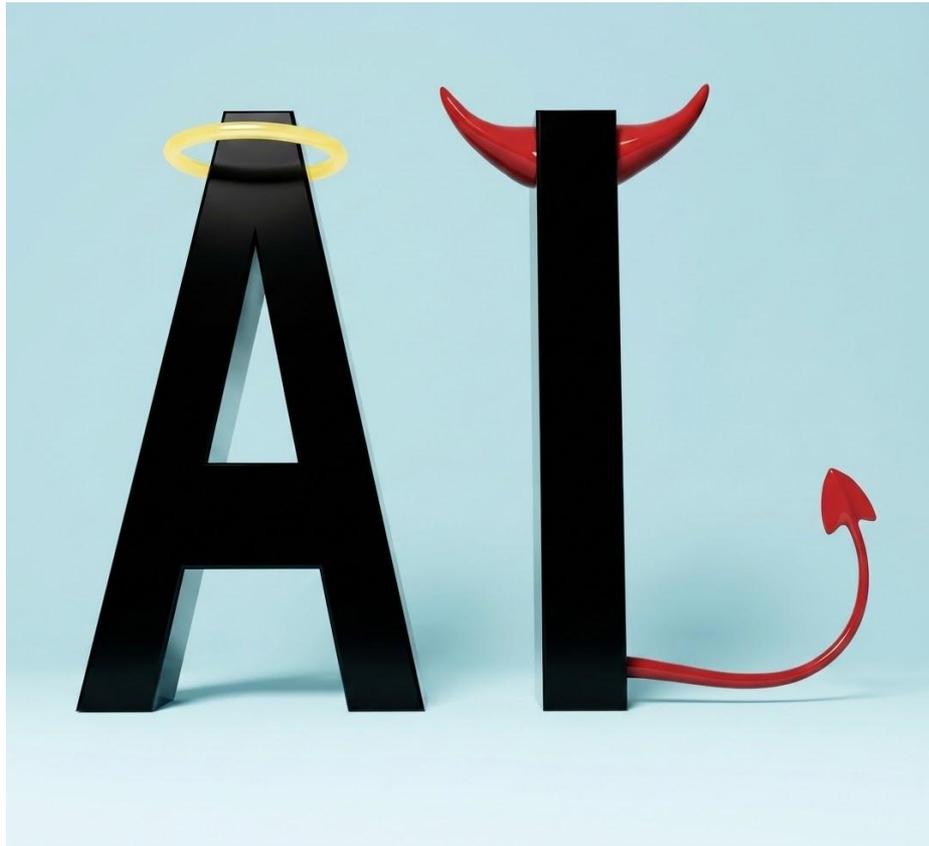




What's My Future In the Age of AI?

Jeff Sundheim
AI Strategist & Sculptor





Today's Agenda:

