Audio file Session 6 R.T. (Debrief) 7-24-2025.m4a RT, Speaker 2 Transcript 00:00:06 Speaker 1 So our first topic was information seeking and we discussed whether To Do List adding events to a calendar looking at local and international news sporting events. Seeking. And just seeking any information that we're curious about. And so let's find 2 activities related to this topic and practice in putting it to Gemini. And then stop sharing and then I'll have you take over R and go ahead and share your screen. Are you able to flip your Gemini? 00:00:56 Speaker 2 I'm trying to load it, but I think it's like showing like. UM. It's like not letting my e-mail not use it. So it says service not allowed. 00:01:09 Speaker 3 My bank to Gmail to. 00:01:11 Speaker 2 Yeah, it's in my personal e-mail. Yeah, need to. Tenses. OK. Can you guys see it says Hello, R, on there. 00:01:53 Speaker 1 I cannot. Maybe can you stop sharing and reshare? Maybe it needs to? 00:02:01 Speaker 2 Alright. Hello. 00:02:15 Speaker 1 Now yes. Alright, so for information seeking topic, is there a topic of interest you'd like to ask Gemini? 00:02:28 Speaker 2 Yes, they. The middle of summer. So like. Well, you know, I live in South Orange County, so we're like the US open is surfing is coming up. So like, let's see like when I know, I know that's always Huntington Beach main beach. But I don't know what time when. 00:02:46 Speaker 1 Oh yeah, that’s a great question to ask Gemini. 00:02:51 Speaker 2 Because. So it's it's it's fun to people watch. 00:02:57 Speaker 1 I'm actually thinking about going. 00:02:59 Speaker 2 Yeah, so I was. Just walking up and down main and. Just like these people. Ohh no, she kicked the Huntington, then the 22nd through. August Spaghetti in August. 00:03:42 Speaker 1 Is there anything? Is there any more information you would like to know about the US Open? 00:03:47 Speaker 2 Yeah, because there's like this coming week to like 2 weeks. So what? Maybe I can answer. More facts about this. Here she has. Is what I feel like. 00:04:53 Speaker 1 OK, so it gives you the dates for. The long board components. 00:04:57 Speaker 2 Like I like, you know, some people like those little carvers like longboards, fun to ride is. I'm not. I'm not really a big surfer, but just like finding cruising. Yeah, like to see that, you know, main beach honey, she has his son has a tourist trap. But just watching be fun. 00:05:17 Speaker 1 Is there any important information that you'd like to know before going to see the longboards? Maybe something that Jim and I didn't say? 00:05:26 Speaker 2 They're really nice. Like location, actual location. It's just honey beach. So like Main Beach is a long place, like where you know, it's like they ask like what? What side of the pier or something like location. 00:05:42 Speaker 1 Yeah, or where to park or something? 00:05:44 Speaker 2 And where to park, Well, like it's giving a lot, this is just, you know, just type them into like my apple maps or something and pull into like, the main beach parking promenade is easy to get through and some of them like. One street over. We gotta pay for him. So it's. Like. Whenever you drive down there, see well, people go down and sneak around backside. So it's like good to have these suggestions to go through. 00:07:01 Speaker 1 Yeah, for sure. I feel like this is all really helpful that we could like. Put in our Apple maps. 00:07:11 Speaker 2 Yeah, I'm going to park there sometimes like. So maybe like Ohh park around that corner like 1 you walk, walk over one night, walk over to the beach or. No, there's a good steak fish Taco place down the aisle. You just sneak over. 00:07:29 Speaker 1 And that's another thing you could ask too, right? 00:07:35 Speaker 2 Yes. 00:07:36 Speaker 1 I know they only have a lot of vendors, right? 00:07:38 Speaker 2 They did have better for like the main pier antenna stalls up. You know, the Main Street, they got all those like little restaurants and they got parts out front carts out front. It's like sometimes, like when you sometimes surfing is early in the morning, you get a burrito one hand. 00:08:33 Speaker 1 Yeah, the best thing is in the morning. 00:08:36 Speaker 2 Yeah, like those people down here at the wage Newport, they're up. Daybreak. I'm just like. Going to bed. 00:08:49 Speaker 1 All right. Shock. 