

OHIO TECH AMBASSADORS

TECH TALKS: AI FOR EVERYDAY LIFE

SMARTER LIVING: HOW AI HELPS YOU
EVERY DAY





SESSION GOALS

By the end of this session, participants will:

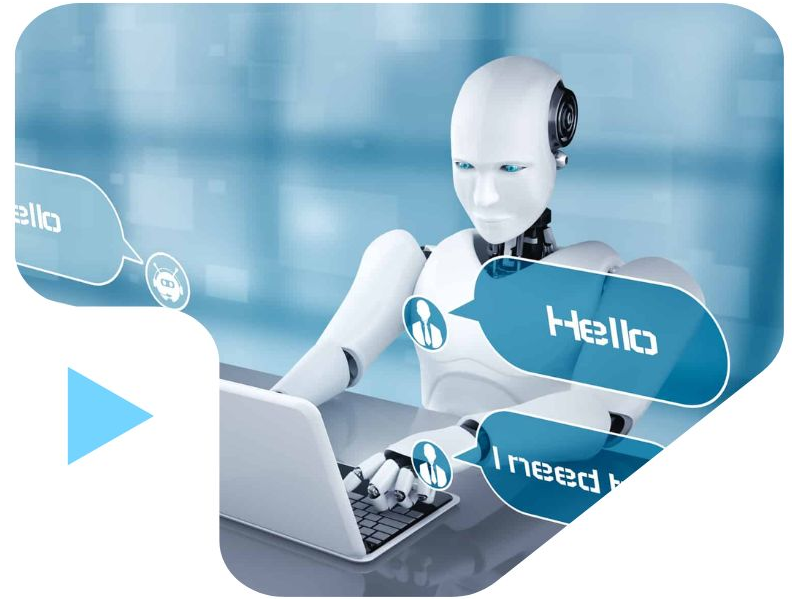
- Understand what AI is in simple terms
- Recognize where AI shows up in daily life
- Explore tools that make everyday tasks easier
- Learn how to use AI safely and responsibly
- Leave with practical ways to start using AI today

- AI = Artificial Intelligence
- Technology that can:
 - Learn from data
 - Recognize patterns
 - Make suggestions or decisions

Examples:

- Predictive text
- Voice assistants
- Recommendations

📌 AI is not robots taking over — it's tools helping you.

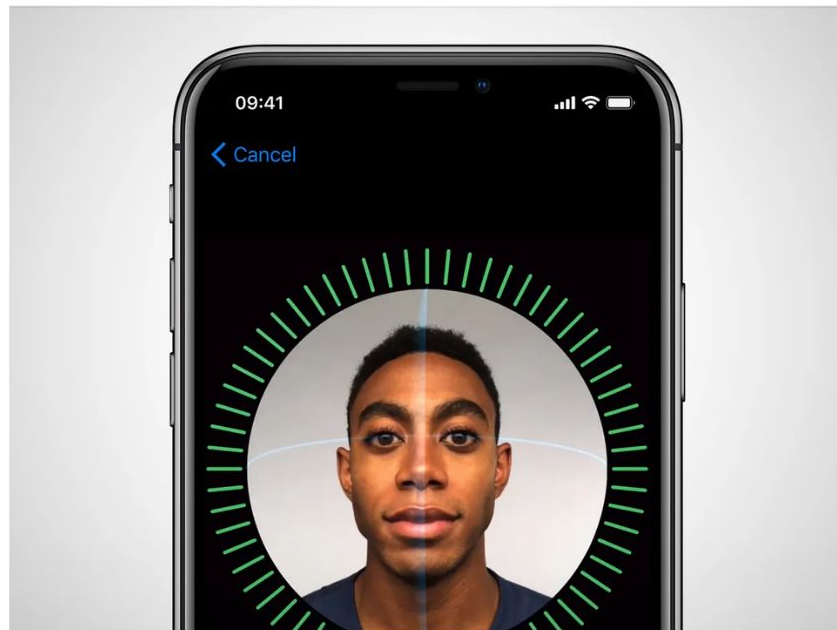


WHAT IS AI (REALLY)?

