**What Is AI?**

In this video, we will navigate the captivating world of A.I. We'll delve into its essence, unraveling what it truly is, and explore the myriad of opportunities and challenges that lie ahead.

"AI" stands for Artificial Intelligence, and it includes many different techniques and methods, such as machine learning (teaching computers to learn from data), natural language processing (helping computers understand and respond to human language), computer vision (enabling computers to "see" and understand images), robotics (creating intelligent machines that can perform tasks), and many more.

AI is a broad field with diverse applications.

What is generative AI? Generative AI is a specific subfield or category within AI.

Unlike traditional AI models that are typically used for tasks, generative AI models aim to create new data, such as images, text, music, or even videos.

The recent excitement surrounding generative AI stems from its user-friendly interfaces,

allowing users to effortlessly create high-quality text, graphics, and videos within seconds.

And this is particularly useful in learning design and training.

ChatGPT, for example, has proven its numerous use in learning and training, including:

1. Answering Questions: Instructional designers can use ChatGPT to get quick answers to their questions on a wide range of topics as it can provide explanations, definitions, and clarifications, making it a helpful study companion.
2. Tutoring Help: ChatGPT can act as a virtual tutor, guiding learners through difficult concepts. It can offer step-by-step solutions in solving problems.
3. Research Assistance: ChatGPT can help gather relevant information, explore different perspectives, and brainstorm ideas.
4. Personalized Learning: ChatGPT can adapt to individual preferences and learning styles, it can cater to each learner's unique needs, making the learning experience more personalized and effective.
5. Augmented Learning: Integrating. ChatGPT with existing learning platforms can augment the learning process, offering real-time support and additional resources.

However, it's important to consider the limitations of generative AI. These include:

* The lack of source identification
* Challenges in assessing bias

Generative AI like ChatGPT is a transformative technology with vast potential, learning design and training included. By understanding its capabilities, limitations, and applications, users, instructional designers, and learners can critically evaluate and mitigate potential risks and challenges associated with this technology.