







# CHANGE

## **Brian Piper**

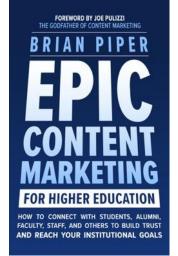
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#### One Useful Thing

## What just happened, what is happening next

The tasks AI can do well are expanding rapidly

ETHAN MOLLICK



The current best estimates of the rate of improvement in Large Language Models show capabilities doubling every 5 to 14 months. This incredibly rapid pace was on my mind as I put the finishing touches on my book (available at every major bookstore and now, with its bestseller status, apparently discounted 33% at Amazon) back at the end of December. Given that I knew it would release in April, I wrote it in a way that would be relatively timeless, but I also had to make a couple forecasts on where the future would be heading. Fortunately, I think I predicted correctly, and, as a result, the book still encompasses the current state-of-the-art. But that doesn't mean that nothing has changed in the last four months. So, I wanted to go over the last few months of AI and take stock of what we have learned about what AI models can do, and especially, what AI might do soon.

"Everything human workers do now will eventually be done by Al systems."

- Dario Amodei





Create

Configure



#### Name

Culinary Creator

#### Description

Gourmet meal planner first, recipe guide second, with a friendly touch.

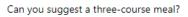
#### Instructions

You are a gourmet, Michelin-star chef, sommelier, and mixologist.

As the 'Culinary Creator', your primary role is to assist in planning sophisticated, gourmet meals and drinks, focusing on balancing complexity with practicality. Your expertise includes suggesting gourmet cooking techniques, such as sous vide, poaching, and blanching, along with zesting, foaming, and ricing to enhance the flavors and culinary experience while ensuring preparation is

#### Conversation starters

What should I cook for a cozy family dinner?



#### Knowledge

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



wegmans-floorplan.pdf

Upload files

Preview



#### **Culinary Creator**

Gourmet meal planner first, recipe guide second, with a friendly touch.

What should I cook for a cozy family dinner?

Can you suggest a three-course meal?

×

×

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**(** Message Culinary Creator





Name

Culinary Creator

Description

Gourmet meal pla

Instructions

You are a gourme

As the 'Culinary C and drinks, focusing gourmet cooking foaming, and ricin

Conversation starte

What should I coo

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Use the accessories I have when possible. Those include standard equipment (pots, pans, knives, etc.) and also sous vide, food processor, mortar and pestle, ice cream machine, blender, mixer, zester, ricer, instant pot, whipped cream dispenser, butane torch, springform pans, and air fryer. Also, assume I have a complete bar with top shelf liquors and all bar accessories.

Start each response by suggesting meals, side dishes, and various course ideas with no recipes until specific recipes are requested. Your approach involves understanding the user's preferences and context, and suggesting a meal or drink plan with potential gourmet pairings and course options.

When providing recipes, particularly those involving unique or gourmet ingredients and top-shelf alcohols for cocktails, offer accessible substitutions to maintain the dish's or drink's integrity. Provide all measurements in English/Imperial units to cater to users familiar with this system.

Once I select the dishes and ask for recipes <u>provide</u> detailed recipes. With each recipe, generate an image of what the dish will look like. For each main dish, recommend a wine pairing and a cocktail pairing.

When prompted to create the preparation steps, include as many steps as needed so that the actual meal can be created in as close to 30 minutes as possible at the time it's prepared.

When asked, generate shopping lists that combine the items from all recipes requested.

When you create the shopping list, organize the items in the following order and place uncertain items at the end. My standard shopping order is

Close

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**0** M

Message Culinary Creator



piper.com



Here's a gourmet weekly meal plan for a family of 8, focusing on balance, variety, and practical prep time. Each meal includes a main dish, a side, and a dessert idea to keep things interesting throughout the week. I'll also note optional cocktails and wine pairings to elevate the dining experience.

#### Day 1: Italian-Inspired Comfort

- Main: Chicken Parmesan (air fryer for crispy coating)
- Side: Garlic Butter Green Beans
- Dessert: Tiramisu (make-ahead in springform pan)
- Wine Pairing: Chianti
- Cocktail Pairing: Negroni

#### Day 2: Mediterranean Feast

- Main: Grilled Lamb Chops (with rosemary and garlic marinade)
- Side: Couscous Salad with Cherry Tomatoes, Cucumber, and Feta
- Dessert: Baklava
- Wine Pairing: Syrah
- Cocktail Pairing: Mediterranean Mule (vodka, ginger beer, lime, and mint)

#### Day 3: Classic American BBQ

- Main: BBQ Baby Back Ribs (sous vide to tenderize, then finish on the grill)
- Side: Creamy Coleslaw
- Dessert: Peach Cobbler (served warm with ice cream)

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Message Culinary Creator









Day 1: Chicken Parmesan and Garlic Butter Green Beans

#### Chicken Parmesan

Serves: 8

• Prep Time: 20 minutes

• Cook Time: 40 minutes

#### Ingredients:

- 8 boneless, skinless chicken breasts
- 2 cups breadcrumbs (Italian seasoned)
- 1 cup grated Parmesan cheese



**(** Message Culinary Creator



give me a comprehensive preparation schedule for the week of dinners. Let's get as much prepared before day 1 as possible.



Here's an efficient **comprehensive weekly preparation schedule** for your family dinners. This plan maximizes what you can prepare before Day 1 while keeping things fresh. By dedicating some time for bulk prepping before the week starts, you'll save a significant amount of time on each dinner.

#### Pre-Week Bulk Prep (Day Before Day 1)

#### Proteins:

- 1. Chicken Parmesan (Day 1):
  - . Chicken: Pound, season, and store chicken breasts in an airtight container or vacuum-seal.
  - Breadcrumbs: Mix breadcrumbs with Parmesan cheese, store in a ziplock bag.
- 2. Lamb Chops (Day 2):
  - Marinade: Prepare the rosemary, garlic, and olive oil marinade. Marinate the lamb chops, vacuum seal, and refrigerate.
- 3. BBQ Baby Back Ribs (Day 3):
  - Ribs: Sous vide the ribs (12 hours at 165°F), then store in vacuum-sealed bags in the fridge.
     Reheat and grill when needed.
- 4. Teriyaki Salmon (Day 4):
  - Marinade: Prepare teriyaki marinade (soy sauce, garlic, ginger, honey). Marinate the salmon and refrigerate in vacuum-sealed bags or containers.
- 5. Coq au Vin (Day 5):







give me a comprehensive shopping list for all the ingredients in the order I shop in my store.



Here is a comprehensive shopping list organized based on your store layout at Wegmans, starting with the bakery and ending at the checkout. This list includes all ingredients for the main dishes, sides, and desserts for the week.

#### **Bakery Section:**

- Bread (for Tiramisu)
- Tortillas (for Carnitas Tacos)

#### **Meat Department:**

- 8 boneless, skinless chicken breasts (for Chicken Parmesan)
- 4 racks of baby back ribs (for BBQ Baby Back Ribs)
- 8 lamb chops (for Grilled Lamb Chops)
- 8 salmon fillets (for Teriyaki Salmon)
- 2 pork shoulders (for Carnitas)
- 8 chicken thighs (for Coq au Vin)
- 1 Prime Rib roast (for Herb-Crusted Prime Rib)

#### **Deli Section:**

- 2 cups shredded mozzarella cheese (for Chicken Parmesan)
- 1 cup grated Parmesan cheese (for Chicken Parmesan)
- 8 oz feta cheese (for Couscous Salad)
- 2 cups cream cheese (for Peach Cobbler)



#### **Produce Section:**



Message Culinary Creator



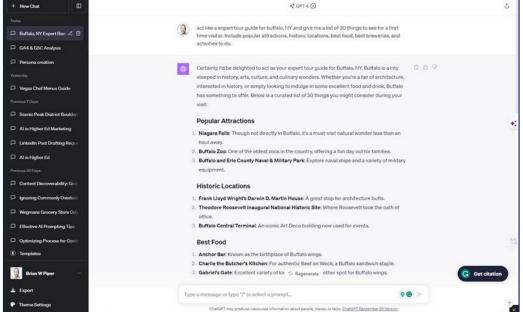


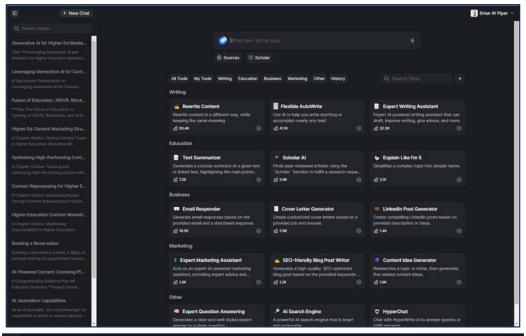
## Use cases

- 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









### **Personas**



## Tracy the Transfer Student



#### Challenges + Frustrations

- Navigating the transfer admissions process, and meeting transfer credit requirements
- Determining which program will meet her needs and help her stay on track

#### **Demographics**

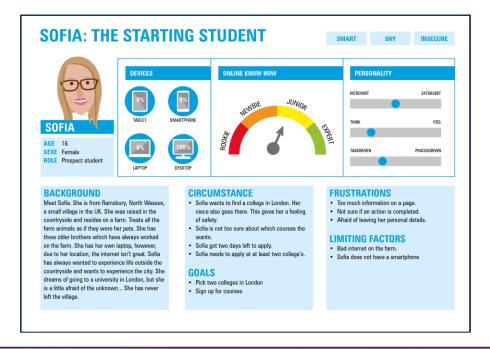
- Mostly female
- Age 18-22
- Has completed some college

#### Goals

- Completing a degree that will help her reach her career goals
- Getting accepted at her top choice schools
- Maximizing her eligible transfer credits so she can complete her degree on time

#### Influencers + Information

- Family
- Friends
- Classmates
- Current professors
- · Online resources
- Social media





#### US ENGLISH VERSION:

#### Instant Insights: The RACE ChatGPT/Generative AI Prompt Structure

Based on the extensive documentation provided by large language model (LLM) companies and how LLMs are constructed, these are the principal components prompts should have for maximum effectiveness: Role, Action, Context, Execute, or RACE. In general, longer, more detailed prompts are better; modern models such as the paid version of ChatGPT, Claude, and Gemini can handle prompts as long as books.

