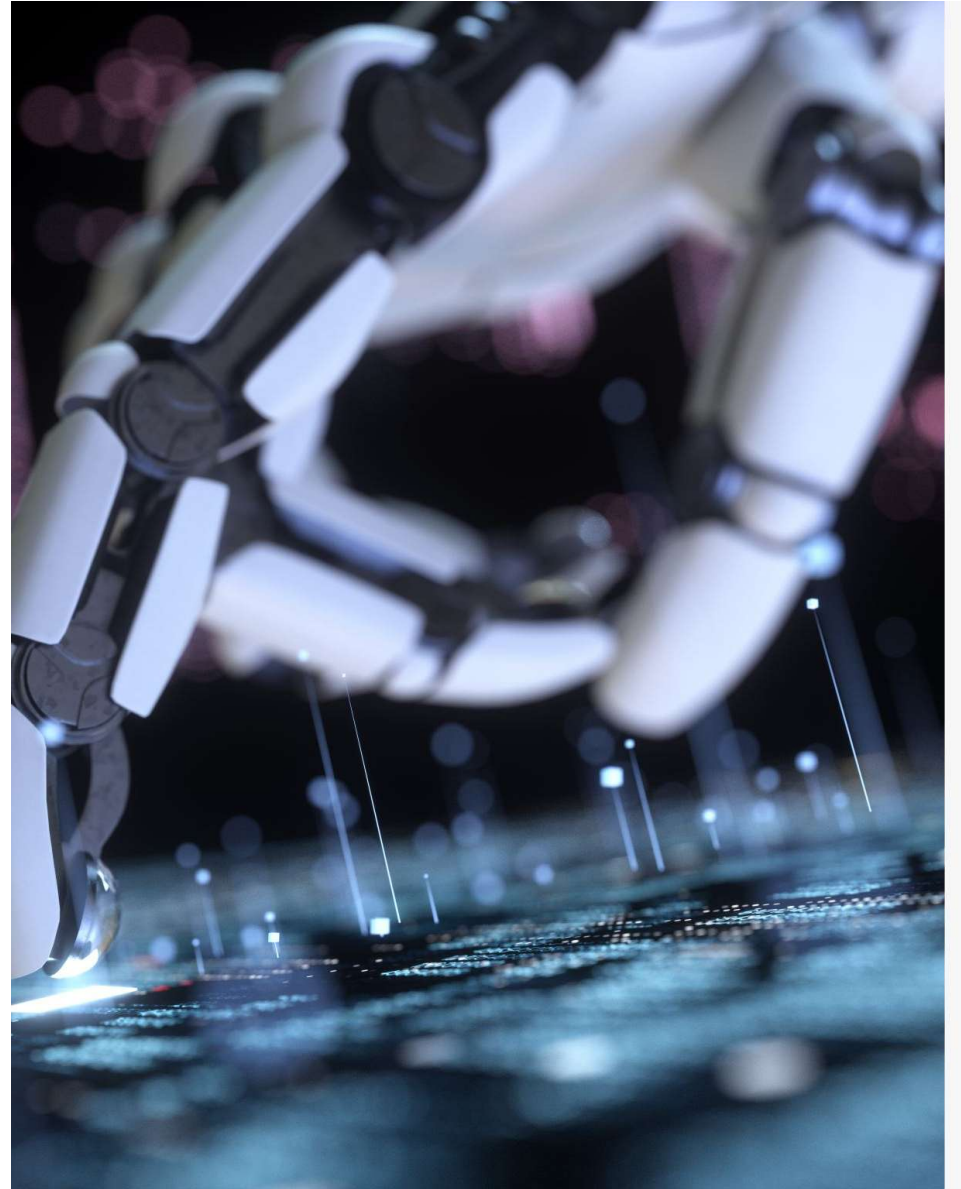


The Third Age is a Digital Age: Navigating the AI Revolution

Dr. Martin Compton

Head of Centre for Excellence in Learning and
Teaching, UEL



I needed... U3A overview

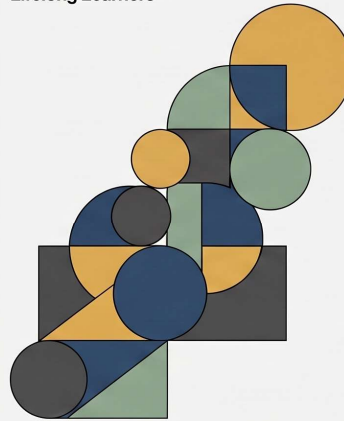


u3a: Learn to Live Better for Longer

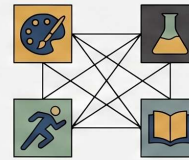
A UK-wide movement of over 1,000 charities where people no longer in full-time work come together to learn for fun. Utilizing a "non-formal" learning model, u3a acts as a vital resource for maintaining physical and mental health while combating social isolation.

What is u3a?

A Movement of 430,000+ Lifelong Learners



A UK-wide collection of 1,000+ charities providing low-cost, non-formal learning opportunities.



Member-Led Interest Groups
Thousands of groups meet weekly to share skills in arts, science, sports, and philosophy.



Affordable and Accessible
Membership averages under £20 per year and requires no formal qualifications.

Why Join? The Health & Social "Blueprint"



A "Dementia Risk-Reduction"
Lifelong learning acts as a proven health measure, tackling the determinants of cognitive decline.

The Five Ways to Wellbeing



The Five Ways to Wellbeing
Members stay healthy by connecting, being active, taking notice, learning, and giving.



"Learning Not Lonely"
The non-formal learning model builds social capital and bolsters community resilience against isolation.

Comparison of Learning Styles

Learning Type		Key Characteristic
Formal		Organised, institutionalised, and typically aimed at professional advancement.
Non-Formal		Structured but "bottom-up" and mutual; learners are also teachers.
Informal		Spontaneous learning that happens naturally as part of everyday life.

Learn, Laugh, Live in South East London



Learn, Laugh, Live: Join u3a at Horn Park

Discover u3a
South East London



The "Learn, Laugh, Live" Ethos

A member-led movement promoting lifelong learning and friendship for those not in full-time employment.



Member-Driven Community

Groups are organized by members themselves using their unique life-skills, knowledge, and enthusiasm.

70+

70+ Interest Groups

Over 600 members share their skills to lead diverse groups across Greenwich and Lewisham.

Activities at Horn Park

Logistics & Top Activities



Friday Morning Talks

Weekly at 10:15 am for refreshments, with talks starting at 10:30 am.



Fitness & Culture Groups

Features a Heritage group and fortnightly Yoga sessions held on Friday afternoons.



Photography in the Bowls Room

Meets the 2nd Tuesday of each month (currently has a waiting list).