00:08:55 Speaker 2 Yeah, it's yeah, serious. 00:08:57 Speaker 1 You want to Scroll down and see what else. 00:09:00 Speaker 2 And sandy? 00:09:02 Speaker 1 Sandies. 00:09:06 Speaker 2 Water table. Water table is more a little high end. But it's it's good if you're with a group of. People that want it. 00:09:24 Speaker 1 Pacific hideaway. 00:09:26 Speaker 2 I think. Actually these are main off Main beach. So right there when you go that way, you see the right your left brake on the wave and you go there Scooter, scooter over the house coffee house so it's like. So. 00:09:46 Speaker 1 602. 00:09:47 Speaker 2 Except here. It's not. That was last time I went to 602. It just got like little raps. How much gonna walk right over?To the boardwalk and just like. It's good, like, you know, some nice and honey. Then when they have like the like, the farmers market out front on the main 602 walk right over memory. 00:10:12 Speaker 1 Yeah, and still check. Grab and go. You can like bring. It to the sand. 00:10:17 Speaker 2 I just remember I just. I've gone over to Huntington, down to the Woodies and it's good. Like. We have like a. BLT and just go watch ways good. It's good like thinking about later this summer. 00:10:38 Speaker 1 Yeah. These are great options. I think you can definitely save this chat for summer day. 00:10:44 Speaker 2 Yeah, this outfit. 00:10:45 Speaker 1 Whenever you want to go. Through the long boarding competitions. 00:10:48 Speaker 2 Yeah. 00:10:49 Speaker 1 OK, we can move on to the next topic we discussed over the training. So the next thing we did was entertainment to get information related to media, listening to music, watching movies. Maybe even have Gemini generate stories or tell jokes or create trivia games. Is there a topic in entertainment that you would like to ask tonight? 00:11:21 Speaker 2 You know, like, you know, sarcasm people like like, it's funny or something fall flat, but sometimes like. After my injury, I take it straight. Serious but like even the one of my things before my injury, I knew sarcasm like that. So if you wait, I can ask her about. They sometimes people, maybe Gemini and I would have a good one, but like sarcasm jokes here one day and it worked out. 00:11:50 Speaker 1 Yeah, that'd be that'd be good for entertainment and. 00:11:53 Speaker 2 Like you know, entering the conversation, you're just just throw joke at people you know or just like. What is that? 00:12:02 Speaker 1 Yeah, I think that's a great topic to see what Gemini says. 00:12:06 Speaker 2 Ask her. 00:12:07 Speaker 1 Yeah. That one's good. 00:12:48 Speaker 2 Here's the funny. Why did this have her break up with the ocean cause like people like break up as a relationship? Because he was feeling like he was just going through the motions like he had like a relationship like the other person is. I'm just going through the motions. It's funny. 00:13:12 Speaker 1 Do you wanna? Ask for more jokes. Maybe even ask like, do you want them about surfing? Or you can pick a topic as well. 00:13:20 Speaker 2 Him on the topic because we were just talking about surfing earlier, so. 00:13:24 Speaker 1 Yeah, that's it. Perfect. You can maybe use that on Saturday. 00:14:01 Speaker 2 Because this weekend I'm going bowling with like a group of people. So like our cousin. Stop playing cards. 00:14:08 Speaker 1 That's fine. 00:14:14 Speaker 2 Because they heard the strikes were ragged. 00:14:21 Speaker 1 It's a busy weekend, bowling and surfing. 00:14:24 Speaker 2 I just like, well, I'm just watching surfing. They're like, well, I think that we're gonna probably go to. To see the longboarding next weekend, but this weekend I have the serving date so I just.So it's because the strikes were rigged. Trying to make it think about it. 00:14:47 Speaker 1 You know, me too, I'm. I know that the born straight. 00:14:50 Speaker 2 Stroke, he says. I can hit him all, but strikes rate. 00:14:55 Speaker 1 But I don't know much about cards. I wonder if there's a connection there somewhere. 00:14:59 Speaker 2 Yeah, yeah, I know basic card games. So this is like kind of in between for me. 00:15:07 Speaker 1 Maybe you could ask Gemini to explain the joke. I wonder what Gemini would say. Oh, I get it. 00:15:45 Speaker 2 There's strike like they do a strike. 