A strategy for the use of AI for u3a activities

Contents:

- What is AI anyway?
- AI opportunities and risks
- Targeted communication plan
- A policy for AI use by u3a
- Third Age Trust resources
- An AI Interest Group
- Engagement with Convenors

Prepared by the AI Working Group:

- Dale K, Clive B, Phil H, Phil C,

What is Artificial Intelligence anyway?

AIs are computer systems, trained on huge sets of data, to learn patterns, enabling them to:

- understand language and answer questions
- generate text and images
- automate complex tasks
- solve all kinds of problems
- make decisions and predictions

much like a human brain does, **but**, not exactly alike

We are already using AI in everyday life:

- Website Chatbots - type questions in plain english
- Voice Assistants - talk naturally to Siri / Alexa
- Recommendations - social media, streaming services, navigation and travel, shopping, etc.

AI Opportunities and Risks

Group Convenors can use AI for:

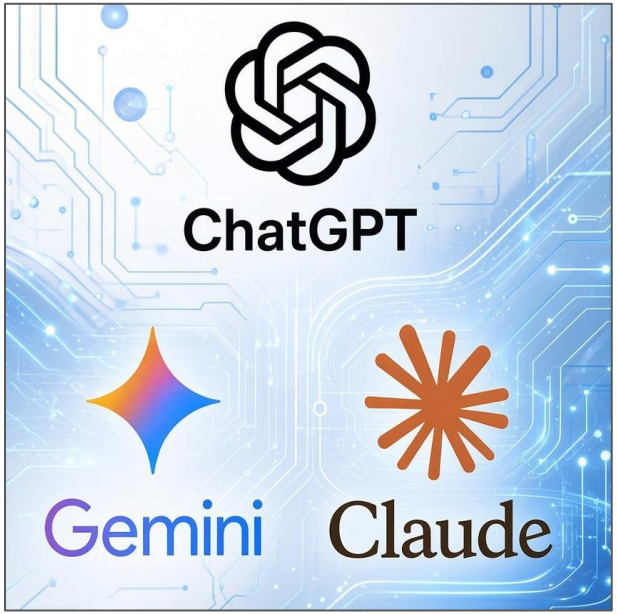
- Research assistance
- Activity and event planning
- Preparing group discussion prompts
- Teaching syllabus creation or adaptation
- Live translation and transcription support
- Accessibility: e.g. Text to Speech
- Generate images & photo enhancement
- Critical thinking challenges
- Role play in local historical stories
- Simplifying specialised / technical jargon
- Communication and newsletters

u3a Monmouth

AI Opportunities and Risks

The most used AI chat assistants are:

1. ChatGPT (OpenAI) most popular and versatile
2. Gemini (Google) multimodal - video/audio
3. Claude (Anthropic) writing, reasoning & code



However, you must be aware that AI is:

- Prone to errors (including hallucinations)
- Subject to bias and use of stereotypes
- Used for deepfakes and many online scams

Although AI responds like a human, always remember it isn't one

Targeted AI Communication Plan

The purpose is to help the membership understand how AI technology is already influencing everyone's daily lives:

- Highly visual presentation of scenarios in which AI is actually being employed
- The case for, and illustration of, the benefits that AI can bring to everyone
- Raising awareness of the ethical risks and societal dangers of uncontrolled adoption of the technology

To be delivered this autumn by newsletter

A Policy for AI use by u3a

The Purpose is to ensure u3a's AI use is **ethical, legal, safe** and **transparent.**

The Policy has nine core ethical principles, together with, a set of Operating Guidelines providing practical day-to-day protocols

The Key messages to Members are:

- AI is an assistant not a replacement for human beings
- Always verify AI generated material before sharing
- Never use AI to deceive, mislead or impersonate
- Be open about making significant use of AI
- Don't put personal or confidential u3a information into AI
- Always respect the copyright of creators

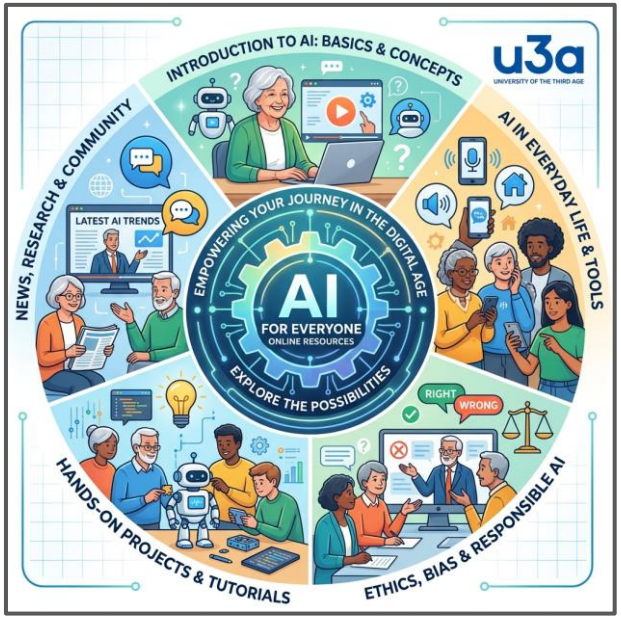
Third Age Trust (TAT) AI Resources *

The TAT has a nationwide:

- AI Subject Advisor, and an
- AI For Everyone project team

TAT has created a number of online resources available to all u3a members:

- Monthly AI Newsletter
- Programme of online learning events:
  - talks, workshops and courses
- AI WhatsApp Group
- AI Agitators network of local ‘AI champions’ who have a monthly Zoom discussion group
- AI Padlet board of learning resources:
  - For beginners, course materials, guides, links



* https://www.u3a.org.uk/members-area/subjects/artificial-intelligence

AI Interest Group

A new AI Group is under discussion

The aim is to:

- Demystify the jargon and concepts
- Share our experience of using available tools for everyday tasks
- Discuss the associated ethical and the societal concerns we have
- Imagine the future opportunities

A taster meeting is soon to be called * to gauge the level of interest.

* Please contact Dale K

How Group Convenors can help

The AI Working Group members would like your assistance * to:

- Critique the AI Policy content
- Leverage and reinforce the Communication Plan messages
- Trial the use of AI tools that may help your Group meet its goals more effectively
- Share feedback on your experience of AI, both positive and less so!
- Raise AI-related issues to be considered by the AI or other Groups

* Please contact Dale K

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Feedback to the AI Working Group:

- Dale K, Clive B, Phil H, Phil C