

Transcription – Deep Dive into “Your AI Adventure”

[Speaker 2]

Hey everyone and welcome to your AI deep dive. I know you're all just starting my generative AI for fun with chat GPT and pseudo online course and I am so excited to have you all here.

[Speaker 1]

Oh it's gonna be a blast.

[Speaker 2]

We're about to unlock a whole world of creativity.

[Speaker 1]

Yeah.

[Speaker 2]

And to kind of help us along on this journey.

[Speaker 1]

Okay.

[Speaker 2]

We are diving into Phil John Cox book.

[Speaker 1]

Oh good one.

[Speaker 2]

Your AI adventure from fear to fun with generative AI. Have you read this one?

[Speaker 1]

Oh yeah. Yeah. This one's great.

[Speaker 2]

I'm so excited to get into it.

[Speaker 1]

It's structured in such a clever way.

[Speaker 2]

Oh really?

[Speaker 1]

Imagine like being interviewed by not one but three different AI personalities.

[Speaker 2]

Okay.

[Speaker 1]

Gemini, a chat GPT and co-pilot. So it's like Phil brought these AI to life.

[Speaker 2]
That's cool.

[Speaker 1]
And it makes it feel like you're part of the conversation.

[Speaker 2]
Okay. I love that.

[Speaker 1]
Yeah.

[Speaker 2]
It sounds super engaging and almost like a sneak peek into what we'll be doing in the course.

[Speaker 1]
Exactly.

[Speaker 2]
I love it now. I know we're all kind of at the beginning of our AI journey so I thought we could focus on the parts of Phil's book that are especially helpful. Right.

For someone just starting out.

[Speaker 1]
Yeah.

[Speaker 2]
You know those of us who are so excited about the creative possibilities but maybe a little intimidated by like the tech side of things.

[Speaker 1]
Absolutely. I think that's a great place to start because even Phil himself the author he admits in the book that he was initially hesitant about AI.

[Speaker 2]
Okay.

[Speaker 1]
But what I find fascinating is how he tackled that fear, started small. I love that. With really personal projects.

[Speaker 2]
Yeah.

[Speaker 1]
Like creating a song.

[Speaker 2]
Yeah.

[Speaker 1]

Proving that you don't need to build some complex AI system right off the bat.

[Speaker 2]

Right. Yeah. It's so encouraging and something I always tell my students too.

[Speaker 1]

Absolutely.

[Speaker 2]

Is start small, have fun experiment.

[Speaker 1]

Yeah.

[Speaker 2]

It reminds me of what we'll be doing in the course with suno.com.

[Speaker 1]

Yeah.

[Speaker 2]

Which Phil also talks about in his book. It's incredible how Suno can create music in seconds.

[Speaker 1]

Right.

[Speaker 2]

You get that instant wow factor.

[Speaker 1]

Yeah. Yeah.

[Speaker 2]

Gets you bucked.

[Speaker 1]

Absolutely.

[Speaker 2]

Have you experimented much with Suno?

[Speaker 1]

Oh it's just mind blowing.

[Speaker 2]

Right.

[Speaker 1]

What strikes me is it changes the creative process.

[Speaker 2]

Okay.

[Speaker 1]

It's no longer about technical skill but it's about guiding this AI with your ideas.

[Speaker 2]

That's so cool.

[Speaker 1]

It's almost like having a musical partner. Totally. Yeah.

[Speaker 2]

And it's not just about music right?

[Speaker 1]

Right.

[Speaker 2]

Phil goes beyond.

[Speaker 1]

Yeah.

[Speaker 2]

Text to text AI tools like chat GPT and explores the world of voice to text and even voice to voice tools.

[Speaker 1]

Yeah. That's my favorite.

[Speaker 2]

Oh really?

[Speaker 1]

Yeah.

[Speaker 2]

I find those particularly interesting.

[Speaker 1]

Yeah.

[Speaker 2]

Especially for beginners. Especially those who maybe find typing a bit challenging or a bit tedious.