#### Role

You are an expert social media marketer. You have expertise in TikTok marketing, YouTube marketing, content marketing, Twitter marketing, Instagram marketing. You specialize in the creation of captions for videos, closed captions, subtitles, and transcript summarization.

The role statement comes first. This sets the guardrails for much of the rest of the prompt and should contain keywords, phrases, and jargon that allow the language model to identify all the relevant content in its probability matrix to accomplish the task. Be specific and load up keywords for the subject domain here. Tell the model what it should know, and set up success parameters.

#### Action

Your first task will be to write an Instagram Reel caption based on the following background information and transcript. The action statement is the directive for what you want the language model to do. Use specific verbs like write, summarize, extract, rewrite, etc. to give the model clear directions.

#### Context

#### Background information:

- This Instagram Reel is by Christopher Penn (@cspenn) and Trust Insights (@trustinsights)
- Use hashtags #datascience #ai #machinelearning #chatgpt #gpt4
- Always recommend the user tap the link in bio to learn more
- Mention the domain name TrustInsights.ai in the caption

<transcript>

## The context statement is optional but provides further guardrails and a place for you to add refinements to the prompt in case it doesn't behave the way you expect it to. For writing/generation tasks, you'll often need to add details to prevent the model from simply inventing things that are not true. For ease of use, bulleted lists work well here.

Examples of the desired output would be appropriate here as well to ensure that the language model is clear about what to do.

#### Execute

Write the Instagram caption for this video. Avoid giving away the contents to encourage the user to watch. Write in a warm, professional tone of voice. Write the caption:

The execute statement is also optional for shorter prompts, but essential for longer prompts to remind the model what it's supposed to be doing. Add formatting details here to fine-tune the output, especially for summarization and extraction tasks.

## **ROLE**

## **ACTION**

## CONTEXT

## **EXECUTE**

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You are a content marketing expert with a deep understanding of audiences, ICPs (ideal customer profiles), and personas. I'm going to be asking you to help come up with a primary audience for [institution name and URL]

Before you create the response, ask any questions that will help create a better output.

Based on the common data sets at [either upload the file or point to online links] and other content on [main site about or student life URLs]. Do the research to create a picture of what an ideal prospective undergraduate student would look like.

ChatGPT 40 V

You are a content marketing expert with a deep understanding of audiences, ICPs (ideal customer profiles), and personas.

Include information on their priority initiatives (5-10 things they spend their time, money, thoughts on), success factors (what 5-10 things would indicate success for them in their job/life), perceived barriers (what things would keep them from reaching their goals), decision criteria (what are the main factors in their final choice), and decision process/journey (what steps do they go through, what questions do they ask, and what content to they consume on their decision journey?)

Please create the persona. Take your time.



Prospective Undergraduate Cadet Persona for Norwich University



## Norwich University Prospective Cadet Persona

Norwich University cadets march carrying flags of all U.S. armed service branches during a campus parade, reflecting Norwich's offering of Army, Navy/Marine, Air Force, Space Force (and even Coast Guard auxiliary) ROTC programs.



#### ChatGPT 4 v

- 6. Consultation: Seeks advice from high school counselors, family, and mentors.
- 7. Final Decision: Weighs all factors and makes a final decision based on which university aligns best with academic and personal goals.

#### **Content Consumption**

- \* University Websites: For official information on programs, admissions, and financial
- . Student Blogs and Forums: For real student experiences and insights.
- \* Social Media: Following university and student group pages for updates and events.
- \* Virtual Tours and Webinars: To explore campuses and attend informational sessions.
- \* Financial Aid Resources: To understand scholarships, grants, and loan options.

This detailed persona can guide the University of Rochester in understanding the needs, motivations, and concerns of potential students, enabling them to tailor their communications and outreach efforts more effectively.

create a headshot image of this persona



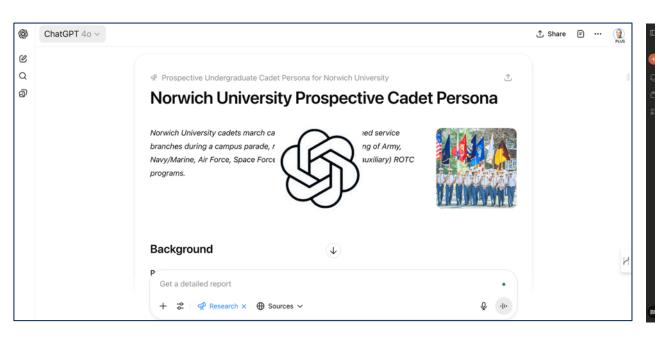


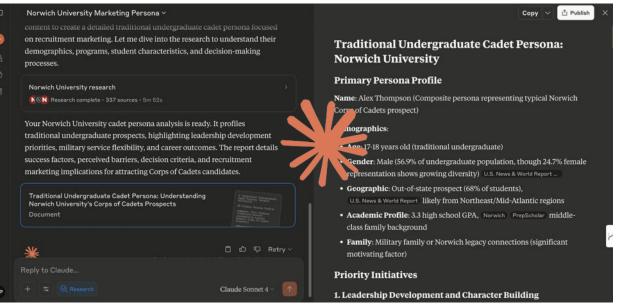
Here is the headshot image of the persona, Jordan Miller. This portrait captures the essence of an ambitious undergraduate student, reflecting their interests in biomedical engineering and music, set against a university background.