Demystifying AI

Making it work for you

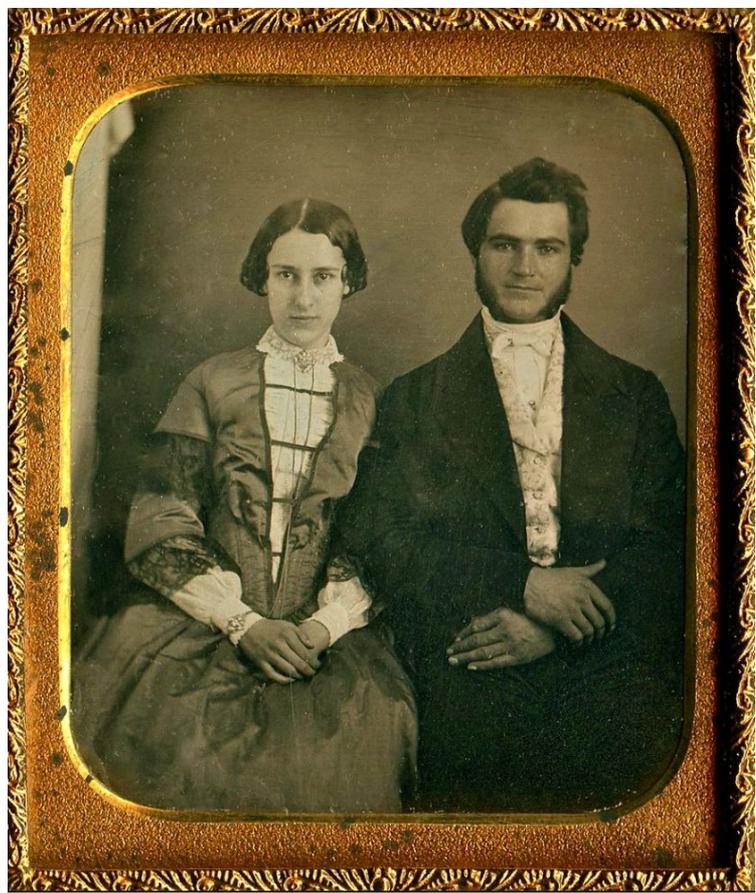


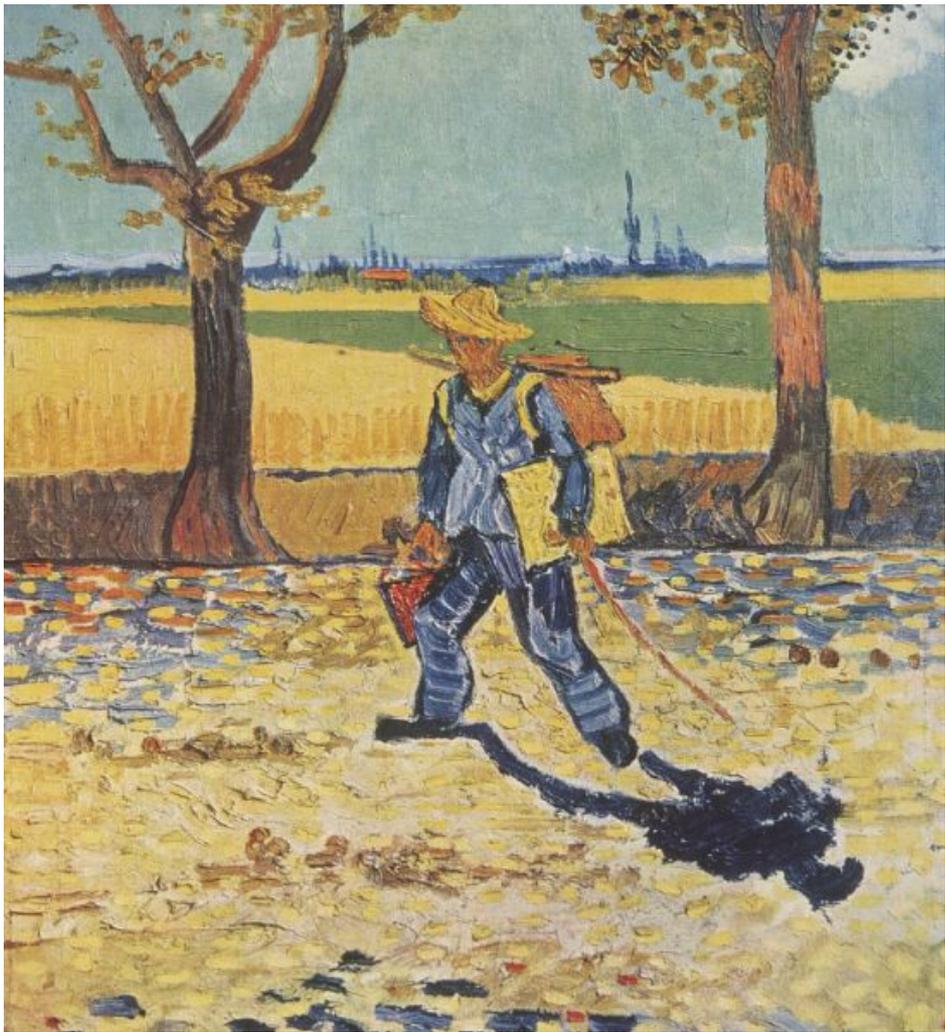






















IMAGINATION ST



TECHNOLOGY AVE



SINANO BODER

BODEGA

AI is the new level playing field.