Logistics

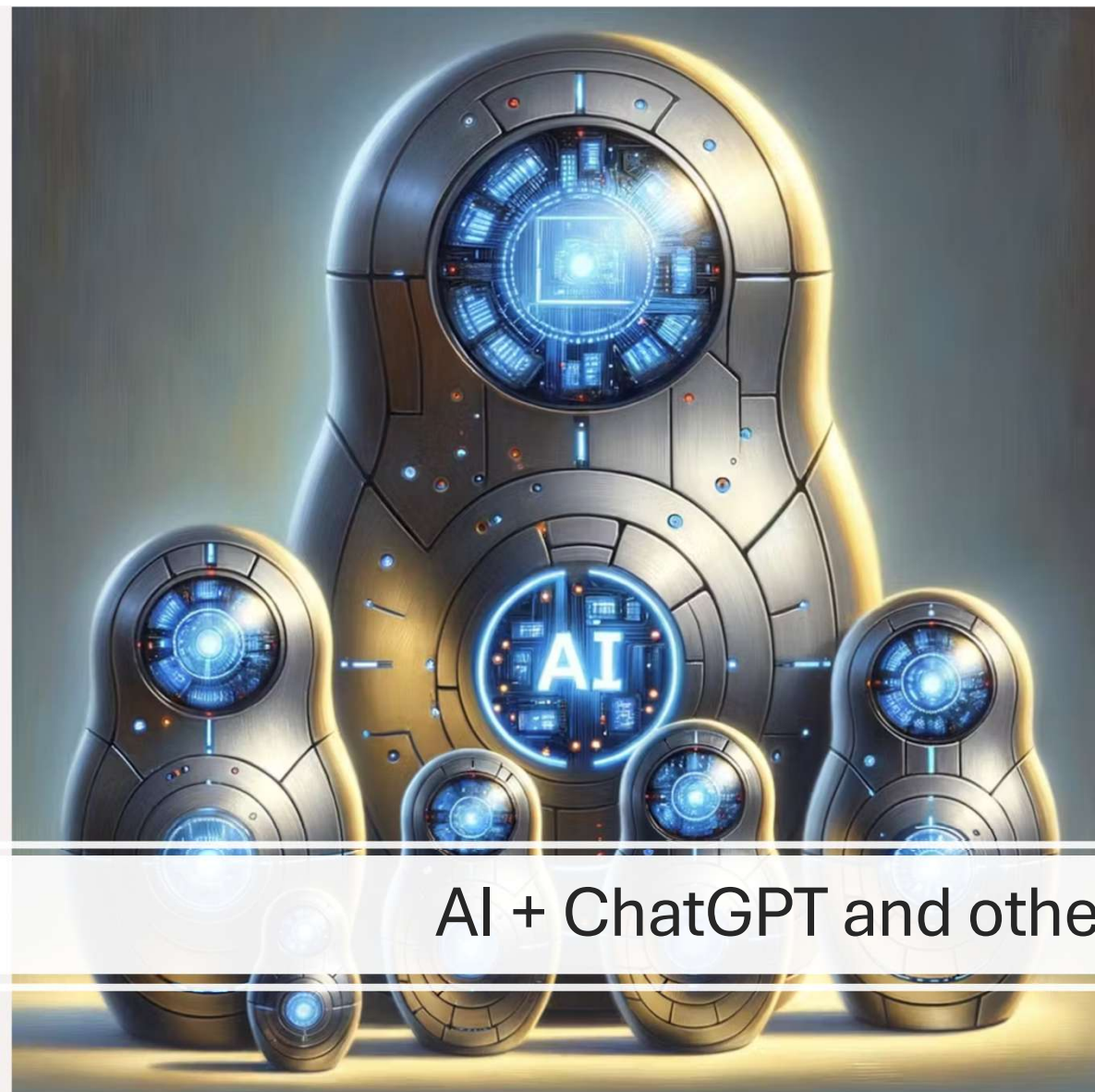
Address: Horn Park, Eitham Road, Lee, SE12 8UE
Landmark: Opposite Weigall Road

Top Activities

Me and my Socratic paradox

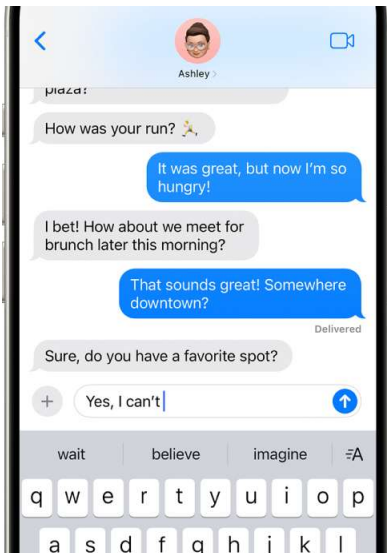
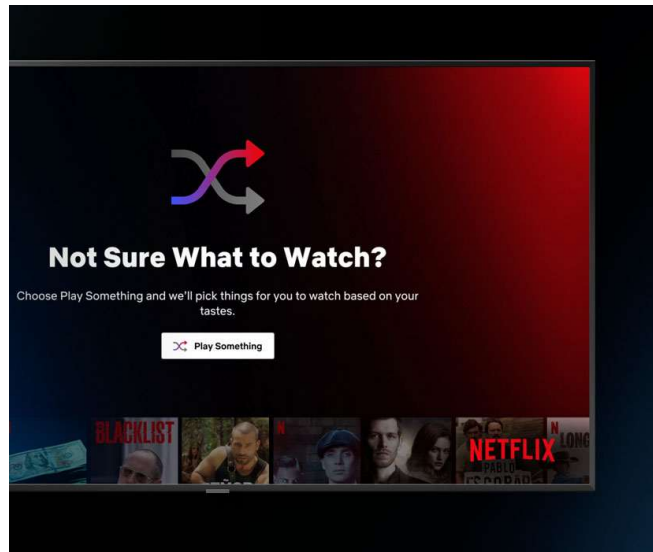
“The only true wisdom is knowing
that you know nothing”
(or words to that effect)