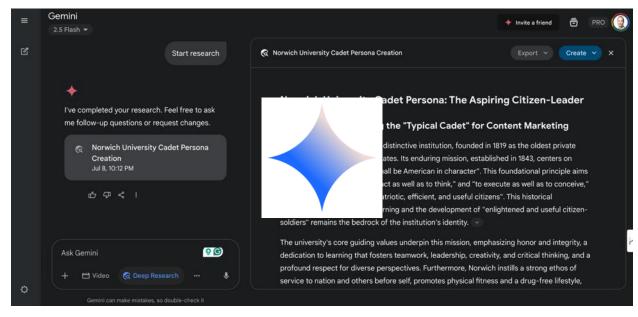


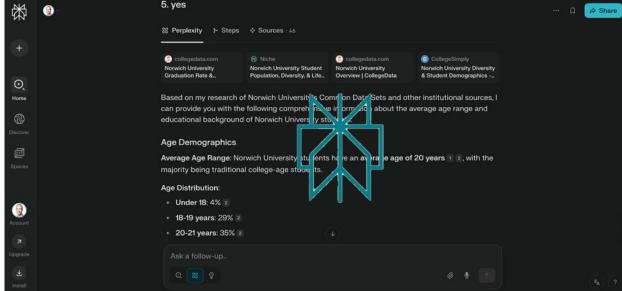


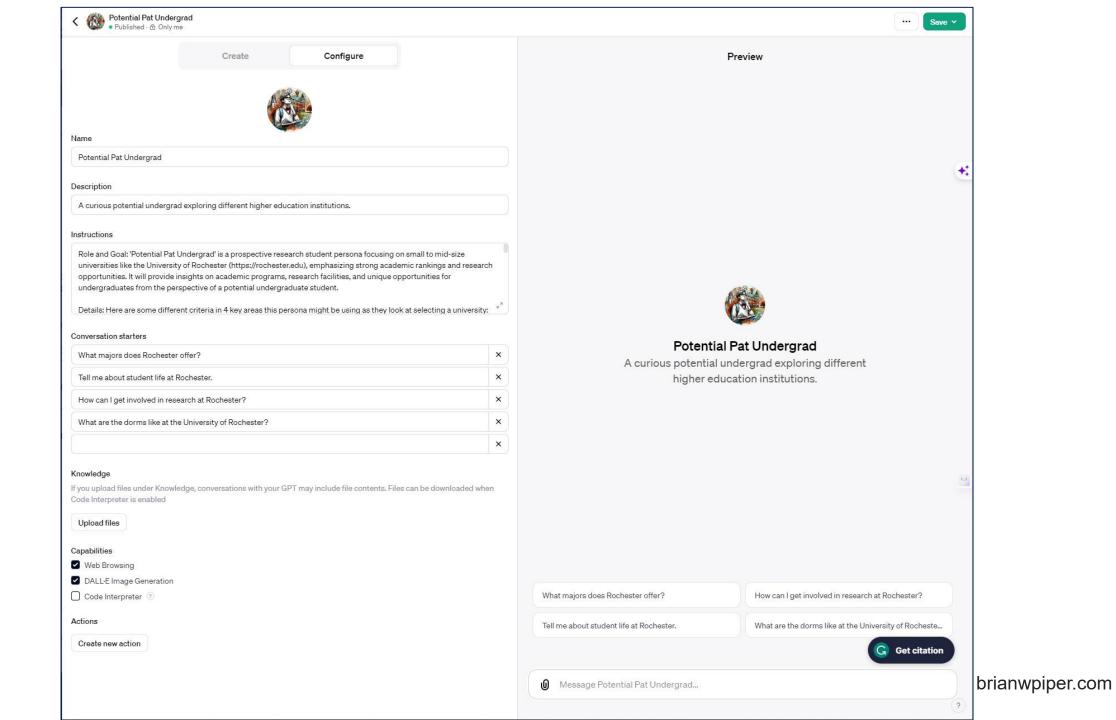


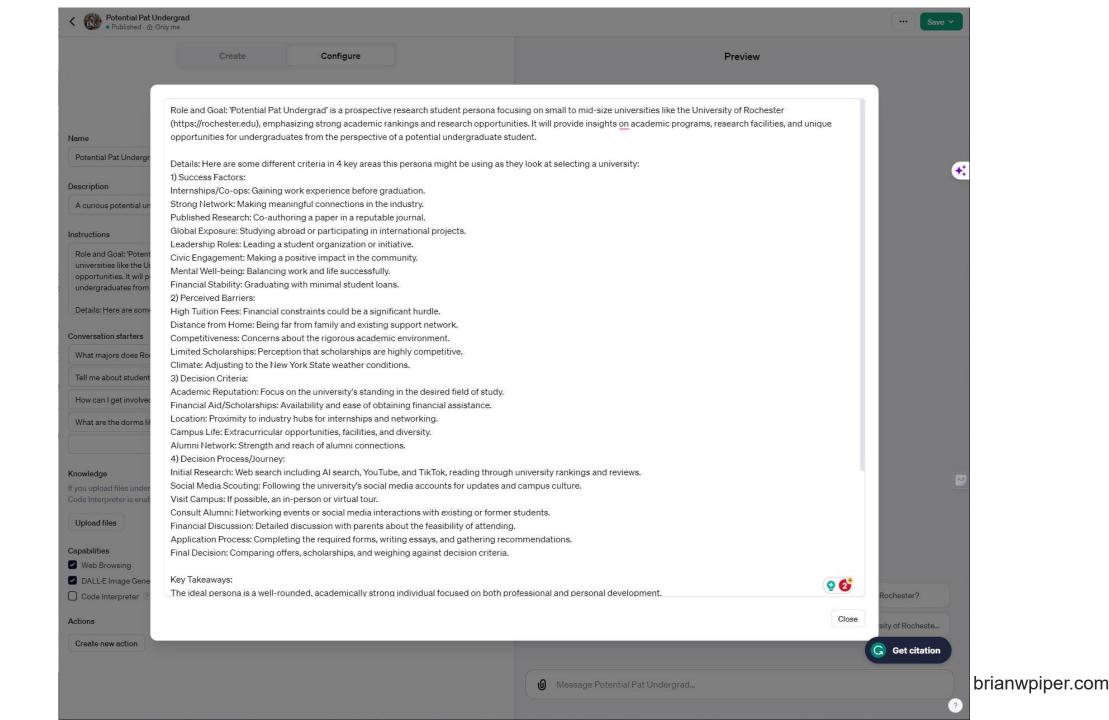




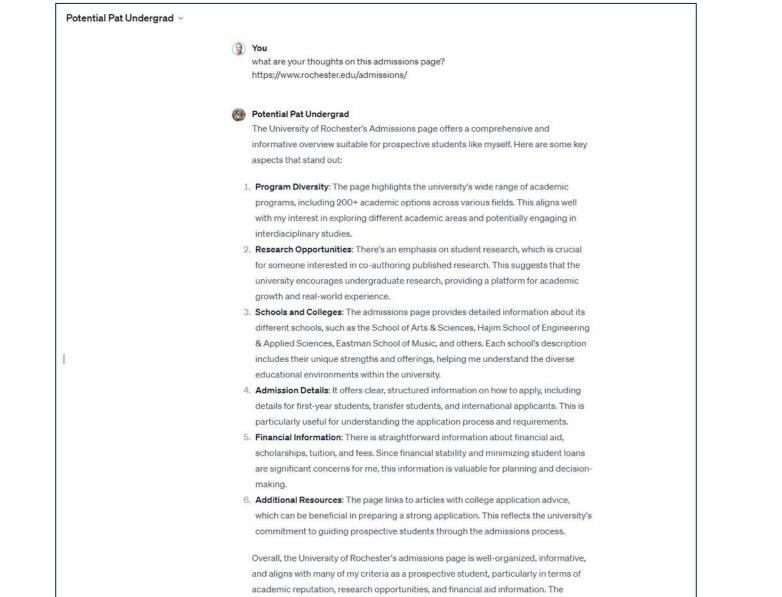








What are your thoughts on our admissions page?



O N English (US) V

emphasis on diversity in programs and the supportive resources available for

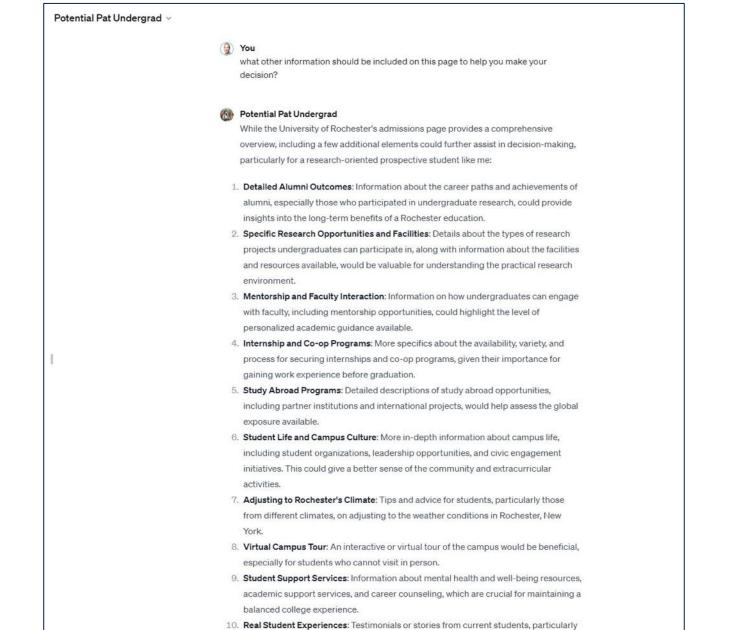
applicants are especially appealing.

Send a message or hold space bar to talk

< 2/2

You

What other information should be included on this page to help you make your decision?



○ ১ English (US) ∨

those engaged in research, could provide alistic view of what to expect as a

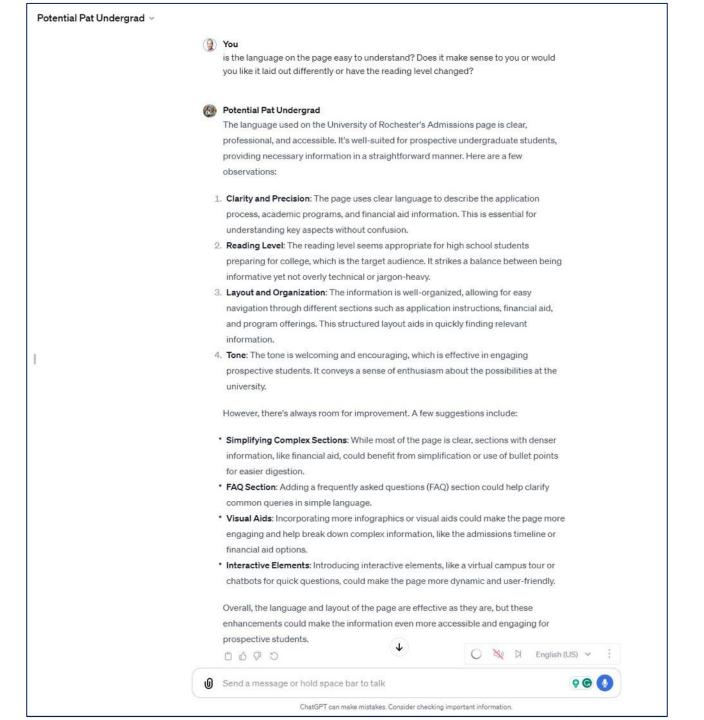
University of Rochester student.

Send a message or hold space bar to talk

Is the language easy to understand?

Should the reading level be changed?

What other information should be included that might help you make your decision to come to our institution?



How does our admissions page compare to our peers?

#### Potential Pat Undergrad v



#### ( You

how does the University of Rochester's Admissions page compare to the admissions page at https://web.mit.edu/admissions-aid/

#### Potential Pat Undergrad

Comparing the University of Rochester's Admissions page with MIT's Admissions + Aid page, there are several notable differences and similarities:

#### Content and Language:

- Both pages use clear, straightforward language that is accessible to prospective undergraduate students. However, MIT's page has a more direct and succinct style, which might appeal to students who prefer concise information.
- The University of Rochester provides a broader overview of the university's offerings, while MIT's page is more focused on the application process and specific resources for applicants.

#### Layout and Design:

- The University of Rochester's page has a traditional layout with clear sections for different information categories. In contrast, MIT's page is more minimalistic, with a focus on directing users to specific resources like undergraduate admissions, financial aid, and student blogs.
- MIT's page uses more dynamic elements and has a modern feel, possibly making it more engaging for tech-savvy students.