[Speaker 1]

I think what's fascinating about those voice based tools is just the accessibility they offer.

[Speaker 2]

Okay.

[Speaker 1]

You know imagine just simply speaking your thoughts to create text or even having a back and forth conversation with AI using your voice. Wow. It opens up so many possibilities you know especially for those who might feel limited by the traditional keyboard input.

[Speaker 2]

Absolutely. I think that's something we should explore more in the course.

[Speaker 1]

Definitely.

[Speaker 2]

The idea of speaking to AI and having it understand and respond.

[Speaker 1]

Yeah.

[Speaker 2]

Oh that feels so futuristic.

[Speaker 1]

It is very cool.

[Speaker 2]

Okay back to Phil's book. One of the things that really stood out to me.

[Speaker 1]

Yeah.

[Speaker 2]

Was how he used AI prompts for self-discovery.

[Speaker 1]

Okay.

[Speaker 2]

He talks about figuring out his keyboard personality.

[Speaker 1]

That's fun.

[Speaker 2]

Like which symbol or letter he would be and even creating an emojiified version of himself.

[Speaker 1]

Love it.

[Speaker 2]

It sounds so playful and insightful at the same time.

[Speaker 1]

It's a brilliant example of how AI can be used for more than just generating content. It can be a tool for self-reflection. Right.

Helping us see ourselves from a different perspective.

[Speaker 2]
Okay.

[Speaker 1]
It makes you wonder what would your keyboard personality be?

[Speaker 2]
You know I've never even thought about it that way.

[Speaker 1]
What do you think?

[Speaker 2]
I'm going to try that.

[Speaker 1]
Yeah.

[Speaker 2]
I'm going to try that myself. It's such a fun way to play with AI and actually learn something about yourself in the process. So I think that's a great example of how AI can be approachable and even a bit whimsical.

[Speaker 1]
Right.

[Speaker 2]
But Phil also uses AI to create some really moving tributes.

[Speaker 1]
He does.

[Speaker 2]
He talks about the song Invisible Warrior which he dedicated to a homeless veteran.

[Speaker 1]
Yeah.

[Speaker 2]
What struck you about that story?

[Speaker 1]
I think the Invisible Warrior story perfectly showcases the emotional depth that AI can help us express.

[Speaker 2]
Okay.

[Speaker 1]

Imagine using ChatGPT to craft lyrics based on someone's memories.

[Speaker 2]
Wow.

[Speaker 1]
And then using Suno to bring those words to life through music.

[Speaker 2]
Yeah.

[Speaker 1]
It's incredibly powerful and it just shows how accessible this technology can be for creating something truly meaningful.

[Speaker 2]
That's a great point. It's inspiring to see how someone can use these tools to honor and remember someone in such a creative way.

[Speaker 1]
Yeah.

[Speaker 2]
It's definitely something to keep in mind as we move through the course. Now Phil doesn't just stop at music and self-discovery.

[Speaker 1]
Right.

[Speaker 2]
He takes us on a personal journey as he uses AI to digitize his grandmother's handwritten letters.

[Speaker 1]
Okay.

[Speaker 2]
I think this is something that resonates with a lot of people.

[Speaker 1]
For sure.

[Speaker 2]
Especially those of us interested in preserving family history.

[Speaker 1]
Absolutely. Me too. Yeah.

It's a project that's close to my heart as well. I think many of us have boxes filled with old letters and photographs just waiting to be rediscovered. And AI offers such a unique way to bring those memories back to life.

[Speaker 2]

Exactly. And Phil doesn't just use AI for transcription.

[Speaker 1]
Right.

[Speaker 2]
He goes a step further. He talks about creating multimedia presentations. Wow.

Weaving together the transcribed letters with AI generated voices and illustrations.

[Speaker 1]
That's cool.

[Speaker 2]
Can you imagine hearing your grandmother's words spoken aloud?

[Speaker 1]
Yeah.

