

* Applying Assistive Intelligence in Your Studies

Ken Kelly



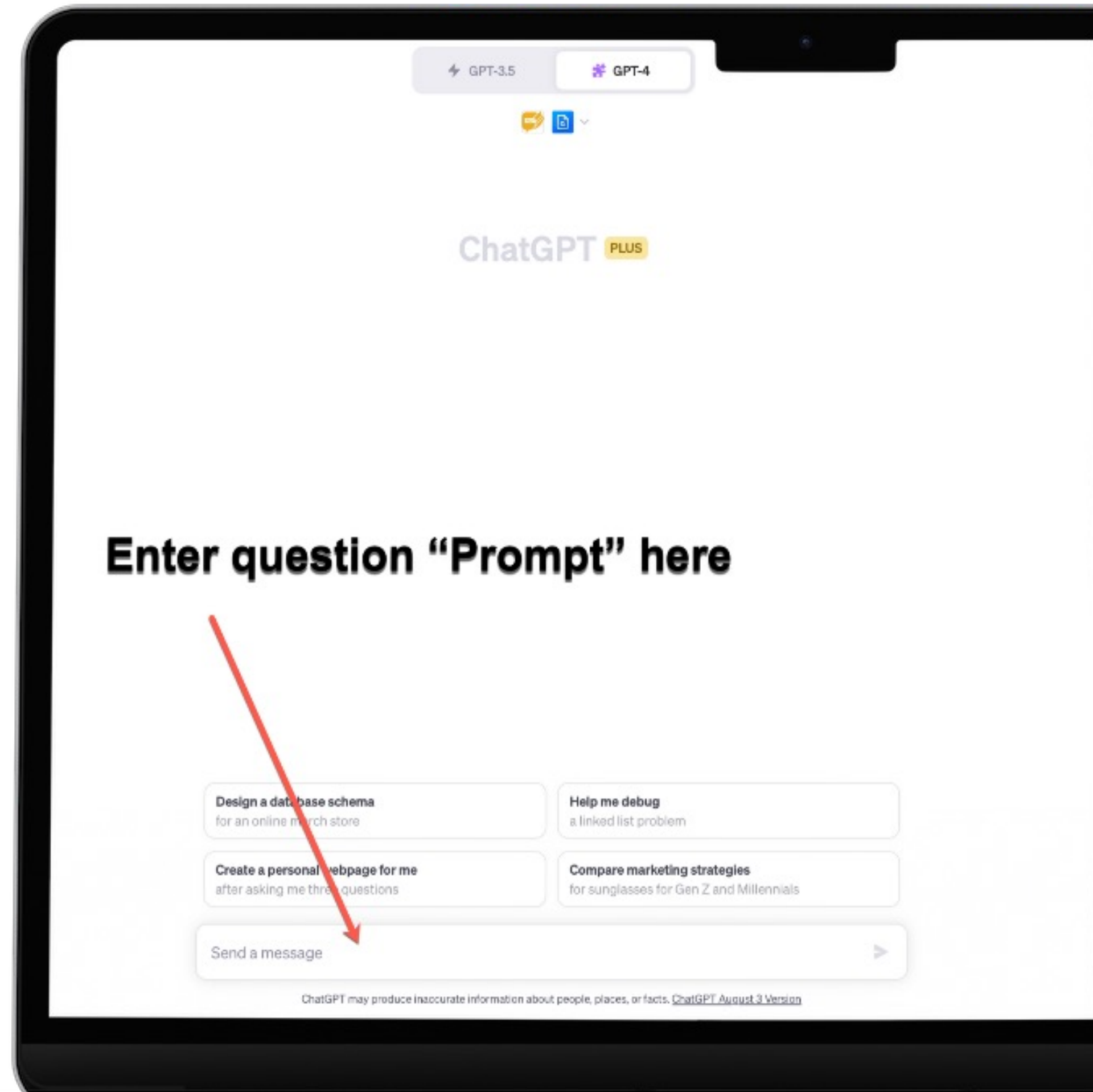
COUNSELLOR
RESOURCES



What is ChatGPT?

GPT stands for Generative Pre-trained Transformer

Trained using vast internet databases: books, web texts, Wikipedia, etc.



Limitations of ChatGPT

Bias:

Trained on potentially biased data.

Outdated Information:

Knowledge only up to 2021.

American Centric:

Differences like "Counseling" vs. "Counselling"

Accuracy Issues:

Can "hallucinate" or make up information.



Please find me a Carl Rogers quote about the seven stages of process



I apologize for any confusion, but it appears there might be a misunderstanding. Carl Rogers, the influential psychologist and founder of client-centered therapy, did not specifically outline a model with seven stages of process. He is known for his person-centered approach to therapy, which emphasized empathy, unconditional positive regard, and genuineness.

While **Carl Rogers did not describe a model with seven stages**, one of his famous quotes related to the therapeutic process is:

"The curious paradox is that when I accept myself just as I am, then I can change."

This quote reflects the core idea of his therapeutic approach, where the therapist creates a safe and accepting environment for the client, enabling personal growth and self-acceptance. If you have a different topic or specific aspect of Carl Rogers' work in mind, please let me know, and I'd be happy to assist further.



How to Use AI Prompts with Existing Resources

Using AI to reframe and explain using existing resources



CSR Resources;
Lecture transcripts;
Assignment Criteria etc



ChatGPT

Giving ChatGPT the
instructions of what you
want it to do with the
document



Study notes to support
your learning and to aid
revision



Revision Notes Prompt

I am a counselling student on a **[level 4 training course]** and I need to keep notes on my learning that I can use when revising. Please help me create academic notes in the form of a general overview of the topic that I can refer to remind me on the main concept and learning.