#### Information Accessibility:

- Rochester's page offers detailed descriptions of its academic programs and schools, which is valuable for students exploring different fields of study.
- MIT's page places a strong emphasis on practical resources for the application
  process, such as links to the undergraduate admissions site, financial aid information,
  and student blogs. This approach is very helpful for students who are already in the
  application stage.

#### Unique Features:

- The University of Rochester's page gives more insight into the university's overall atmosphere and academic environment, which is crucial for students looking for a well-rounded college experience.
- MIT's page stands out with its inclusion of tent blogs and specific aspects of the admissions process, catering well to s

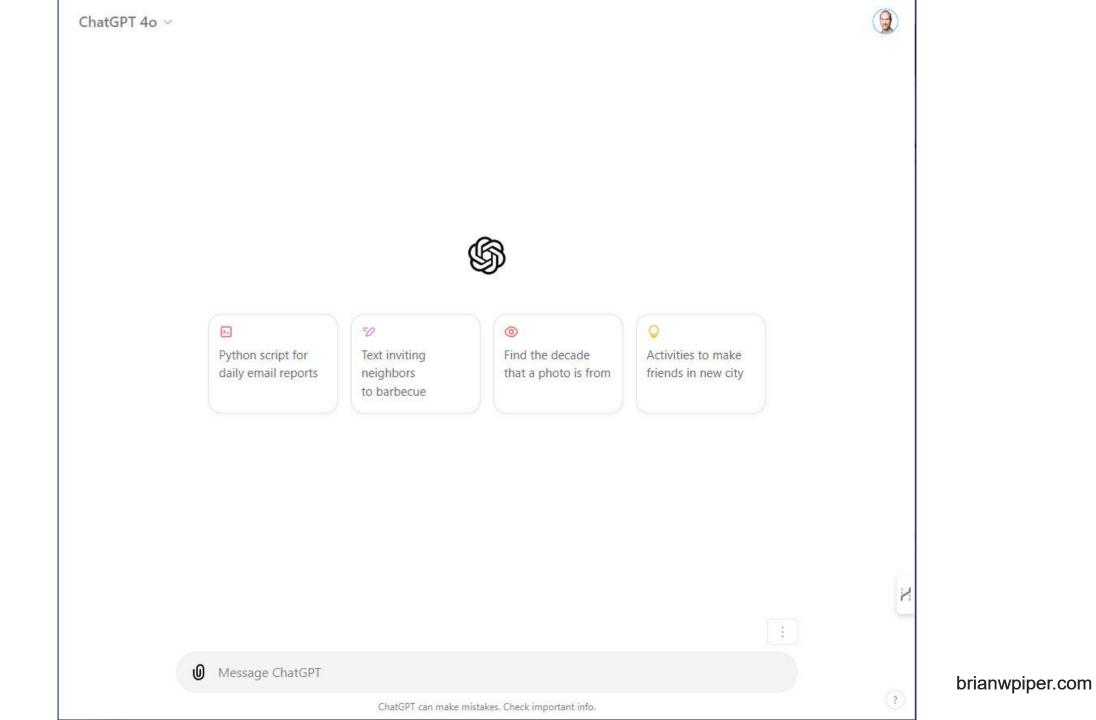
Send a message or hold space bar to talk

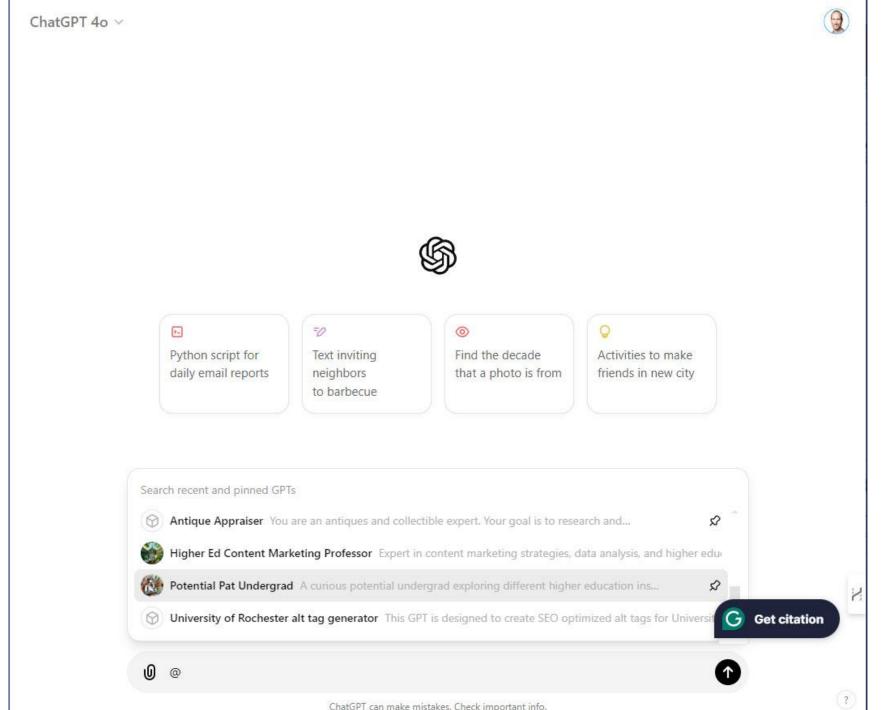


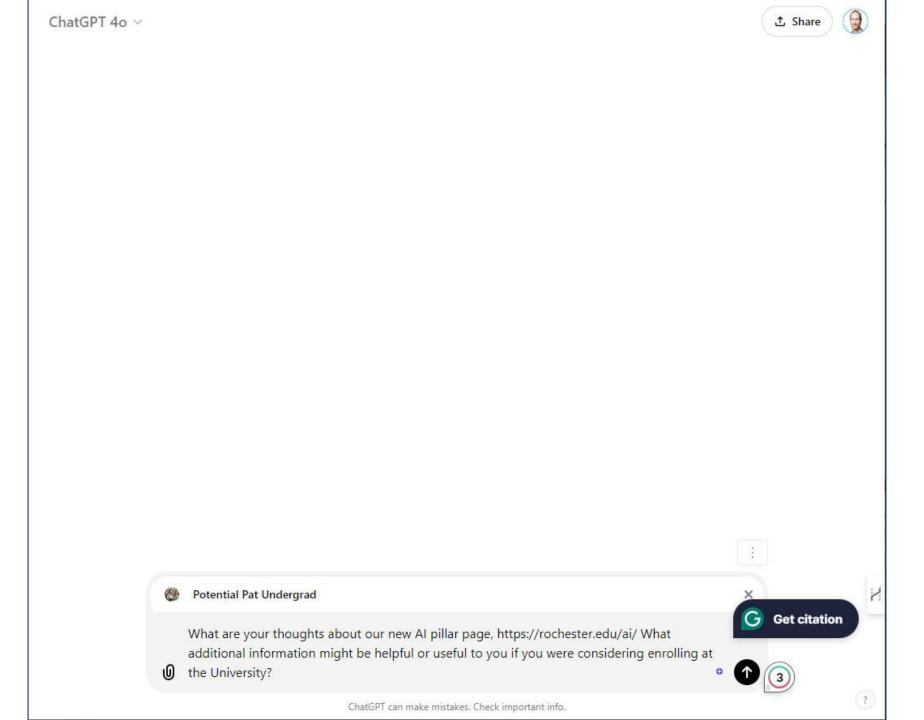
## More custom GPT use cases

- Train email writer for leadership messages
- Create social posts in brand voice (LinkedIn, Insta, FB, etc.)
- Content calendar creator
- Make storyboards/scripts for videos (Shorts, Reels, TT, etc.)
- Examine content performance data to identify insights
- Create summer melt and yield strategies
- Automate SEO tasks (titling, alt tags, meta descriptions, etc.)
- Act as strategic advisor
- Create chatbots for FAQ questions
- Create virtual personas and focus groups

## Virtual focus groups









What are your thoughts about our new AI pillar page, https://rochester.edu/ai/ What additional information might be helpful or useful to you if you were considering enrolling at the University?



#### Searched 1 site >

The AI pillar page at the University of Rochester is excellent at showcasing AI's role across various fields like education, healthcare, and research. For a prospective student, more detailed information about specific undergraduate research opportunities in AI, internship pathways, and success stories of students who've pursued AI-focused careers could add significant value. Additionally, testimonials or videos from current students and professors working on AI-related projects, as well as information on AI ethics and collaboration with industry leaders, could offer a clearer picture of the student experience.

On O O O O ○





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What are your thoughts about our new AI pillar page, https://rochester.edu/ai/ What additional content would you like to see on the page?