00:15:50 Speaker 1 I I told her that went over my head. 00:15:53 Speaker 2 You mean on my head right now? So he asked her. 00:15:57 Speaker 1 OK, I get it. Well, at least Gemini and. I provided a really good explanation. 00:16:02 Speaker 2 You know, ask her why I like using her as like exchange the point like that. Like if I told that girl over there like said, she'd probably be like, get her busy. Hey. Explaining. 00:16:22 Speaker 1 I think that's a good. Saves. I know that you were telling me earlier that like, sometimes sarcasm is challenging for you to understand. Maybe if someone did say something. Like I can't. Talk like sarcastic or not like maybe. You can like. It's like ask Gemini. Can you explain this and then maybe? Why would people to provide like a more in depth explanation? That's funny. I totally that went over my head. I was like, I don't. I don't get it. I'm not laughing. 00:16:51 Speaker 2 You know, like, so these people like some people. Staying is how like it's trained on normal joke. Sometimes those go over your head too, but I can just like it's fun to everything but sarcasm. It's good to get back into. 00:17:07 Speaker 1 Yeah, definitely. Sometimes I don't understand. Sarcasm, I'm like. Are you are you being mean, are you? Like, are you being serious or like that? It's really hard to tell. 00:17:18 Speaker 2 It's like. So this is delivery like you sometimes right there. So you got a chip on your shoulder, that's sarcasm or if you just saying it straight on. Then that's you have been realized realistic with it. But see how you deliver it like you could shrug your shoulders. Of the like weird look at your face out there trying to take you out. 00:17:43 Speaker 1 Yeah. So looking at body. 00:17:47 Speaker 2 Cute, yeah. 00:17:48 Speaker 1 Body movements or Felix questions can kind of help you understand if it's sarcasm, but it's like Gemini. Honestly understand sarcasm. So you're very confused. You can ask them. 00:17:58 Speaker 2 He does. 00:18:01 Speaker 1 All right. And let's go to our next topic. That was self-care and medical needs, so. I know you're really good about taking your medication because you have your pill box, but maybe we can search for. Self keratin. 00:18:24 Speaker 2 OK. 00:18:26 Speaker 1 Or ways to improve our mental or physical health. What sounds most helpful or useful to you? 00:18:34 Speaker 2 Like self-care, like mental and physical health, just like mindset thing. Just. 00:18:41 Speaker 1 Remember, last time we did yoga? 00:18:42 Speaker 2 Yeah, yoga was going on that maybe there's something else you can pick. 00:18:46 Speaker 1 Yeah, maybe there's something else, that Gemma I can provide. Yeah. OK, so some breathing. 00:20:04 Speaker 2 You. Techniques. Yeah, I need to like actually implement the. I've heard about them and. I actually do them. 00:20:11 Speaker 1 Yeah, these are good. I like box breathing. 00:20:15 Speaker 2 Up there, up there, yeah. 00:20:18 Speaker 1 Yeah. 00:20:20 Speaker 2 Count to 4. 00:20:24 Speaker 1 That one works really. Well, yeah.Mindfulness and meditation. 00:20:42 Speaker 2 Yeah. And like some of this. Well made neuro. Psych tells me about, like, living in the present and like. Even now not then or where you are, so it's like and also doing the full body scan like how you're carrying yourself and like eye contact. To. Judge yourself. The mirror is supposed to be. Your best friend, not like. You know good. 00:21:14 Speaker 1 Physical activity. 00:21:18 Speaker 2 Kind of like basic exercises and well, just, you know, being outdoors in the environment, just like nature, sounds, sounds and like peaceful. Like, you know, I love watching surfing and going to the beach and stuff, you know, walking on sand. It's always like just your nature. Like, the the breezes and like. I just like being outside, so just walking on the beach.Is always fun. 00:21:41 Speaker 1 Me too. That's one of my favorite self-care activities. 00:21:45 Speaker 2 Eating. 00:21:52 Speaker 1 And what's #4? Engage your senses and creativity. 00:21:57 Speaker 2 And also, just an animal snuck in there, like almost ready. Like I love it. So people bring their dogs to the beach. But like some dogs. 00:22:00 Speaker 1 Yeah, put an animal. Otherwise. Sounds, maybe you can set them. On the beach. 