[Speaker 2]
Accompanied by visuals that capture the essence of her story. It's like stepping back in time.

[Speaker 1]
It's truly remarkable and it highlights another key point Phil makes in his book, Understanding the Different Types of AI and the Right Tool for the Job. He dedicates a whole chapter to this.

[Speaker 2]
I love that.

[Speaker 1]
Appropriately titled, Your AI Toolbox.

[Speaker 2]
That sounds like a must-read for our course.

[Speaker 1]
Yeah.

[Speaker 2]
I'm always encouraging my students to explore different AI tools and find the ones that resonate with them.

[Speaker 1]
Yes.

[Speaker 2]
It's not a one-size-fits-all situation.

[Speaker 1]

That's so true. And Phil got a great job to breaking it down. He reminds us that while chat GPT is fantastic for text-based interactions, it might not always deliver that immediate wow factor.

[Speaker 2]
Right.

[Speaker 1]
Some of the other tools can provide like Suno with its instant music creation.

[Speaker 2]
Right. I think that's why I'm so drawn to voice-based AI tools. They just feel more interactive, more immediate.

Yes. Phil talks quite a bit about voice to text, which I know could be a game changer for anyone who finds typing tedious or difficult.

[Speaker 1]
And it's not just about convenience. Voice to text can unlock a whole new level of creativity and expression. Imagine dictating your story ideas, composing emails on the go, or even writing an entire song just by speaking.

[Speaker 2]
It's like having a personal scribe at your beck and call.

[Speaker 1]
Exactly.

[Speaker 2]
I use voice to text all the time myself.

[Speaker 1]
Me too.

[Speaker 2]
It's so much faster and less frustrating than teching away at a keyboard.

[Speaker 1]
Especially on those tiny phone screens.

[Speaker 2]
Especially on those tiny phone screens.

[Speaker 1]
My gosh, I know.

[Speaker 2]
It's a lifesaver. And then there's voice to voice.

[Speaker 1]
Yes.

[Speaker 2]

Which takes interaction to a whole new level. Imagine being able to have a natural conversation with AI.

[Speaker 1]
I love it.

[Speaker 2]
Asking it questions, getting real-time responses, and even receiving feedback. It's like having a digital conversation partner.

[Speaker 1]
Yes.

[Speaker 2]
Who can understand and respond to your spoken words.

[Speaker 1]
It's pretty amazing.

[Speaker 2]
Wow, that sounds incredible. It's almost like having an AI friend to bounce ideas off of.

[Speaker 1]
Yeah.

[Speaker 2]
I can definitely see how that would be beneficial for things like practicing for job interviews, or even just improving your communication skills. Is that something we'll be exploring in the course?

[Speaker 1]
It's definitely on the horizon.

[Speaker 2]
Awesome.

[Speaker 1]
And Phil's book gives us a glimpse of what's possible with voice to voice AI. He shares some really compelling case studies.

[Speaker 2]
Okay.

[Speaker 1]
Like the story of Marcus, who used a voice to voice tool to practice for job interviews.

[Speaker 2]
Oh, wow.

[Speaker 1]
It helped him refine his answers, improve his tone, and boost his confidence.

[Speaker 2]

That's a fantastic example. I can imagine how helpful that would be, especially for those who get nervous during interviews.

[Speaker 1]

Oh, absolutely.

[Speaker 2]

It's like having a personal AI coach in your pocket.

[Speaker 1]

Exactly. And it goes beyond job interviews.

[Speaker 2]

Okay.

[Speaker 1]

Phil highlights how voice to voice AI can be used for language learning, public speaking, and even storytelling. It's a versatile tool.

[Speaker 2]

Wow.

[Speaker 1]

With endless possibilities.

[Speaker 2]

You know, as we're talking about all these amazing AI tools, it strikes me that it's not just about the technology itself.

[Speaker 1]

Right.

[Speaker 2]

But about the human element. It's our creativity, our stories, our emotions that truly bring AI to life.

