



HDR HELPFUL HINTS

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Uses of AI in daily life

SUMMARY

Generative AI can help HDR candidates, as well as other researchers, complete their research activities. However, generative AI can also enable HDR candidates to complete many other tasks more efficiently as well. This document outlines many other uses of AI that could be relevant to candidates but are not restricted to research. For example, AI can be used to

- improve mental health,
- search the internet more efficiently,
- enhance creativity,
- inform decisions, and
- improve efficiency.

Generic AI tools, such as Chat GPT, can perform some of these tasks. Specialised tools can perform other tasks. Usually, these specialised tools can be purchased at a moderate fee, usually about \$10 to \$40 a month.

MENTAL HEALTH

Many research candidates and researchers experience stress, anxiety, depression, and other mental health concerns. To enhance resilience and to diminish the likelihood of mental health problems, generative AI can be helpful. For example, generative AI can demonstrate helpful practices that improve resilience and mental health. Here is an example.

Self-distancing

To learn a mental health technique called self-distancing,

- access [Mollick and Mollick \(2024\)](#). Instructors as innovators: A future-focused approach to new AI learning opportunities, with prompts.
- Then copy the prompts on pages 51 to the first paragraph on page 54 and paste into your favourite generative AI tool.
- These prompts will show you how to teach this technique to someone else. This experience will also help you learn the technique yourself.

Likewise, you can use generative AI to facilitate common mental health strategies. For example, to improve mental health, practitioners often encourage individuals to apply a technique called self-affirmation, in which they clarify their values and choose courses of action that resonate with these values. Self-affirmation has been shown to improve mental health, resilience, and humility (e.g., Hanel et al., 2023). To improve self-affirmation, individuals could enter the following prompts into their preferred chat bot and then, each week, initiate one or two of the suggested actions:

- “Could you ask me a series of questions that could help me determine my key values in life?”
- “Here are some answers to these questions...From these answers, can you tell me about my values?”
- “Given these values, can you suggest 10 actions that could help me align to these values more effectively?”

INTERNET SEARCHES

The solutions to many problems appear on the internet. However, traditional Google searches are not always helpful because

- you cannot always enough information in the search box to help the tool identify your precise needs,
- you cannot readily integrate the information from multiple webpages.

Recent AI tools have been developed to help you search the web more effectively.

SearchGPT

- SearchGPT access is a tool that is restricted at the time of writing, in July 2024, but will be available more widely in the future
- Users can ask questions, such as “How can I lose weight?”.
- The tool will present relevant websites and integrate this information.
- You can also include additional questions to refine the search.

Perplexity

- In response to queries, will summarise information from current websites to answer these questions—as well as include citations and references.
- Utilises multiple large language models, including GPT4, Claude, Mistral Large, as well as a custom model.
- If you choose the Quick Search mode, you receive simple, fast answers.
- If you choose the Pro Search mode, you receive more penetrating answers and follow-up questions.

Pro Search

- Pro Search can even manage queries that comprise multiple steps; that is, this option can divide complicated, nuanced queries into a series of specific activities.
- Pro Search can also answer complicated mathematical problems and computer programming tasks—such as analyse data or identify errors in code.
- The answers tend to be detailed but presented in a simple format. The rationale of answers is presented comprehensively.

CREATIVE AND ENTERTAINING TASKS

Generative AI can be used to complete many creative tasks. Besides all the tools that can be used to create images and videos, discussed in a document on research methods, generative AI can also facilitate other creative pursuits. Some of these tools are used to fulfill specific roles. For example, Netjet uses AI to create and to optimise websites. Other tools facilitate a range of creative activities. Here are some examples.

Dubdub

This tool

- crafts engaging narratives or voiceovers to support videos,
- produces compelling blogs or other writing formats,
- creates videos.

Eleven Labs

Key features

- Generates sound effects.
- For example, you could ask the tool to generate the sound of a forest or a bagpipe.

Giftit

Key features

- Suggests which gifts you should buy your family, friends, and colleagues.
- The tool will contact the recipient, but without revealing your name, email this person relevant questions, and then send gift ideas to the buyer.

Storynest.ai

Key features

- This suite of AI tools help you create stories—for novels, plays, and other formats.
- Each tool fulfils a separate goal, such as to create characters, design a setting, and so forth.