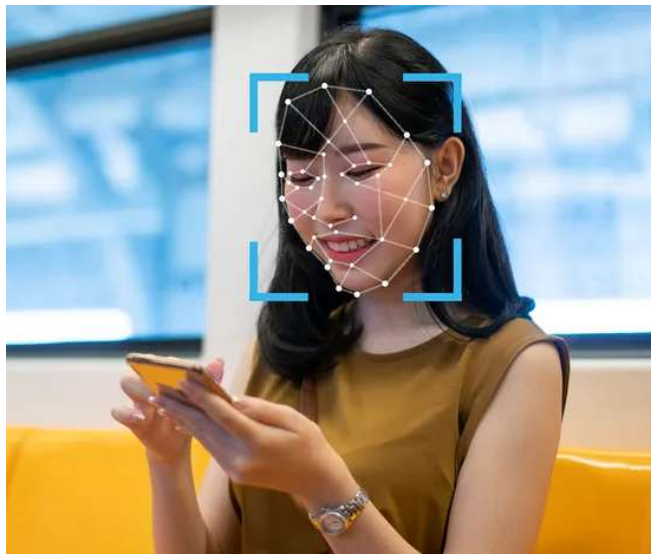


AI + ChatGPT and other generative AI





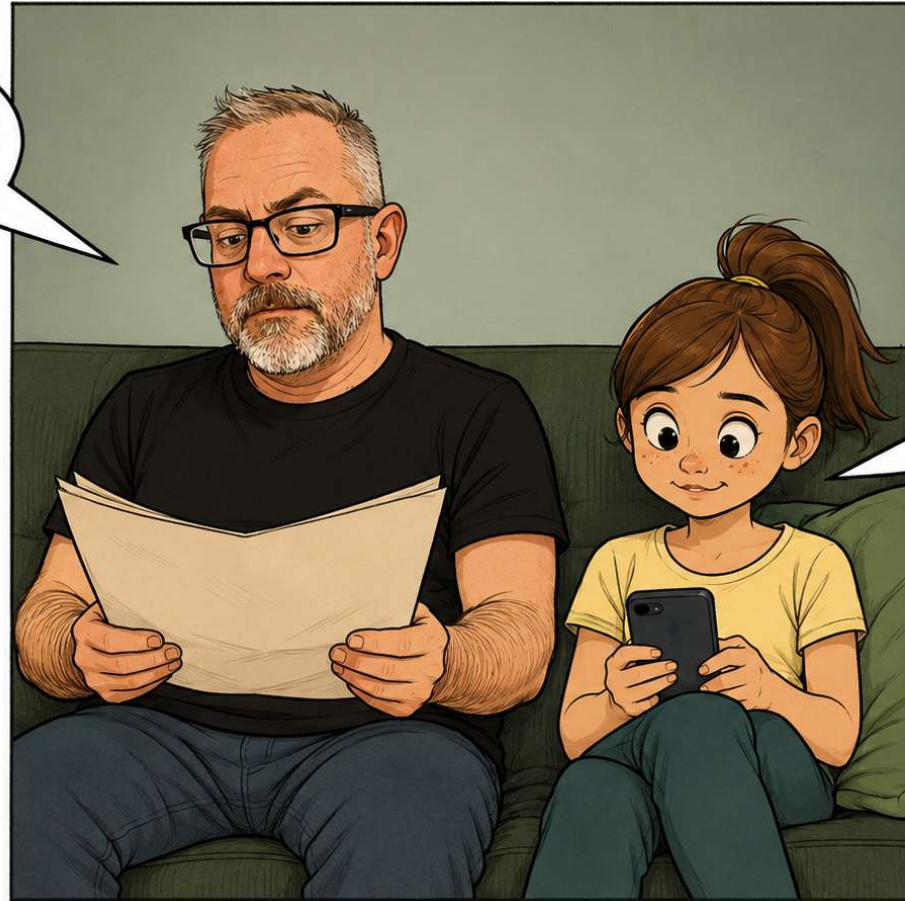
Predictive text; tap a suggestion to apply.