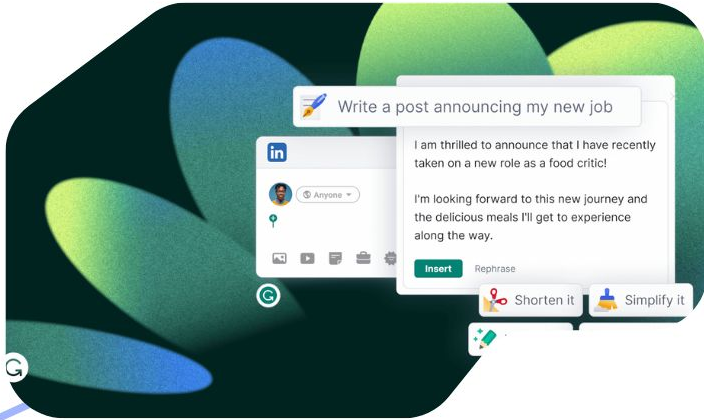
AI IS ALREADY IN YOUR LIFE

You're already using AI when you:

- 📱 Unlock your phone with Face ID
- 🎬 Get recommendations on Netflix or YouTube
- 🛒 Shop online and see "Suggested for you"
- ✉️ Use Gmail smart reply
- 🗺️ Use Google Maps traffic predictions
- 📌 AI is invisible — but everywhere.



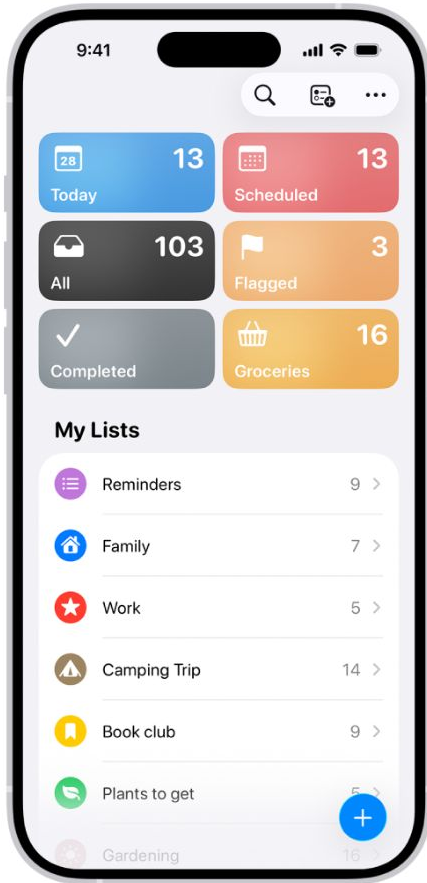
AI FOR COMMUNICATION



- ✍️ Write emails faster (ChatGPT, Grammarly)
- 💬 Translate languages instantly
- 📞 Voice-to-text messaging
- 🧠 Auto-suggestions for replies

Example:

- "Write a polite follow-up email" → AI drafts it
- 📌 Helps you communicate clearly and quickly.



AI FOR ORGANIZATION

- 📅 Smart calendars suggest meeting times
- 🔔 Reminders based on location (“Remind me when I get home”)
- 📝 Notes apps summarize information
- 🧠 AI organizes tasks into lists

Tools:

- Google Calendar
- Notion AI
- Apple Reminders
- 📌 AI helps you remember — so your brain doesn't have to.











- 🛍️ Find deals (Honey, Amazon suggestions)
- 🍴 Meal planning (“Plan dinners for the week”)
- 📊 Budget tracking apps
- 🧠 Compare products instantly

Example:

- “What’s the best budget laptop under \$500?”

📌 AI helps you make smarter choices.

Recommended for you, Thomas

 	 <p>Exercise & Fitness Equipment 8 ITEMS</p>	 <p>Health, Fitness & Dieting Books 37 ITEMS</p>	 	
		 <p>Tea & Espresso 98 ITEMS</p>	 <p>Biography 37 ITEMS</p>	

AI FOR SHOPPING & DAILY DECISIONS

AI AT HOME

- 🗣️ Voice assistants:
 - Alexa
 - Google Assistant
 - Siri
- 🏠 Smart home control:
 - Lights
 - Thermostat
 - Locks

Commands:

- “Turn off the lights”
- “What’s the weather?”