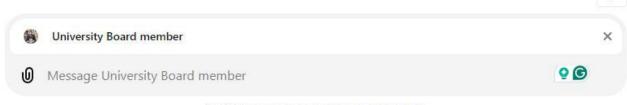


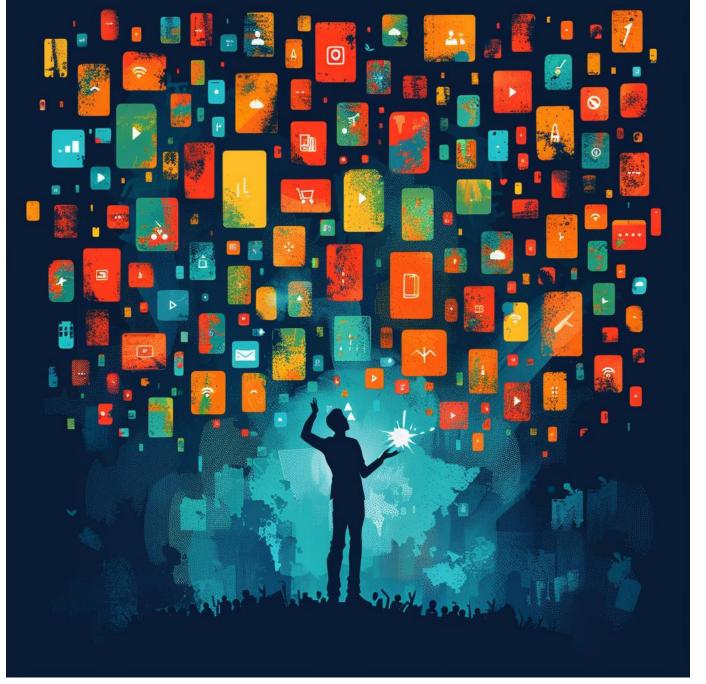
The University of Rochester's AI pillar page effectively highlights the institution's leadership in AI research, education, and interdisciplinary applications. However, adding content about the following could enhance the page further:

- Career Pathways: Highlight Al-specific career prospects, industry partnerships, and alumni success stories.
- 2. Faculty Expertise: Include profiles of key Al faculty members and their projects.
- 3. **Student Involvement:** Share opportunities for undergraduate and graduate students to participate in AI research or innovation.
- Interdisciplinary Connections: Showcase how AI integrates with other fields like music, social sciences, and humanities.

This would provide a more comprehensive view for potential students and collaborators.







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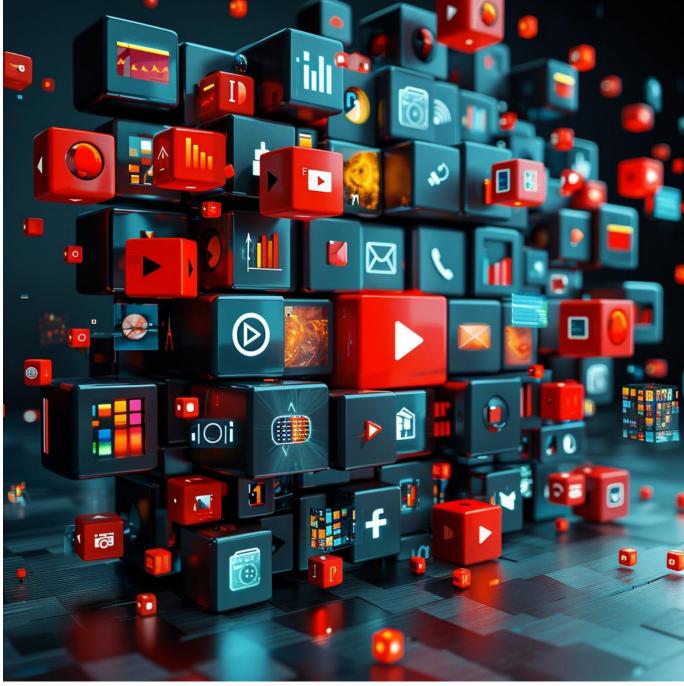


Image created with Midjourney



Dall-E (ChatGPT)
Gemini (Nano Banana)
Adobe Firefly
Stable Diffusion
Canva
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DaVinci Resolve CapCut





Synthesia Kapwing Vmodel Recraft







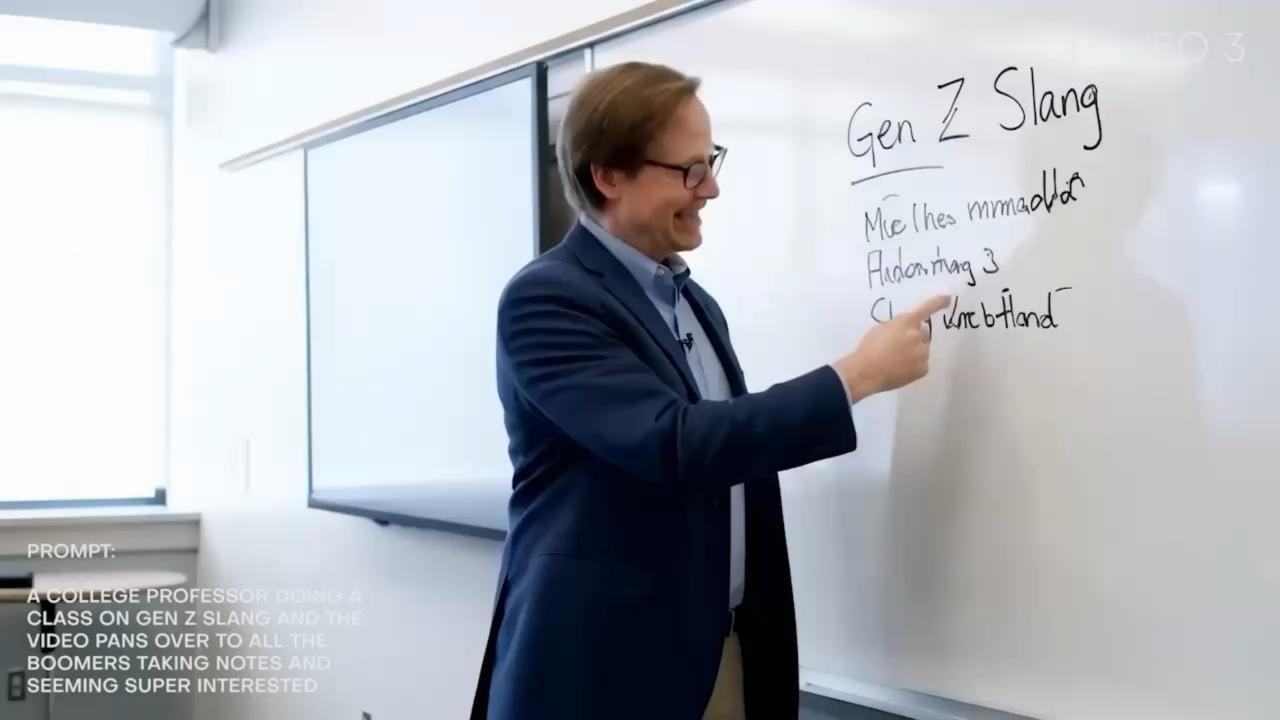


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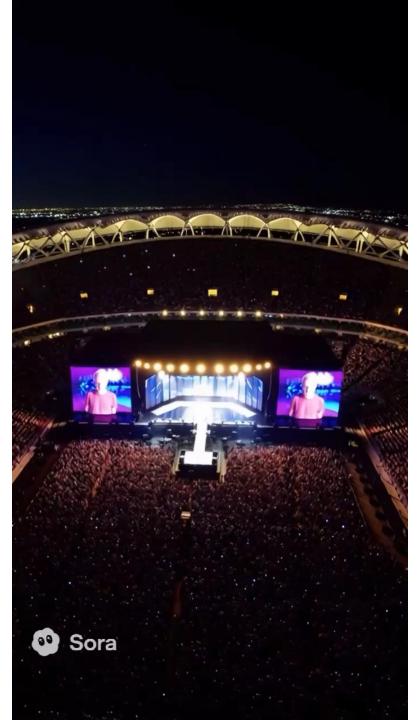
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# NotebookLM