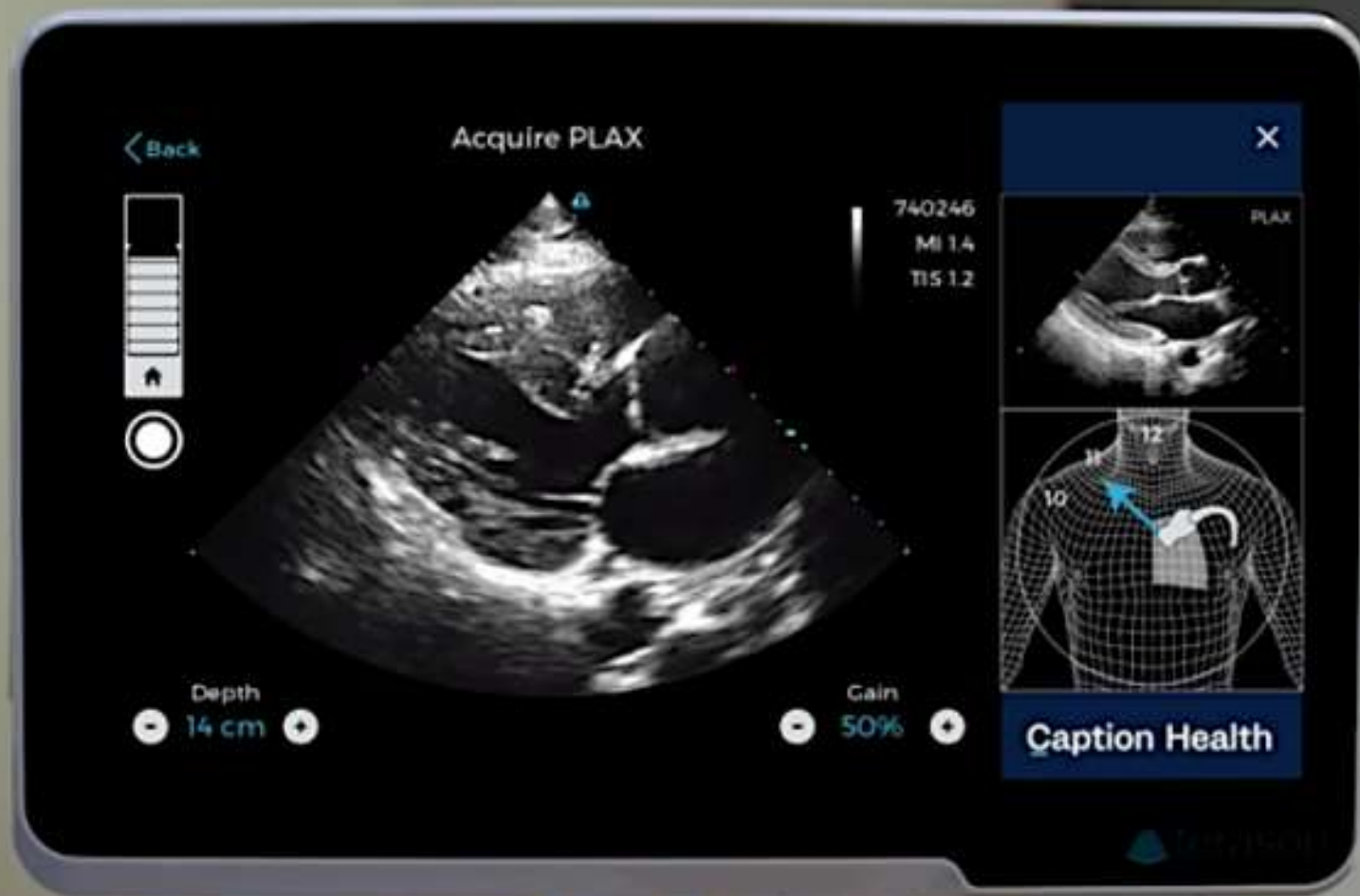


Your homework
is full of
Americanisms!



