

Asking good questions

The more specific your question, the more useful the response is likely to be.



Instead of:
"Tell me about exercise"



Try:
"Suggest ten gentle chair exercises for a 70-year-old beginner"

BUILD CONFIDENCE THROUGH PRACTICE.



REMEMBER
AI is a starting point, not the final answer.



Better responses



Examples of effective prompts:



Meal ideas

"Give me three easy dinner recipes using chicken and vegetables"



Writing assistance

"Help me write a polite email cancelling an appointment"



Technology help

"Explain how to use online banking safely in simple steps"



Travel planning

"Help me plan a three-day road trip around Tasmania"



YOU ARE THE FACT CHECKER

AI can sometimes provide incorrect information.

HELPFUL PROMPTS INCLUDE:

- "Can you provide sources for this information?"
- "Please explain this in simple language"
- "Don't make anything up. If you're unsure, please tell me"
- "What information should I verify independently?"