00:22:10 Speaker 2 Are not friendly. Some dogs hang out with their master only, but some really they come and sniff over to your brother nose right in your lap. But it's. Like. They're like humans. Social or not, saying this is like. Aromatherapy what smells is good, like sometimes name sense, like camomile, lavender, stitch just really soothing, but something he smells something else like. They got a cup of coffee like ohh I need to work. It's like sit there but they really fills your mind. Tell what you want to do. Like relax or go to work. Therapies. Good to check into, yeah. 00:23:03 Speaker 1 And then the fifth one, adjusting habits and mindset. 00:23:10 Speaker 2 Oh yeah, somebody's just for overall life screen time. Like I'm talking to you guys, but.After. Off because like a bunch of their generation on the phone. Streamed TikTok. Ohh, you know, a lot of these therapies. And like talking to people, FaceTime or like talking you guys on zoom and stuff, a lot of interaction is digital. So it's like, oh, I think that we're probably getting used to this. All this is saying blue light to your eye or whatever. Yeah. Like this is kind of bad for your brain, but. Did it come back and it? 00:23:51 Speaker 1 I know that's why I wear my glasses so much more than wearing contacts because they have blue light in them because I'm always on my computer, I feel like. 00:23:56 Speaker 2 Oh. Probably, And also like having mentioned here. Diet, sleep. Those are important for your brain and overall health like. Get my. No, no, I take 9 hours of sleep, but I got a regular basis and my I'm ready to go and also eat my 3 meals and. Different mindset, yeah. 00:24:27 Speaker 1 Yeah, definitely. And.I think that it may be time to go back to the main room. I think we're ending our breakout rooms, is that correct? Doctor, you're heading back. 00:24:36 Speaker 2 OK. 00:24:42 Speaker 3 I was thinking if you're done, would you like to just directly go into individual feedback since we're in the room right now? Has some some questions we can go through. And since R, we don't have your mom with you. We'll just ask you, your individual feedback about. Yeah. Are you OK with that? 00:25:06 Speaker 2 Uh, yes, I can actually tell her to come in. But. 00:25:08 Speaker 3 OK. Maybe we'll do your portion first and then we'll come back. That sounds good. 00:25:14 Speaker 5 OK, I think I'm going to jump in and start on the questions. R with the feedback so first of all, thank you so much for participating. It was just great to be working with you. And I I really like the way you. I don't know made that made the AI experience personal for yourself. So was it easy or difficult for you to use your AI? Why don't you give us a one to five scale? You know where one is super easy and five is super difficult. 00:25:36 Speaker 2 Yeah. Well, maybe it's not a two because like I started with Gemini, she's kind of giving me some vague answers. You know, uh, well, it was Alexa kind of hit or miss. But Gemini is more good amount of detail, but Alexa is kind of. Rod is good for something. It's like shopping list. Wake up and like give her my, like tell me. Oh, I got PT in 45 minutes. She'll give. Remind me of stuff like that. But Shannon is more deeper answers. So I like the difference between those two. 00:26:32 Speaker 5 OK, so it sounds. Like. They are different for they're. Good for different reasons that.OK. And it was fairly easy for you to learn how? 00:26:39 Speaker 2 Yeah, yeah. 00:26:42 Speaker 5 To use it. 00:26:45 Speaker 2 And yes cause. A big portion of our our life right now is getting digital. So it's like need to get with it. 00:26:53 Speaker 5 OK, what specific problems did you have with Jim and I, for instance, specific problems with like vocabulary. Did I understand your questions? Does she understand your? I'll call is she. Does she understand language? Was it? And if you did have problems, was it easy? To fix the problems. 00:27:14 Speaker 2 I think it was easy to fix like when I gave follow up questions about like you're talking about the the surf contest earlier where well about like the long board at the open and just like she probably in her little computer brain. I just asked about that. So she knows how to refer back to it.