Whateva bruh!
I'm on my cell

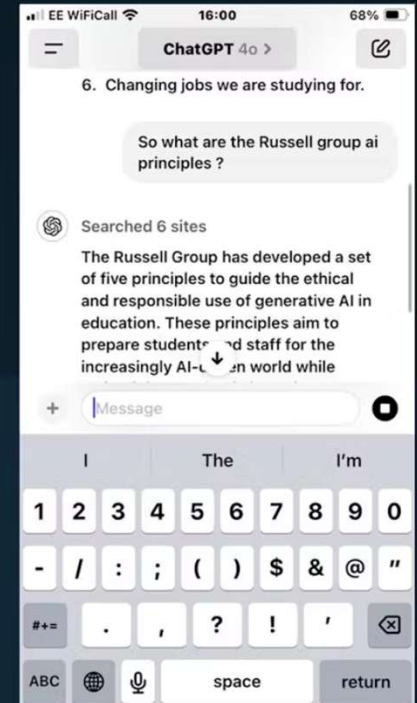
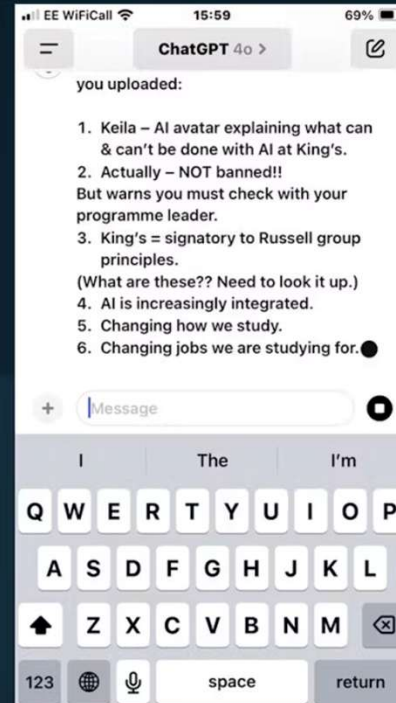
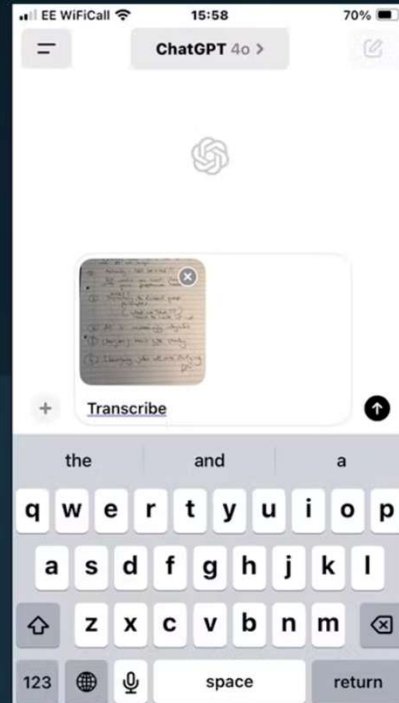


