



Leveraging ChatGPT for Justice-Impacted Individuals

Workshop Goals

- Understand what ChatGPT is
- Learn how to start using it
- See practical examples for your life

What is ChatGPT?

- ChatGPT is a free AI chatbot that you can converse with
- Works like texting with a knowledge assistant
- No special tech skills needed

What is ChatGPT?

A way to brainstorm ideas and get feedback



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graph TD; A[A way to brainstorm ideas and get feedback] --> B[Available 24/7 with no judgment]; B --> C[Free to anyone with internet access]; C --> D[Gets better when you give it clear instructions];
```

Available 24/7 with no judgment

Free to anyone with internet access

Gets better when you give it clear instructions

What ChatGPT is not



Not a replacement for human support
(friends, lawyers, counselors)



Not always accurate. Verification is
essential



Not the same every time



Not private – do not share personal
information

How to converse with a chatbot

01	02	03	04	05
Be specific.	Give examples of how you want it to respond.	Provide structure.	Make revisions.	Always verify.

Prompt Engineering: Prompt engineering describes the way you interact with a chatbot

Using AI For: Navigating Difficult Conversations

- *I just got out of prison after serving a _____ sentence. I'm returning to _____ (church/work/community) and am concerned about people asking about my conviction. Provide guidance on how to disclose my conviction and when it is appropriate to do so.*



Using AI For: Building a Resume

- I need assistance building a resume. I have _____ (experience), and I have _____ (credentials). I have been out of the workforce for _____ time due to incarceration. Provide a resume that can fit into a one-page document. Consider specific phrases to use to describe this time gap in my employment.



Using AI For: Personal Improvement

- I need to start exercising more. When I was incarcerated, I did _____ exercises ____ times a day/week. I have less time now due to personal and professional obligations. Provide me with a workout plan that can fit around my 40-hour work week.
- I just came home and I'm opening my first bank account in _____ years. Explain the basics of checking vs. savings accounts, how to avoid fees, and how to start building credit from scratch.

Considerations

More use cases than presented
in this presentation

Try out ChatGPT for yourself.
The best way to learn is
practice

Reach out to
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with any questions