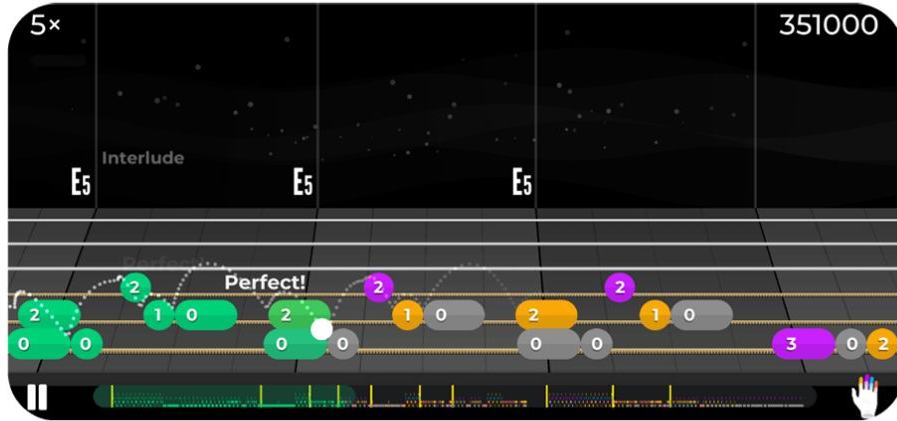
📌 Hands-free living made simple.





AI FOR HEALTH & WELLNESS

- 🕒 Smart watches track:
 - Heart rate
 - Sleep
 - Activity
- 🧘 Mental health apps:
 - Chatbots for support
- 🍏 Fitness apps:
 - Suggest workouts
- 📍 AI helps you take better care of yourself.



AI FOR LEARNING NEW SKILLS

- 🌍 Duolingo → language learning
- 🎓 Khan Academy → education
- 🎵 Music apps (GarageBand, Yousician)
- 🤖 ChatGPT → explains anything
- Example:
 - “Explain this like I’m 10 years old”
 - 📌 AI makes learning faster and more accessible.

ACCESSIBILITY & AI

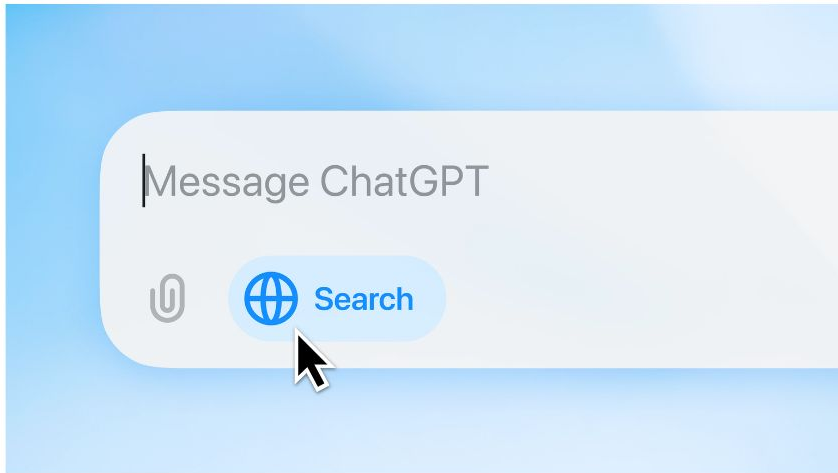
- AI helps people with:
 - 👁️ Vision:
 - Screen readers
 - Object recognition
 - 🗣️ Hearing:
 - Live captions
 - ♿ Mobility:
 - Voice control
 - 🧠 Cognitive support:
 - Reminders
 - Step-by-step instructions
- 📌 AI can increase independence for many users.





AI SAFETY & SMART USE

- ⚠️ Don't trust everything AI says
- 🔍 Always fact-check important info
- 🗝️ Don't share personal or financial data
- 🧠 Use AI as a helper — not a replacement for thinking
- 📌 Smart use = safe use.



SIMPLE WAYS TO START USING AI TODAY

- Try one today:
 - Ask ChatGPT a question
 - Use voice assistant for reminders
 - Let AI help write an email
 - Use Google Lens to identify something
 - Try a meal plan or to-do list
- 📌 Start small. Build confidence.

REAL LIFE EXAMPLES

Without AI:

- Plan meals manually
- Write emails from scratch
- Search multiple websites

With AI:

- Generate meal plan in seconds
- Draft email instantly
- Get summarized answers
- 📌 AI saves time and reduces stress.



FINAL TAKEAWAYS



- AI is already part of your daily life
- It helps with:
 - Communication
 - Organization
 - Decision-making
 - Learning
- You don't need to be technical to use it
- ✦ AI is a tool — and you are in control.

PANEL

**MARCI STRAUGHTER &
MICHAEL YEAMANS**



Q&A



OHIO TECH AMBASSADORS

THANK
YOU