Everyone basically has access to
the same tools.

Your skills collaborating with it
will set you apart! “AI Fluency”

Demystifying AI

Artificial Intelligence
is any computer system
taught to mimic
Natural Intelligence

Generative AI

Right brain



Analytical AI

Left brain

Conversations

Create Content

Synthesize Data

Predictions

AI is the most profound technology invented to date



Printing Press

1440



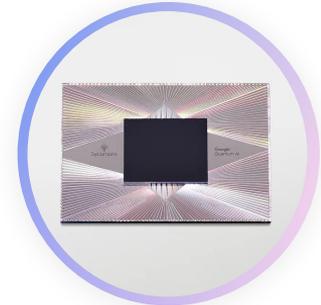
Electricity

1752



Automobile

1886



AI

2024

Thriving in the Age of AI:

Discovery. Agility. Fun.



Original Frame Input

Prompt:

*Make the man turning toward the viewer and singing to a latin beat
"Greetings AARP! Let's talk about our future with AI"*

Measure holistically

Your Goals →



Take the AI Challenge





Sarah



ORDER READY
Caramel Macchiato

Pickup No.
B-24

REWARDS

SEE ALL

★ 125 Stars

Caramel Macchiato



Don't just search...

Create

Analyze

Iterate!

How do I get my iPhone to work with my computer and headphones?



Create a 5 day itinerary for Paris that includes walking 20,000 steps everyday, modern art, sculpture parks, picnics in parks with recommendations for small cheese shops and bakeries.



Build a daily meal plan for me that is **low cholesterol, high fiber and gluten free** with ingredients and recipes that **don't require more than 15 mins to prepare** for breakfast and lunch (30 mins for dinner) and fit within a budget of **\$120 per week**.

Meal	Dish	Prep Time	Key Fiber/Heart-Health Source
Breakfast	Overnight Savory Chia & Oats	5 mins (night before)	Chia seeds & GF Rolled Oats
Lunch	Mediterranean Chickpea Salad	10 mins	Chickpeas & Fresh Veggies
Dinner	Sheet Pan Salmon & Broccolini	25 mins	Omega-3s & Cruciferous Fiber
Snack	Apple Slices with Almond Butter	2 mins	Pectin & Monounsaturated Fats

Great. Please give me a meal plan for a full week.

Day	Breakfast (10 mins)	Lunch (15 mins)	Dinner (30 mins)
Mon	Berry & Walnut GF Oatmeal	Mediterranean Chickpea Salad	Sheet Pan Salmon & Broccoli
Tue	Savory Avocado GF Toast*	Quinoa & Black Bean Bowl	Turkey & Lentil Marinara over Zoodles
Wed	Chia Seed Pudding (Prep Night Before)	Leftover Turkey & Lentil Bowl	Cod Fillets with Roasted Asparagus
Thu	Berry & Walnut GF Oatmeal	Mediterranean Chickpea Salad	Tofu & Mixed Veggie Stir-fry
Fri	Savory Avocado GF Toast*	Quinoa & Black Bean Bowl	Sheet Pan Salmon & Green Beans

First try...



Second try...



Ready for a Live Demo!