AI can readily generate output that seem novel and creative. That is, if you enter diverse concepts into an AI tool, the tool can integrate these concepts effectively to uncover creative possibilities. To quantify this creativity, Haase and Hanel (2023) compared the creativity of AI tools and the creativity of humans on the

alternative uses test—a task in which participants must identify as many possible uses of common objects, such as a brick or paperclip. In general, even Chat GPT 4 outperformed over 90% of humans on this task. To enhance the creativity of AI tools,

- prompt the AI to “assume the role as a specialist in solving problems creatively”, before asking the tool to generate ideas on how to solve a problem,
- extract and integrate the best ideas the AI tool generates.

Indeed, some people even use AI tools to develop online games. For example, Ethan Mollick once wrote something like the following prompt in Claude. In response, the tool wrote the HTML5 code for a game called Squidy Swim.

I miss the online game flappy bird. Can you write the HTML5 code for a similar game with squid that I can play write now.

INFORM DECISIONS

Generative AI can also inform your decisions. To illustrate,

- Trustguide is a tool that summarises all the reviews and feedback about products—to enable you to evaluate products more efficiently.

IMPROVE EFFICIENCY

Finally, generative AI tools can help you complete your tasks—including the application of AI—more efficiently. To illustrate, some tools enable you to communicate your devices, including AI, verbally. Accordingly, you can thus perform tasks while completing other activities. Here are some examples.

TOOL	FEATURES
GPTEExcel	<ul style="list-style-type: none">• Generates relevant formulas in Excel

Recap	<ul style="list-style-type: none"> • Often, people create or save papers and other notes—but then forget about this content. So, their insights and ideas are never applied. • This tool summarises all this content—and sends this summary to you at a time in which you can apply this information. • For example, you could prompt this tool to send a summary of all the materials you have created or saved at the beginning of each week.
Siri	<ul style="list-style-type: none"> • The digital assistant in Apple products, Siri, will soon be upgraded. • Specifically, AI models, including GPT and Google Gemini, will now improve the performance of Siri. • Users will be able to open specific document, shift notes, sent emails, and even complete a sequence of tasks. • The responses of Siri will depend on what other information is displayed on the screen and, therefore, accommodates the setting or circumstances.
travelbot	<ul style="list-style-type: none"> • Helps you plan trips. • The tool will offer recommendations if you enter, for example, a prompt like “Plan a perfect trip to the beach that is within 5 hours away”

Other tools will help you complete standard clerical tasks more efficiently. For example, one tool, Afforai, rapidly extracts and integrates data and information from your computer files—including pdfs, Word files, Powerpoint, webpages, and so forth. Other tools can facilitate time management.

Martin
<p>Key features</p> <ul style="list-style-type: none"> • Helps you manage your time better, promoted as the AI Butler. • For example, you initially can text or speak to Martin, asking specific requests. • To illustrate, you can ask Martin to remind you to complete some task at a specific time. • The tool then learns your needs and can proactively complete some tasks for you or recommend some actions. <p>Examples</p>

- For instance, the tool may sometimes manage your calendar and set reminders.
- The tool may offer advice, like “You need to meet a client tomorrow. Do you want me to download some materials?”
- Martin uses information from search engines and news sites to inform the answers.

CHAT BOTS

You can use a range of existing chat bots to complete many of these tasks, including Chat GPT, Google Gemini, and Microsoft Copilot. The following examples clarify some of the distinct features of leading chat bots.

Claude.ai

Previous updates to Claude

- Claude 3 now includes a feature called Tool Use.
- This feature enables the AI to connect with other services, software, and APIs—such as a database.
- To illustrate, a company could develop a customer support bot. Customers could enter questions like “Where is my order”, and Claude will be able to connect this question to a customer database.
- The user will need to develop some basic knowledge of coding to develop this bot.

Recent updates to Claude

- Claude 3.5 Sonnet, the latest update
- Another feature, called Projects, enables teams to collaborate and share their prompts and responses.
- Each project stores documents, chats, and other information in one location.
- The context window of each project is 200K—about 500 pages—so you can upload significant information into Projects.

Cody

Features

- Utilises Chat GPT but trains the algorithm to be relevant to your business—and thus acts like another employee

Naledit

Features

- Compares multiple chat bots—such as Chat GPT, Gemini, and Claude—simultaneously.
- Generates the output of multiple chat bots from the same prompt, enabling you to compare multiple LLMs