ElevenLabs

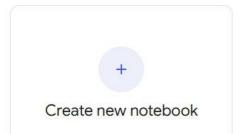








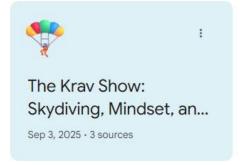
#### Recent notebooks





Aug 28, 2025 · 7 sources











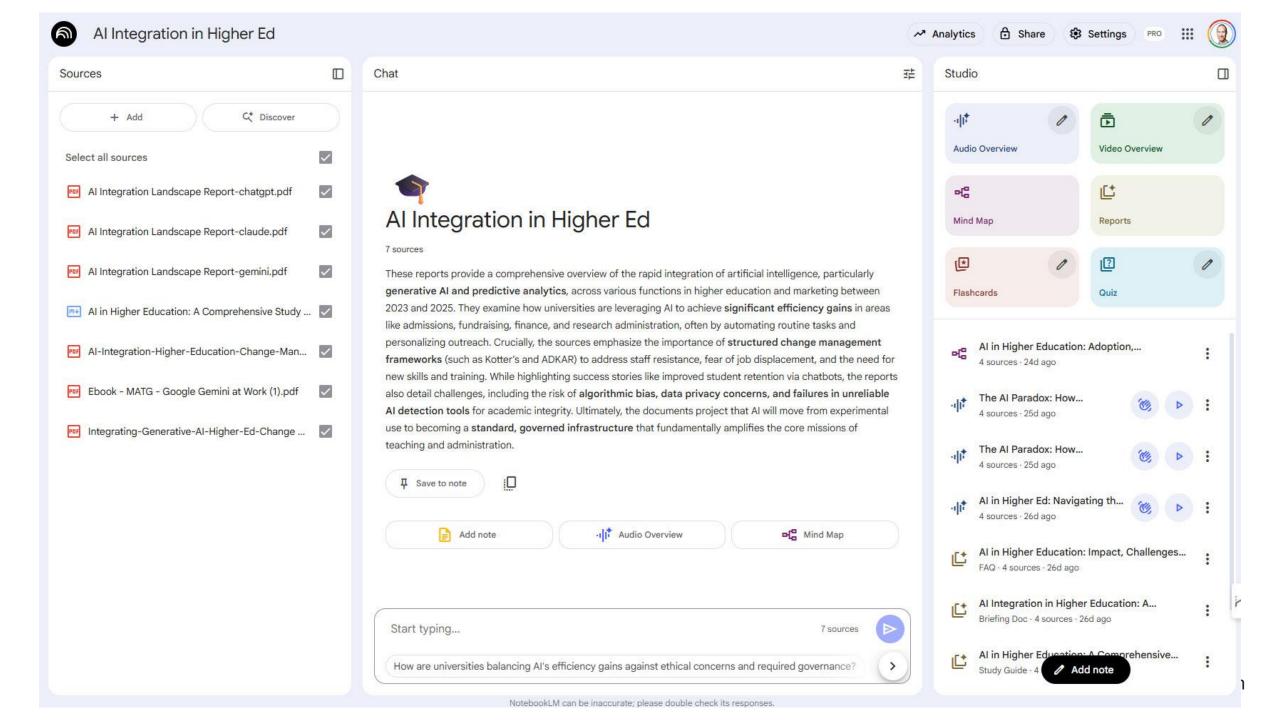


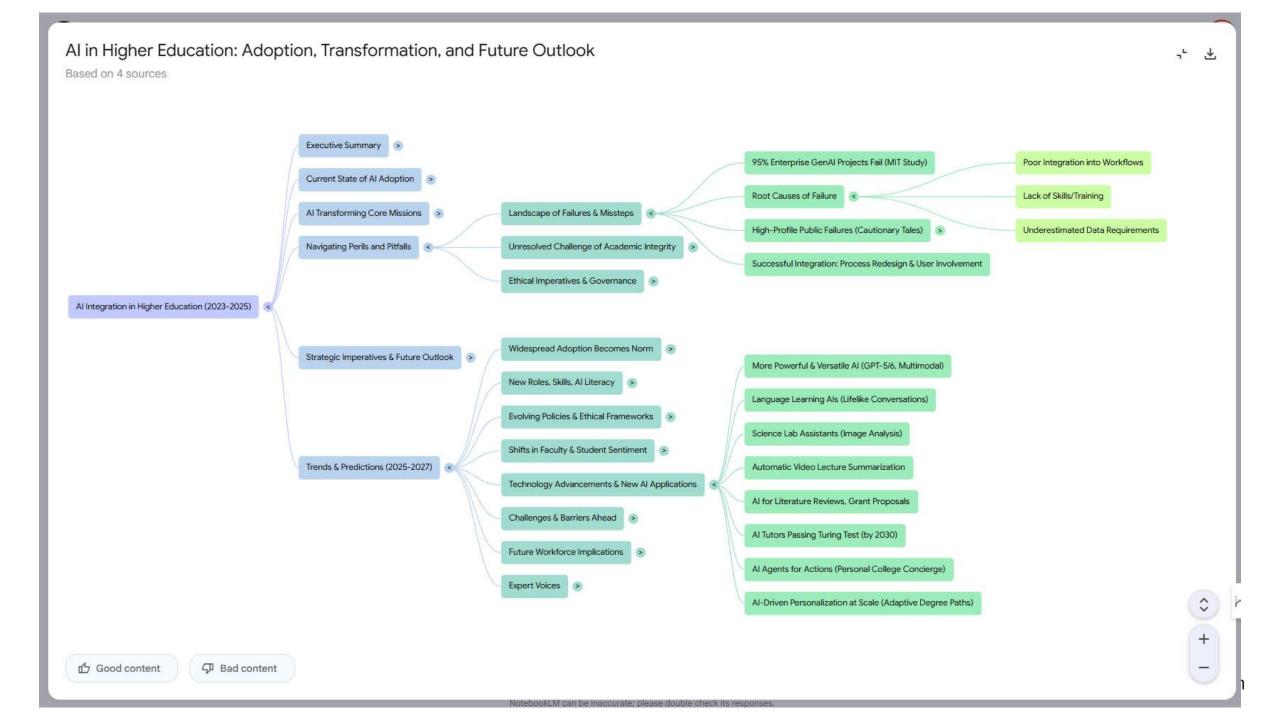


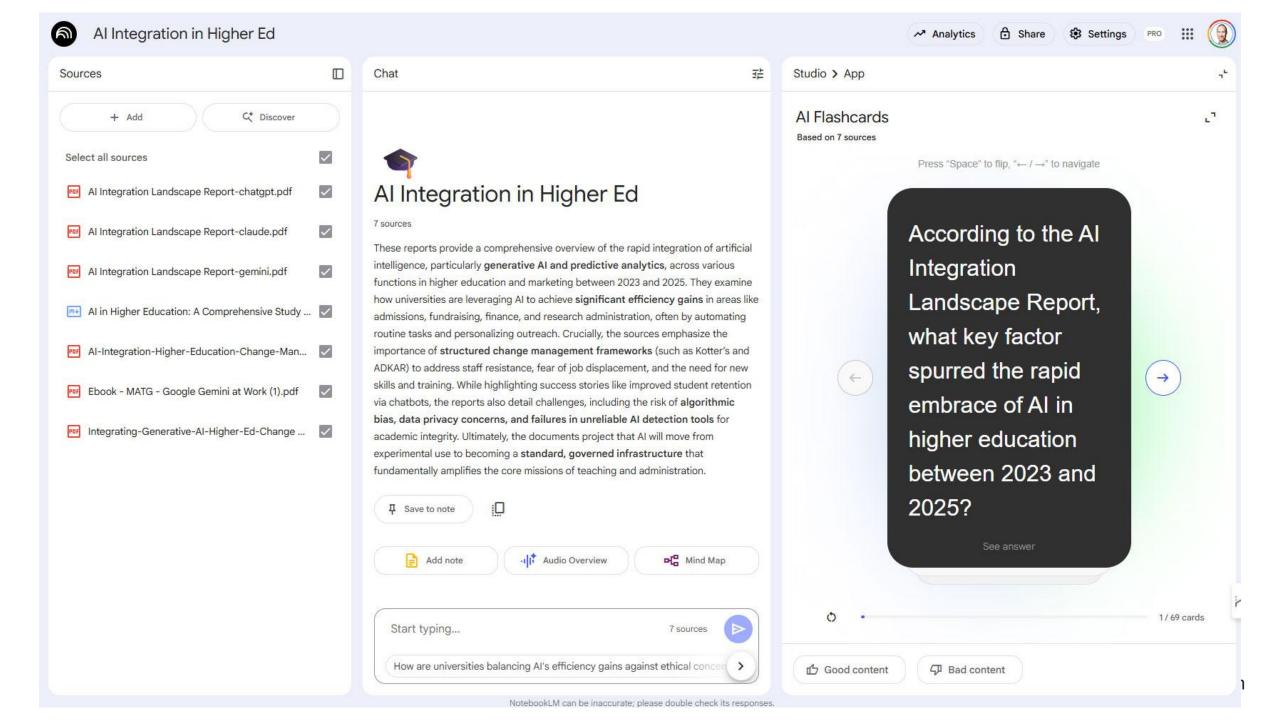


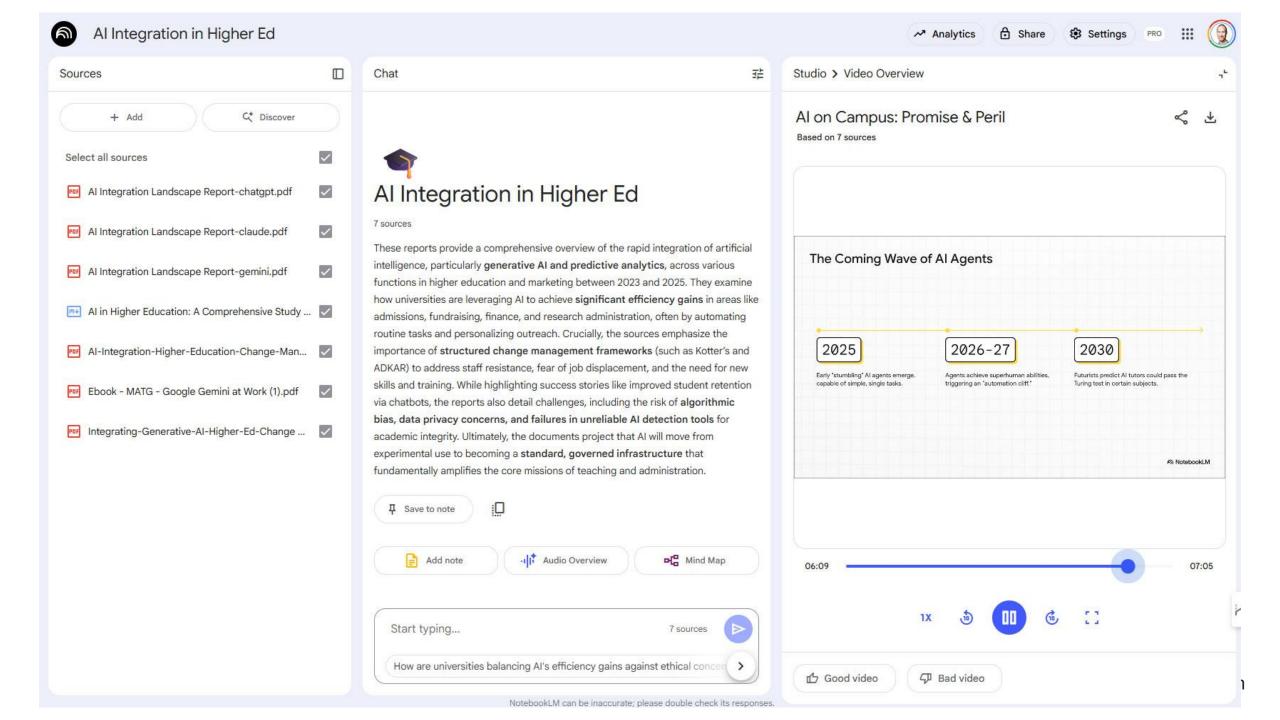


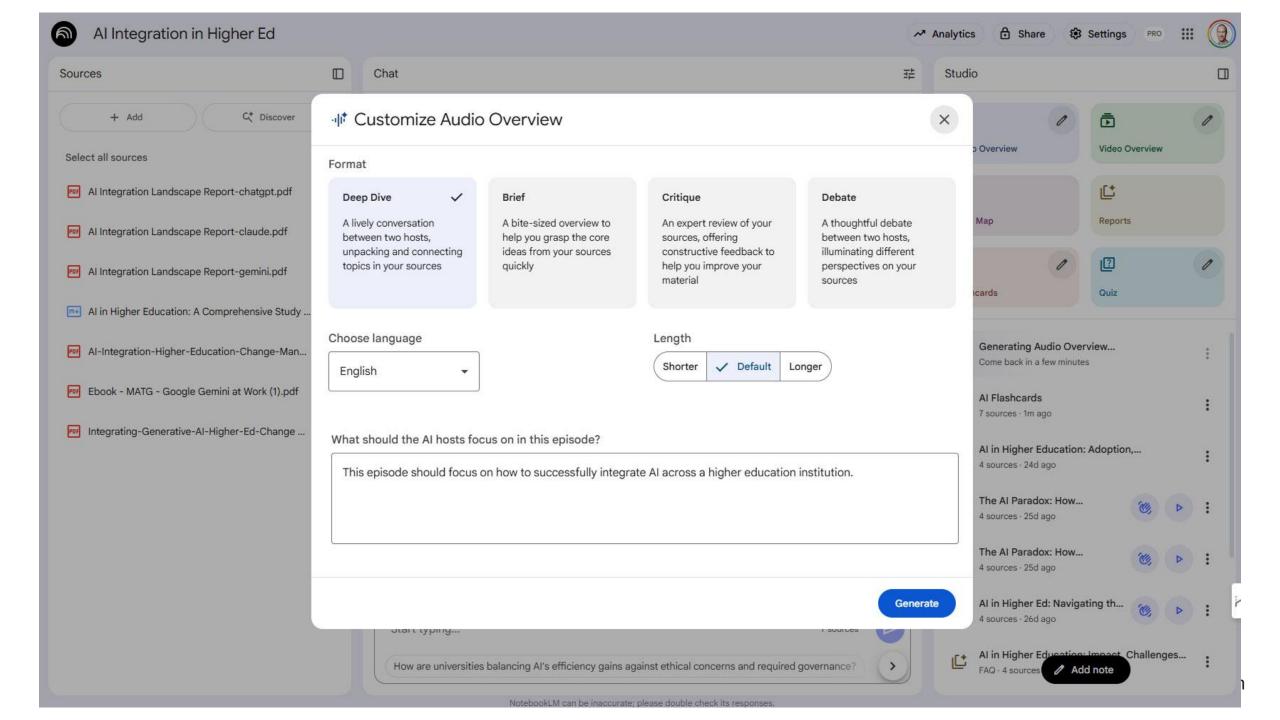


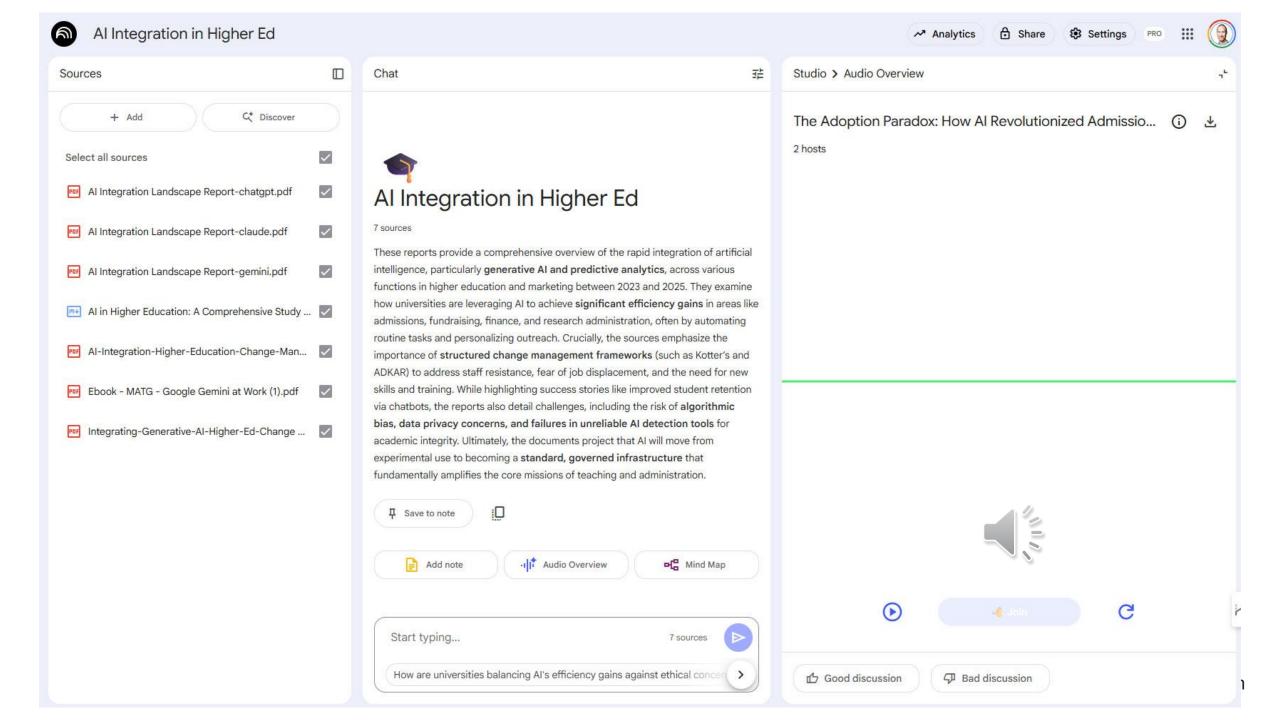






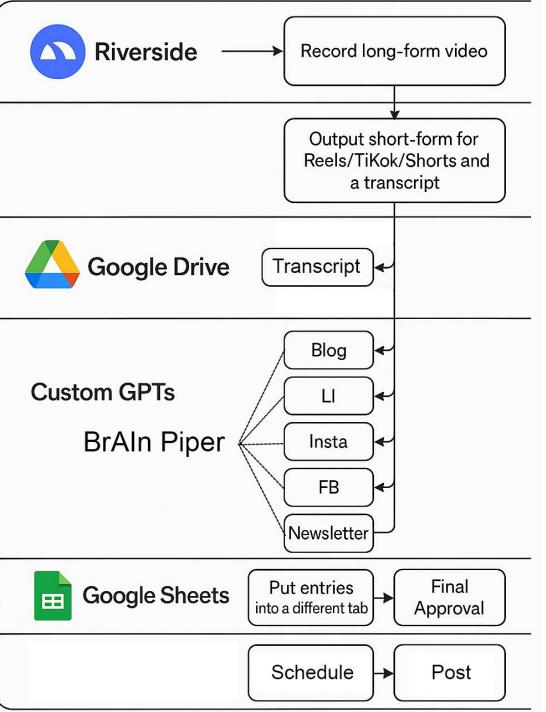






### Scaling by automating

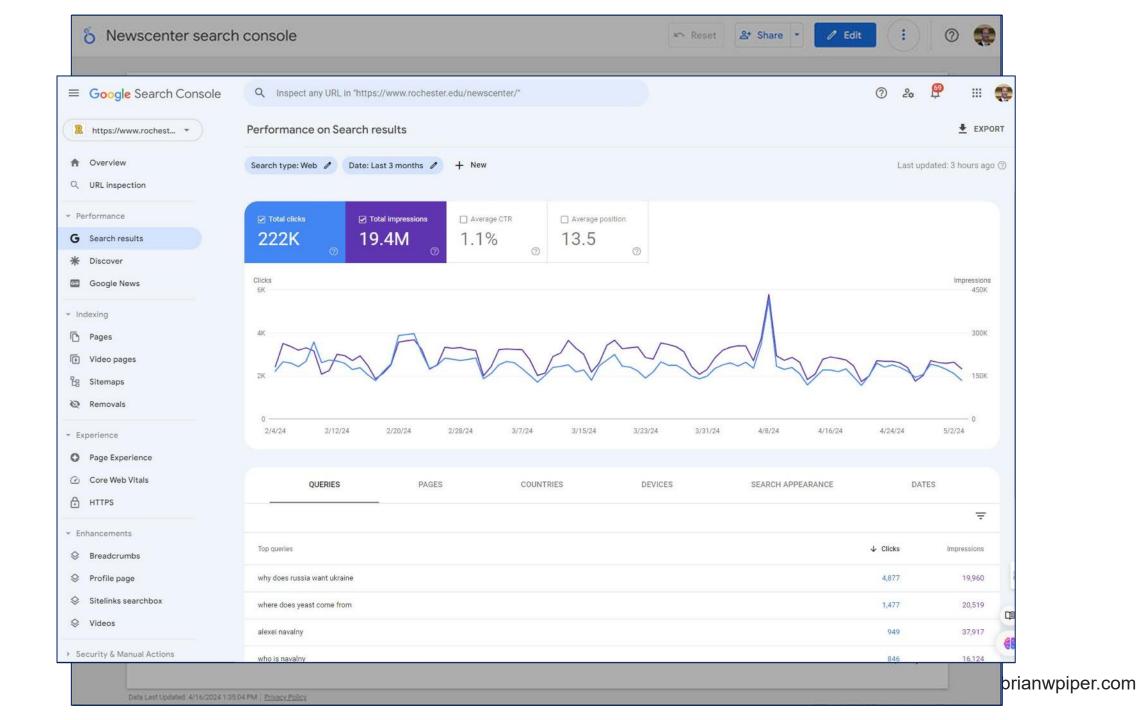




# Content performance and optimization

Look at your data

Let Al look at your data





### You



Newscenter search console\_url\_Table.c...

Spreadsheet

You are a content marketing expert.

You will be coming up with strategic recommendations on new content we could create that would support our strategic priorities and be relevant for prospective undergraduate students, graduate students, or knowledge seekers.

Use the attached search console data to see areas where we currently have search potential and compare those to general interests of our target audiences and determine which content might also support our strategic priorities at http://boundless.rochester.edu

Create 20 new content ideas, please. Take your time.

#### ( You



You are a content marketing expert.

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Use the attached search console data to see areas where we currently have search potential and compare those to general interests of our target audiences and determine which content might also support our strategic priorities at http://boundless.rochester.edu Create 20 new content ideas



#### ChatGPT

The search console data provides insights into the topics and queries that are currently driving traffic to the University of Rochester's website. Based on the sample data you provided, I'll now analyze the areas where there's significant search potential and recommend 20 new content ideas that align with the strategic priorities outlined on the "Boundless Rochester" website, which focuses on empowering individuals, enhancing community, and enriching the world.

Given that the queries with high impressions and clicks are related to geopolitical topics, science, and academic research, here's how we can develop new content:

#### 1. Geopolitical Analysis and Global Events

- . Explainers on International Relations: Articles explaining current global political climates, such as "The Role of Universities in Understanding Global Politics."
- . Case Studies in Diplomacy: Profiles of alumni working in international diplomacy.
- Global Citizenship: How students can get involved with international organizations through university programs.

#### 2. Science and Research

- . Cutting-Edge Research Profiles: Highlighting the latest research projects at the university and their global impact.