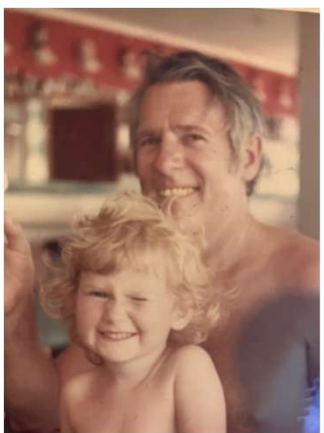


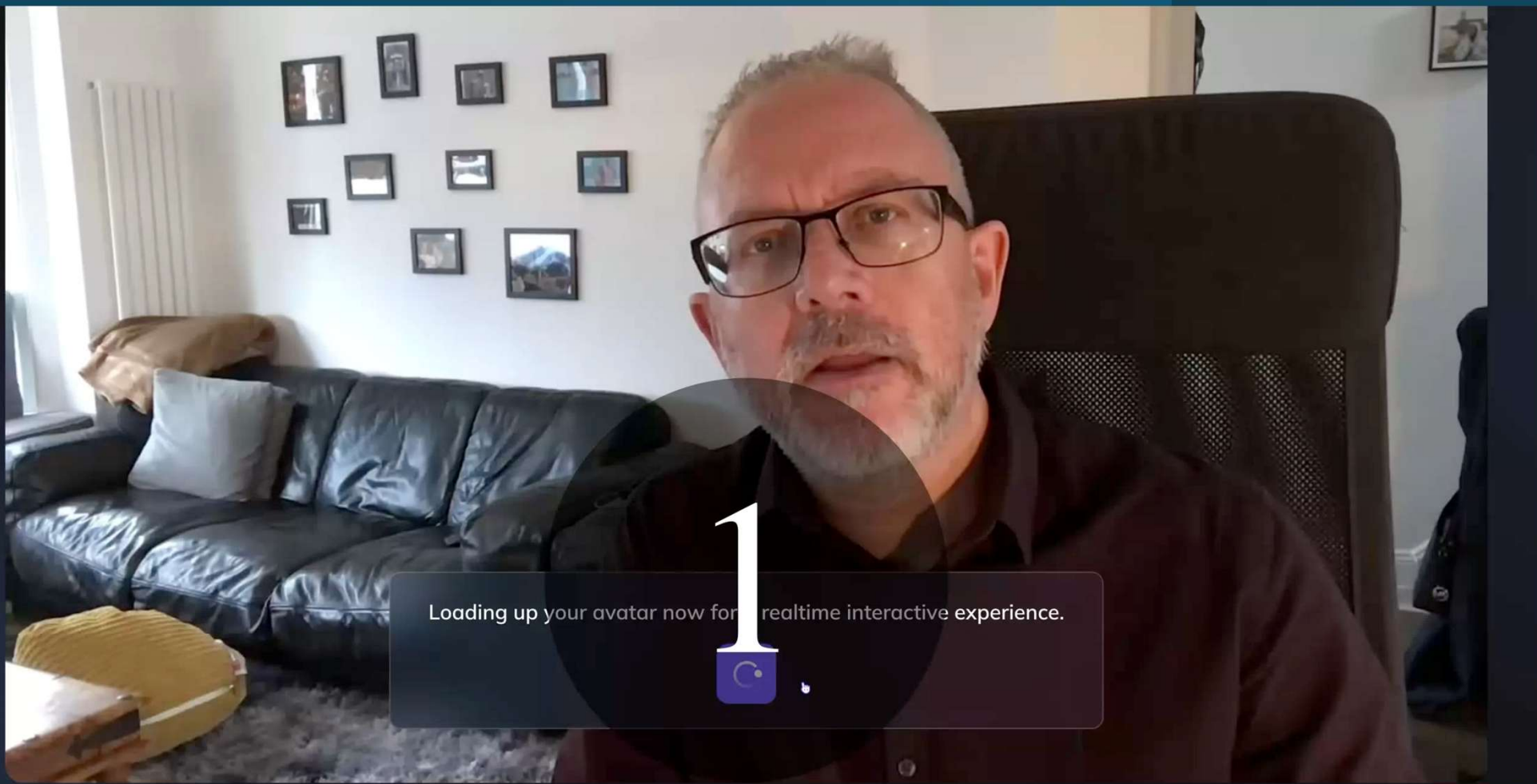




① Keila - AI avatar explaining what can & can't be done with AI at King's.
 ② Actually - NOT banned!!
 But warns you must check with your programme leader.
 ③ King's = signatory to Russell group principles.
 (What are these??)
 Need to look it up.
 ④ AI is increasingly integrated
 ⑤ changing how we study.
 ⑥ Changing jobs we are studying for.







