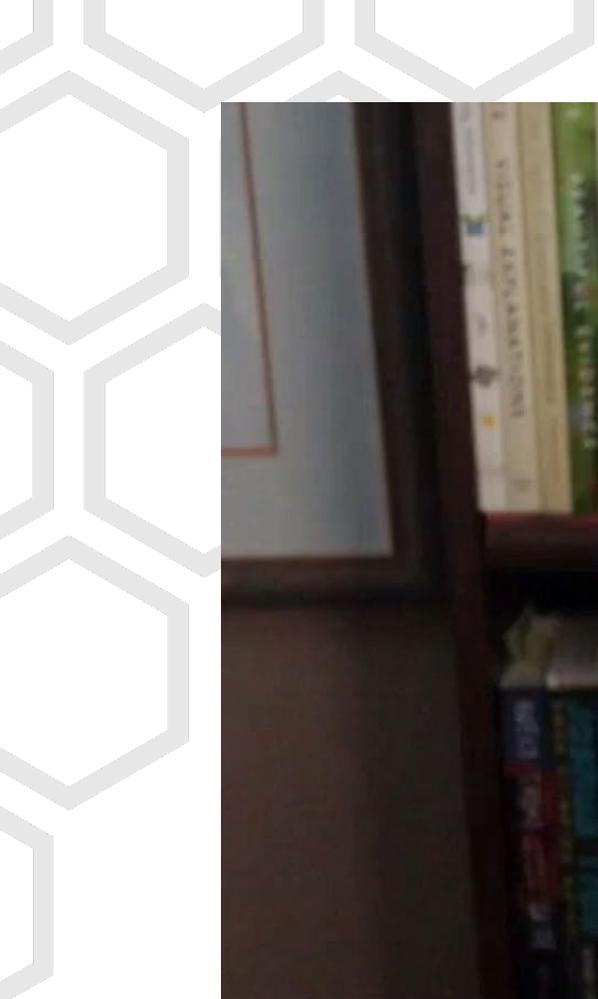


HeyGen











NotebookLM

The Core Report

The Core Report provides Rochester WordPress administrators with news and resources every month. **You're receiving this because you have administrative access to a University of Rochester WordPress site.**

Rochester Core theme updates

NOW AVAILABLE

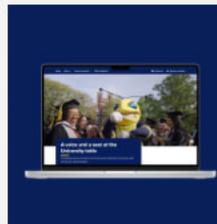


RSS feed component

Our new RSS feed component allows you to automatically connect the University News Center content to your website based on categories and tags.

[Check out the new RSS feed component »](#)

COMING SOON



Page title component

We're developing new page title options, including better full-width image options, background video options, and enhancements to the current image and text options.

[Preview the new page title options »](#)

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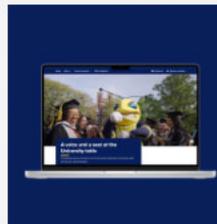


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