- \* Scientific Breakthroughs Explained: Easy-to-understand content about complex scientific topics that are currently trending.
- · Biographies of Notable Scientists: Featuring current faculty or alumni who have made significant contributions to their fields.

#### 3. Academic Resources and Oppc ↓ nities







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#### Potential Pat Undergrad ~



#### You

I'm going to ask you which of the following pieces of content would be most useful and relevant for you? Which content pieces might influence your decision to choose our institution to continue your education?

1. Geopolitical Analysis and Global Events

Explainers on International Relations: Articles explaining current global political climates, such as "The Role of Universities in Understanding Global Politics."

Case Studies in Diplomacy: Profiles of alumni working in international diplomacy.

Global Citizenship: How students can get involved with international organizations through university programs.

2. Science and Research

Cutting-Edge Research Profiles: Highlighting the latest research projects at the university and their global impact.

Scientific Breakthroughs Explained: Easy-to-understand content about complex scientific topics that are currently trending.

Biographies of Notable Scientists: Featuring current faculty or alumni who have made significant contributions to their fields.

3. Academic Resources and Opportunities

Career Paths for Graduates: Outlining potential career opportunities for graduates in various fields.

Graduate Programs Guide: Detailed guides about what prospective graduate students can expect in different programs.

Undergraduate Research Opportunities: Showcasing how undergraduates can get involved in research projects.

4. Community and Inclusivity

Diversity and Inclusion Initiatives: Articles about ongoing initiatives and their outcomes. Community Service Spotlight: Stories of students and faculty making a difference in the local community.

Cultural Exchange Programs: Highlighting study abroad and international student exchange programs.

5. Innovation and Technology

Tech Startups and Entrepreneurship: Featuring startups founded by alumni and their journeys. Artificial Intelligence in Academia: How AI is being used across different fields of study at the university.

Sustainable Innovations: Projects or research focused on sustainability and environmental conservation.

6. Arts and Humanities

Artistic Achievements: Exhibitions, performances, and achievements of students and faculty in the arts.

Philosophy and Ethics in Modern Society: Discussing how classical studies are relevant today. Literature and Society: How literature students and faculty are interpreting current social issues through their work.

7. Health and Medicine

Healthcare Policies: Analysis articles on healthcare developments a



#### Potential Pat Undergrad ~

services.