character.ai



Listening



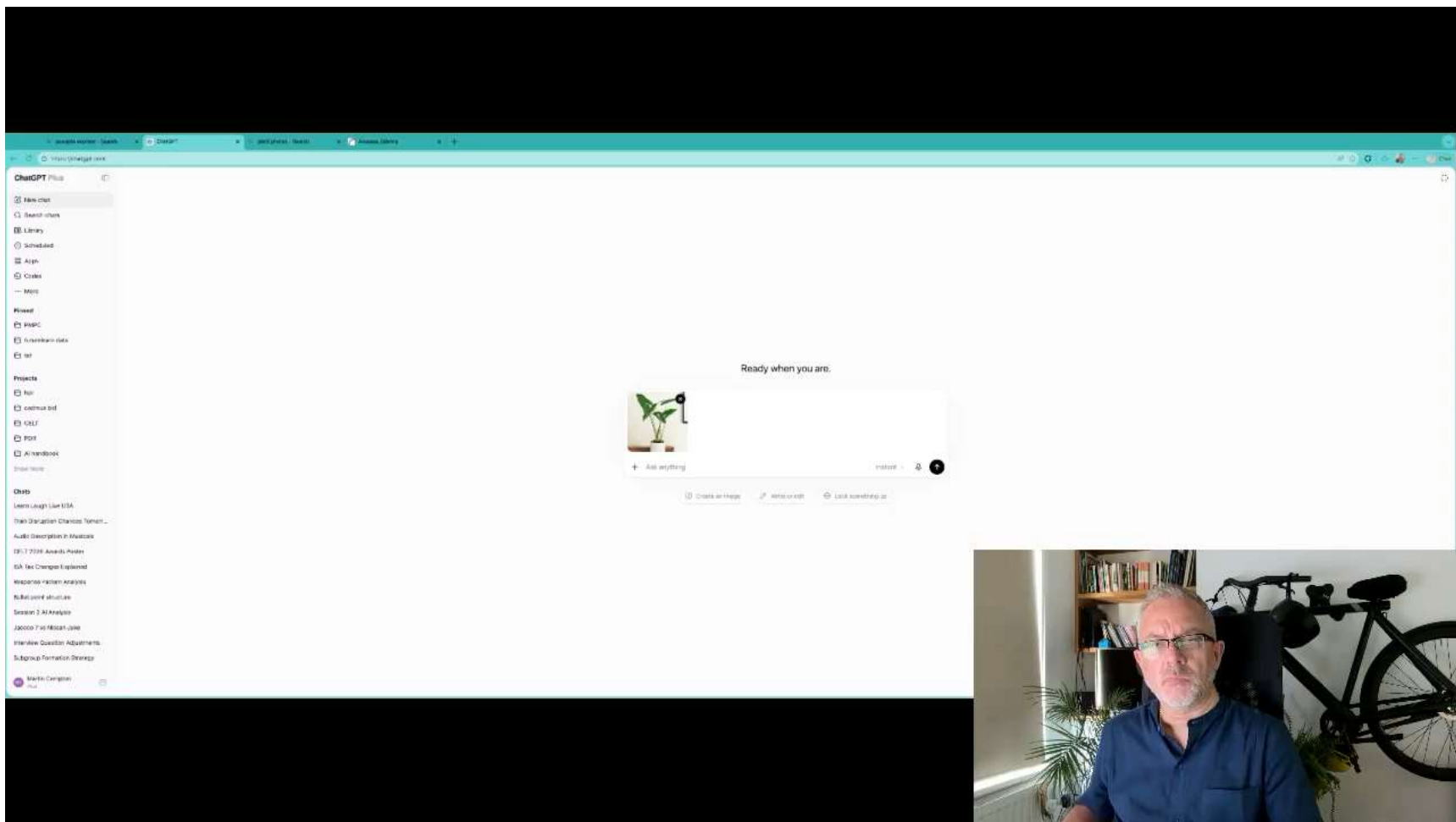
Mute



Hang up









The Good?

- Individual level - Labour saving?
Agents to work for us
- Entertainment- democratising and expanding creativity
- Translation: availability and cost reduction
- Conversation
- Increased knowledge accessibility
- Construction: design and costs
- Health system augmentation- notably AI scan and image diagnosis; remote robotic surgery

The bad and the ugly

- Surveillance/ disinformation/ weapons
- AI voice cloning and deepfakes- emergency requests
- AI chatbots offering 'too good to be true' investments
- AI powered 'phishing' emails ('from' banks, government, prominent people)



Staying safe

- Be sceptical!
- NEVER make on the spot decisions-discuss
- Establish 'code' words for family
- Get support with tech security





- AI is booming- a bubble?
- ChatGPT has popularised it along with all the AI gimmicks and tools
- But wider AI is changing so many things
- **Every age has both a responsibility and need to grasp some of the profound potentials- good and bad – of these new technologies.**

+
o

"For this invention will produce forgetfulness in the minds of those who learn to use it, because they will not practice their memory."

Socrates - attributed by
Plato, Phaedrus, 370BCE