[Speaker 1]

I couldn't agree more. And that's something Phil emphasizes throughout his book.

[Speaker 2]

Okay.

[Speaker 1]

He beautifully articulates this idea of AI as a mirror for self-discovery, a tool for understanding ourselves better, not just for generating content.

[Speaker 2]

I love that he even talks about creating an emojiified version of himself, which we touched on earlier.

[Speaker 1]

Yes.

[Speaker 2]

It's such a fun and playful way to explore your personality with AI. We should definitely add that as an exercise in our course.

[Speaker 1]

Absolutely. It's a great way to introduce people to AI in a lighthearted and engaging way. And speaking of engaging, Phil also dedicates a whole chapter to AI meets family history.

[Speaker 2]

Yes.

[Speaker 1]

Where he shares his experience using AI to preserve his grandmother's handwritten letters.

[Speaker 2]

We were just talking about that.

[Speaker 1]

Yeah.

[Speaker 2]

The idea of bringing those old letters to life with AI generated voices and illustrations is just mind blowing.

[Speaker 1]

It's really something.

[Speaker 2]

It's a beautiful way to honor those memories and share them with future generations.

[Speaker 1]

It truly is heartwarming and it makes you think about all the other ways AI can be used to connect with the past, preserve our heritage, and even shape the future.

[Speaker 2]

Now we're talking, the future of AI is something I'm always fascinated by.

[Speaker 1]

Yes.

[Speaker 2]

What were some of the key themes that stood out to you in those chapters?

[Speaker 1]

One that really resonated with me was this concept of real-time AI learning and sharing.

[Speaker 2]

Okay.

[Speaker 1]

It's this idea that AI can empower us to learn and share knowledge faster and more effectively than ever before.

[Speaker 2]

That's exciting. Like having access to a world of information at your fingertips. Yes.

And being able to share what you've learned just as easily.

[Speaker 1]

Exactly. Imagine AI tools that can personalize learning based on your needs, provide instant feedback, and connect you with others who share your interests. Wow.

It's like having a custom-designed learning experience tailored to your individual pace and preferences.

[Speaker 2]

It's learning without boundaries.

[Speaker 1]

It really is.

[Speaker 2]

And I love how Phil emphasizes how this can be particularly transformative for specific groups like seniors, those experiencing homelessness, or non-native English speakers.

[Speaker 1]

It's about using AI to level the playing field, giving everyone a chance to learn and grow regardless of their background or circumstances.

[Speaker 2]

It's AI for good, using technology to make a real positive impact on the world around us.

[Speaker 1]

I love that.

[Speaker 2]

And it goes beyond individual learning. Right. Phil talks about AI's potential to foster community connections, amplify voices, and even address systemic issues like poverty or inequality.

[Speaker 1]

It's about using AI to create a more inclusive, equitable, and compassionate society. And it's not just a distant dream.

[Speaker 2]

Right.

[Speaker 1]

Phil shares examples of how this is already happening in communities around the world.

[Speaker 2]

Okay. I'm officially inspired, but I have to ask, what about the potential downsides of AI?

[Speaker 1]

Okay.

[Speaker 2]

You know, we hear a lot about the risks, the ethical concerns.

[Speaker 1]

Sure.

[Speaker 2]

The fear that AI will replace human jobs. What does Phil have to say about that?

[Speaker 1]

He addresses those concerns head-on.

[Speaker 2]

Okay.

[Speaker 1]

He acknowledges that AI isn't perfect, that it can be misused.

[Speaker 2]

Right.

[Speaker 1]

And that there are important considerations we need to be mindful of. But he also emphasizes that AI is a tool.

[Speaker 2]

Yeah.

[Speaker 1]

And like any tool, it can be used for good or bad.

[Speaker 2]

Okay.

[Speaker 1]

It ultimately depends on us, the humans, to guide its development and use it responsibly.

[Speaker 2]

That's a powerful message. It's up to us to shape the future of AI.