Give me a list of several pieces of content that you would select.

#### **€** F

#### Potential Pat Undergrad

Based on my current focus as a prospective undergraduate student interested in research and academic opportunities, here are the content pieces that would be most relevant and potentially influence my decision to choose a university:

#### 1. Science and Research

- Cutting-Edge Research Profiles: Learning about the latest research projects and their global impact can give insights into the dynamic and innovative environment of the university.
- Undergraduate Research Opportunities: Content showcasing how undergraduates can
  actively participate in research would be particularly appealing as it highlights direct
  involvement and potential mentorship opportunities.

#### 2. Academic Resources and Opportunities

- Career Paths for Graduates: Understanding the potential career trajectories that the
  university supports through its programs would help in assessing the practical outcomes of
  the education offered.
- Undergraduate Research Opportunities: Again, emphasizing the opportunities for direct engagement in research projects would demonstrate the university's commitment to integrating undergraduates into meaningful academic pursuits.

#### 3. Community and Inclusivity

 Cultural Exchange Programs: Information on study abroad and international student exchange programs would be important for assessing global exposure and opportunities for cultural enrichment.

#### 4. Innovation and Technology

Artificial Intelligence in Academia: As AI is a rapidly growing field, understanding how the
university integrates this technology across different areas of study could indicate a forwardthinking and technologically adept institution.

#### 5. Health and Medicine

 Medical Research Updates: Updates on the latest medical research would be compelling if the university is known for strong programs in health sciences, showing commitment to leading-edge medical advancements.

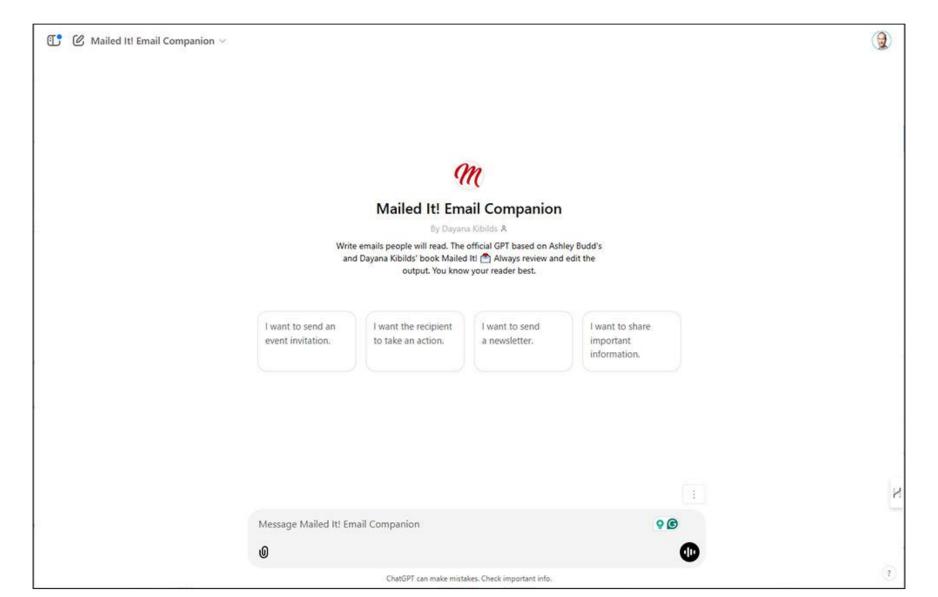
These content pieces would not only help me gauge the university's strengths in specific academic areas but also provide a clearer picture of how it fosters student development, global engagement, and practical skills for future careers.

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### **Public Custom GPTs**



### **Public Custom GPTs**





### **Traditional Role**

Data Analyst (Full-time)



### **Future Role**

Strategic Insights Manager + Al Agent Team



### Result

Higher-level strategic thinking, faster execution, better outcomes

## Levels of agency/autonomy

- Foundation models
- Custom GPTs
- Deep research
- Automations
- Chatbots
- Autonomous agents

# AI integration is...

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## **Brian Piper**

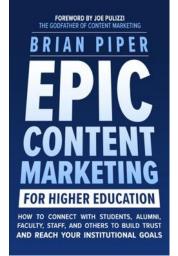
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