Please use headings and bullet points as well as short sentences.

Please include any references you find.



ChatGPT in action

Live demonstration

In your handout

- How to join ChatGPT
- Getting started guide
- Revision notes Prompt
- Understanding Criteria Prompt
- Creating a revision quiz Prompt

Some Prompts to Use

1. Making revision notes from a handout or resource

I am a counselling student on a [level 4] training course and I need to keep notes on my learning that I can use when revising. Please help me create academic notes in the form of a general overview of the topic that I can refer to remind me on the main concept and learning. Please use headings and bullet points as well as short sentences. Please include any references you find.

***NOTE:** Replace the text in the [square brackets] to make the prompt relevant to you.



If you have a ChatGPT account, you can see our example by clicking this link: <https://chat.openai.com/share/e07376fd-c7c1-4254-92aa-d09adea47fa3>

The same prompt above can be used to create revision notes from a lecture you have watched.



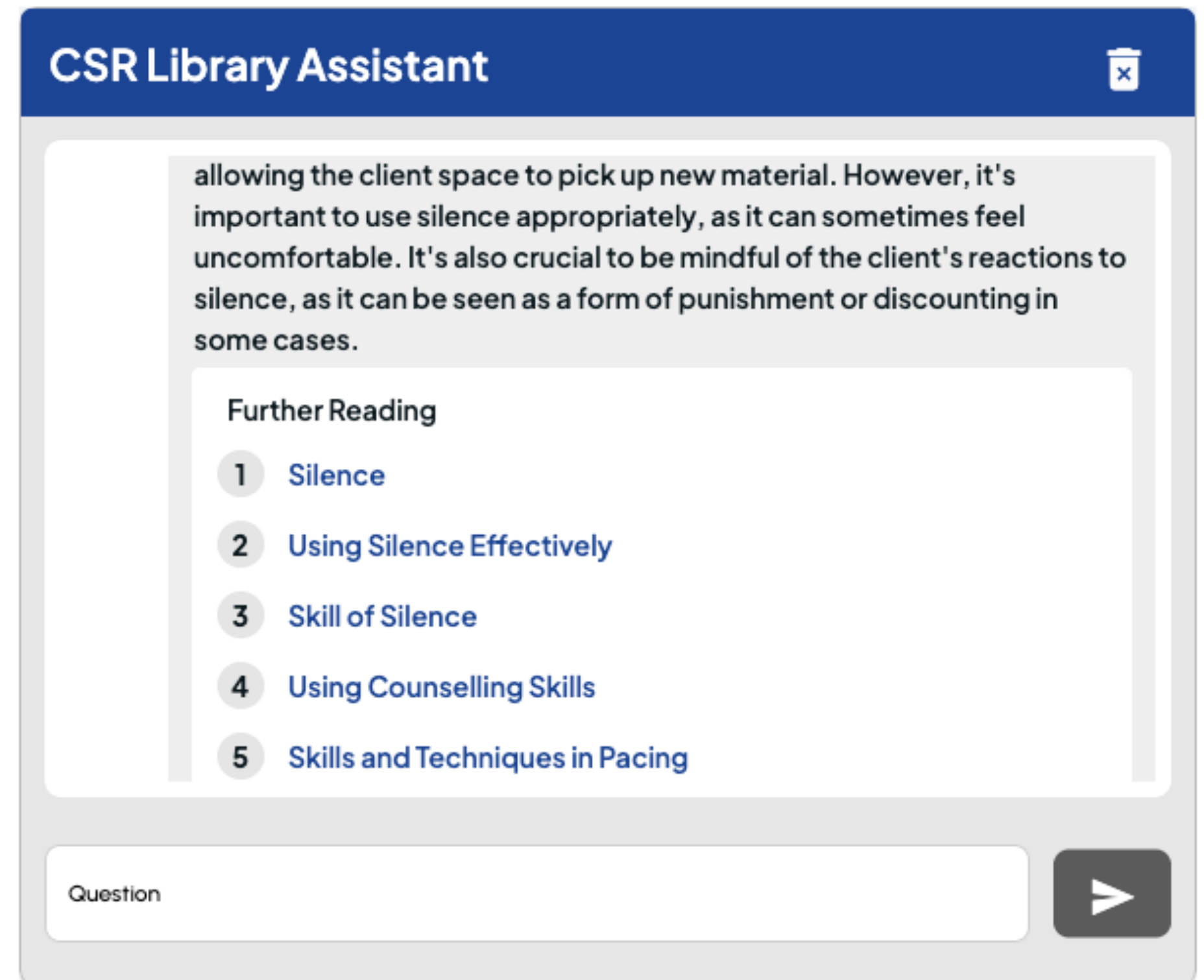
If you have a ChatGPT account, you can see our example by clicking this link: <https://chat.openai.com/share/8cc06cea-7e7b-4b7c-b639-96ae6762acb7>



* Specific AI Applied

Draws from Counselling Study Resources (CSR)

- Trained on academically verified resources
- Able to point you to resources you need
- Faster and more precise results
- Better suited to support your studies
- Meet **LiVA** your CSR **Library Virtual Assistant**



* CSR Academic New Year

25% off your joining fee



If you are not a CSR member,
check your inbox for details



Questions