Ask us anything using Gemini on the iPhone. ✨

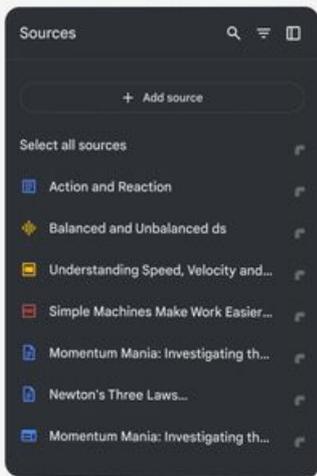
Some examples of prompts:

"I just got an email saying my Amazon account is locked and I need to click a link to fix it. Does this sound like a common scam? What are 3 things I should check before clicking anything?"

"I just got my blood test results back and it mentions 'HDL' and 'LDL' levels. Can you explain what those are and what the healthy ranges usually are for someone in their 70s, in very simple terms?"

“Can you explain the pro’s and con’s of reverse mortgages?”

AI can make mistakes. Never take it as the gospel.



NotebookLM



Sources

+ Add Discover

Select all sources

- AI for Greater Good
- Pasted Text
- Pasted Text
- Penn State Berkey Creamery | Order Ice Cream Online

Chat

Refresh

Create a podcast about Penn State's creamery

(Podcast Title: The Scoop: Penn State's Sweetest Tradition)

(Sound of cheerful, upbeat music fading out)

Host: Welcome back to The Scoop, your deep dive into the sweetest spots in the country! Today, we're heading to the heart of Happy Valley to explore a legacy built on milk, tradition, and 5 million pounds of dairy per year: the Penn State Berkey Creamery

Segment 1: A Tradition That Tastes So Good

Host: The Berkey Creamery isn't just an ice cream shop; it's a piece of history, proudly serving Penn State since 1865. Their commitment to quality is clear in their catchy slogan: "Tradition never tasted so good"

If you're planning a visit, you can locate them at the 119 Rodney A. Erickson Food Science Building in University Park, PA 16802. A pro tip for anyone using GPS: you should search for "Curtin Rd. and Bigler Rd."

The Creamery opens its doors seven days a week for SCOPING IN THE STORE. Their regular store hours are quite generous: Monday through Thursday, they are typically open from 7:30 a.m. to 9:00 p.m. If you need a late-night treat, they stay open until 10:00 p.m. on Fridays and Saturdays. Just be aware that they are closed for all major holidays and official University closures, and they often have modified hours, so it's wise to check. For example, the sources note they were closed on Monday, September 1, for Labor Day.

Segment 2: The Science of Bliss and Delightful Dips

Host: The quality of the Berkey Creamery's products stems from a massive operation that focuses on "The Science of Bliss". Ever wonder how they create all that decadence? The Creamery transforms an astounding 5 million pounds of milk per year into not just ice cream, but also cheese and spreads. You can even view the process yourself.

While they offer a full line of flavors and speciality products in the retail store, let's talk about the delicious dips. Their featured flavor is currently Peppermint Stick Ice Cream, which sounds like Peppermint Perfection. You can even get that Peppermint Stick flavor turned into an Ice Cream Cookie Sandwich, which is made with white chocolate chunk cookies. Another example of their popular Creamery Ice Cream Cookie Sandwiches is Peachy Paterno with sugar cookies.

If you're looking for popular dips, the sources highlight these fan favorites:

1. Happy Happy Joy Joy

Start typing... 1 source

- When does the creamery close?
- Can the creamery ship ice cream?
- What is the featured ice cream flavor?

Studio

Audio Overview Video Overview Mind Map

Reports Flashcards Quiz

5 Million Pounds of Milk and Happy Happy Joy Joy The... 1 source · 1m ago Interactive

Add note

5 Million Pounds of Milk and Happy Happy Joy Joy The S... Like Comment

01:45 / 08:05

**What's one new way you'd like
use AI today?**

Contact me for a **quick guide** to creating good prompts!
Or invite me to speak.



Jeff Sundheim

1.6K friends

📍 New York, NY 🏠 Google 🎓 Pennsylvania State University

jeffsundheim@gmail.com



(LinkedIn)