

# What AI Actually Is

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## Objective

Remove fear and overwhelm.

## Key points

- AI is like hiring an incredibly fast assistant.
- It isn't magic.
- You don't need to be technical.
- You can't "break" ChatGPT by asking a bad question.

## Exercise

Ask ChatGPT: "Explain what AI is like I'm 10 years old." Everyone does it together.

## Notes

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