



## Day 5 Multimedia

In this video Jennifer Aaker, a Stanford professor and author, discusses the potential of AI to enhance human well-being and meaning. She explores how AI can serve as a coach or mentor, helping us understand ourselves better and free up time for meaningful activities. Aaker emphasizes the importance of a human-centered approach to AI, focusing on both efficiency and creating a sense of purpose in our lives.



This video is a useful start for considering some of the potential benefits GenAI might offer in terms of well-being.

### **Video Summary**

This video explores the potential of AI to improve human well-being. AI can act as a coach, helping us understand ourselves better and use our time more meaningfully. The speaker emphasizes the importance of a human-centered approach to AI, focusing on both efficiency and creating a sense of purpose in our lives. The video discusses the challenges of loneliness and the negative impacts of social media, and asks how AI can be developed to avoid similar pitfalls.



Let's Reflect! Consider ways that you have used Generative AI such as ChatGPT to support your well-being.