[Speaker 1]

Yes.

[Speaker 2]

And ensure it's used to benefit humanity. It's a big responsibility. It is.

But also an incredible opportunity.

[Speaker 1]

Exactly. Phil encourages readers to be active participants in shaping the future of AI, to stay curious, to experiment, to ask questions, and to advocate for its ethical and inclusive development.

[Speaker 2]

I love that it's not about passively accepting AI as some inevitable force.

[Speaker 1]

Right.

[Speaker 2]

But about actively engaging with it, understanding its potential, and using it to create a future we could all be proud of.

[Speaker 1]

And that's what your AI adventure is all about. Yeah. It's an invitation to embrace the possibilities, overcome our fears, and embark on our own journey of discovery and creation with AI.

[Speaker 2]

Well said. And speaking of embarking on a journey, I think we've covered a lot of ground in this deep dive.

[Speaker 1]

We have.

[Speaker 2]

What are some key takeaways you'd like our listeners to remember as they continue their AI adventure, especially those who are just starting out with our Generative AI for Fun course?

[Speaker 1]

I think first and foremost, remember that AI is a tool, not a placement, for human creativity. Think of it as an extension of your imagination, like a powerful instrument waiting to be played.

[Speaker 2]

I love that analogy, like a supercharged paintbrush for our creative mind.

[Speaker 1]

Exactly. And as you begin exploring this new world of AI, remember to start small. You don't need to jump into complex projects right away.

Experiment with something fun and simple, like composing a song with Suno or discovering your keyboard personality using chat GP-tivity.

[Speaker 2]

Baby steps are key.

[Speaker 1]
Yes.

[Speaker 2]
Those small wins, they build confidence and keep you engaged. Right. It's like learning any new skill.

[Speaker 1]
Absolutely.

[Speaker 2]
You wouldn't expect to play a Beethoven Sonata in your first day of piano lessons, right?

[Speaker 1]
Precisely. It's about embracing the learning process and allowing yourself to experiment and have fun along the way.

[Speaker 2]
Yeah, have fun.

[Speaker 1]
And as you explore different tools and techniques, remember to create, use AI to make something meaningful to you.

[Speaker 2]
Yeah.

[Speaker 1]
Whether it's a song, a poem, a tribute, a story, or even a multimedia presentation like Phil did with his grandmother's letters.

[Speaker 2]
That's what our Generative AI for Fun course is all about.

[Speaker 1]
Absolutely.

[Speaker 2]
Empowering you to become an AI creator, not just a passive consumer of technology.

[Speaker 1]
Exactly. Embrace the creative potential that AI offers.

[Speaker 2]
Okay.

[Speaker 1]
And finally, remember that the world of AI is constantly evolving. Right. New tools and techniques are emerging all the time, so stay curious, keep exploring, and never stop asking questions.

[Speaker 2]

It's an exciting time to be diving into AI.

[Speaker 1]

It is.

[Speaker 2]

And who knows what incredible creations we'll be making together a year from now.

[Speaker 1]

Now, before we wrap up, I have one final thought provoking question for you to ponder.

[Speaker 2]

Okay.

[Speaker 1]

As you continue your AI journey.

[Speaker 2]

Okay.

[Speaker 1]

If you could ask AI to help you preserve a cherished family memory, what would it be?

[Speaker 2]

Ooh.

[Speaker 1]

And what unique approach would you take using the tools and techniques you're learning in our course?

[Speaker 2]

Ooh, that's a fantastic question. I'm already brainstorming ideas. Thank you so much for that.

[Speaker 1]

You're welcome.

[Speaker 2]

It's the perfect way to inspire our listeners to think outside the box and embrace the creative potential of AI.

[Speaker 1]

It's been an absolute pleasure diving deep into your AI adventure with you.

[Speaker 2]

The feeling is mutual, and to all of you listening, keep that AI spark alive. We'll see you in our next deep dive. Happy creating.