

The background is a gradient of dark blue and purple. It features several abstract geometric elements: a large wireframe cube in the center, various concentric circles and arcs on the left side, and a complex network of thin white lines forming a mesh-like structure across the middle. Some of these lines form a circular scale with numbers like 40, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260. The overall aesthetic is futuristic and technological.

THE POWER OF EXPRESSION THROUGH AI

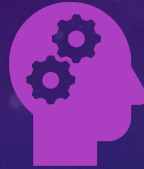
THE HUMAN IN THE ROOM

- Jonathan Farrell
- Senior Software Developer at RunSignup
- I've been writing code since the mid 90s
- BS Computer Science Stony Brook University
- 16+ years professional experience leading teams and slinging code

MY RELATIONSHIP WITH AI



Accepting that AI
is here (Again).



Learning to use AI
for Shortcuts.



Learning to use AI
to create.



Learning to use AI
as an extension.

THE EVOLVING LANDSCAPE OF AI

Don't you feel
threatened?

Aren't you scared AI is
going to take your job?



#Laff

CHANGE YOUR FRAME

AI is Empowering!

It should enable you to create, express, and learn at an unprecedented pace.

EXPERTS SHOULD BE EXPERTS

What do you want to spend your time on?

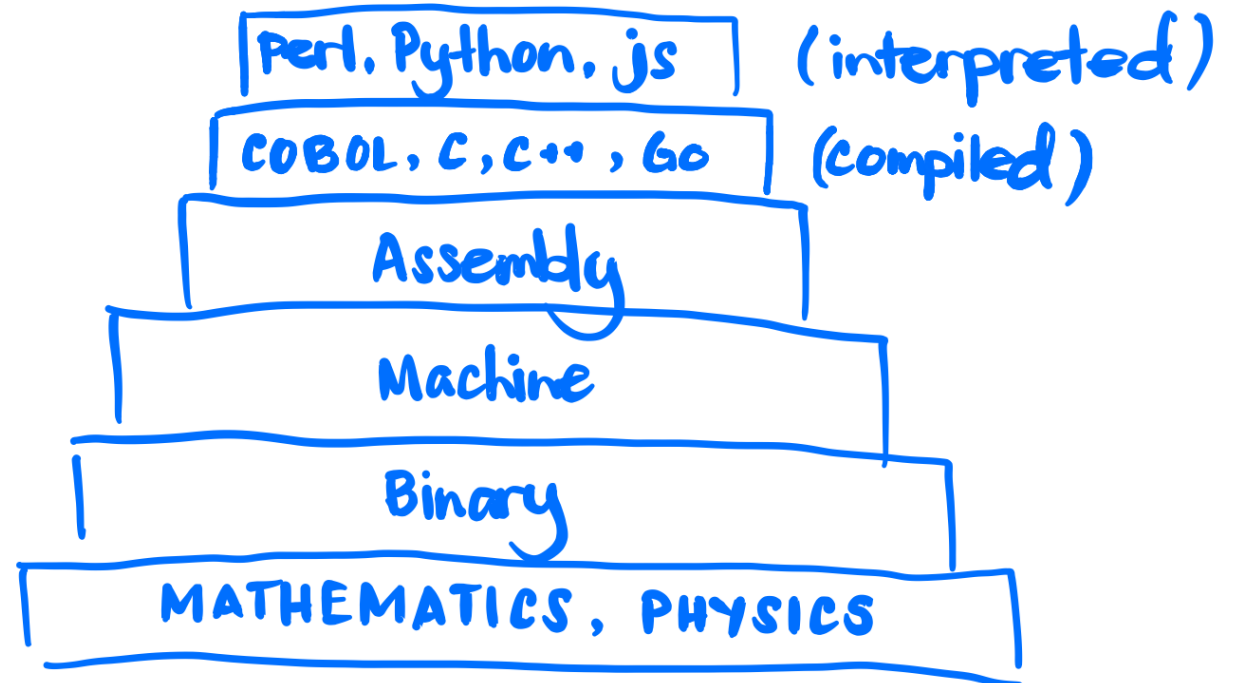
You should be pushing your field forward, experimenting with new ideas and innovating.

Experts shouldn't be bored!

AI AS AN ABSTRACTION LAYER

AI represents a new layer of abstraction, similar to the evolution from machine code to high-level programming languages.

Implication: Enables experts to work more efficiently and creatively.



IT'S NOT JUST PROGRAMMERS

Across all fields, experts should be benefiting from AI in similar ways.

Scientists use AI to analyze vast amounts of data, allowing them to focus on theory and discovery.

Designers use AI-powered tools to generate prototypes quickly so they can iterate on ideas.

AI is not replacing experts; it is enhancing their ability to be experts!

A WORD FOR JUNIOR DEVS

You are experts in training!

- **AI is your learning tool:** verify its output and understanding the “why”.
- **AI is more interactive than Stack Overflow:** Ask it to explain, ask it for other options.
- **Do bigger things:** You can focus on higher-level skills like debugging, system design, and effective collaboration. Start code reviewing your AI generated code. Think like a senior dev!

You will become a senior dev faster than without AI.



CASE STUDY

Geoffrey Hinton

A British-Canadian computer scientist, cognitive scientist, cognitive psychologist, and Nobel laureate in physics, known for his work on artificial neural networks, which earned him the title "the Godfather of AI".

CASE STUDY

9 years ago Hinton said that analyzing medical imaging, things like MRIs and CT scans, was exactly the kind of work that computers would soon do better than humans.

But that's not what happened...

CASE STUDY

The Mayo Clinic in Minnesota Radiology Department

- Using AI to predict disease, flag suspicious scans, or analyze tissue
- Some work that used to take a radiologist up to 30 minutes is now done in seconds.
- Freed up the radiologists to use their experience advising surgeons, talking to patients, or putting together treatment plans based on people's individual medical history.
- The Mayo Clinic's radiology staff has grown by 55%.
- It now includes its own AI team of 40 people.
- The head of the clinic's digital programs has made his own prediction, saying, *“five years from now, it will be malpractice not to use AI, but it will be humans and AI working together.”*

Radiologists have become a kind of case study in how the technology can supercharge human experts instead of replacing them.

Source: <https://www.nytimes.com/2025/05/14/technology/ai-jobs-radiologists-mayo-clinic.html>

THE DEMOCRATIZATION OF SELF-EXPRESSION

AI tools lower the barriers to creative expression for individuals without formal training.

Examples:

- MidJourney for generating digital artwork.
- ChatGPT for refining writing and articulating thoughts.
- Cursor for building websites without coding knowledge.

AI AS A BRIDGE TO EXPRESSION

Anyone with a vision can bring it to life. This is the human essence — to express.

AI AS A BRIDGE TO EXPRESSION

AI-powered tools do not replace human creativity.

They enhance and extend it.

AI is a bridge that connects imagination with execution.

EMBRACING AI'S POTENTIAL

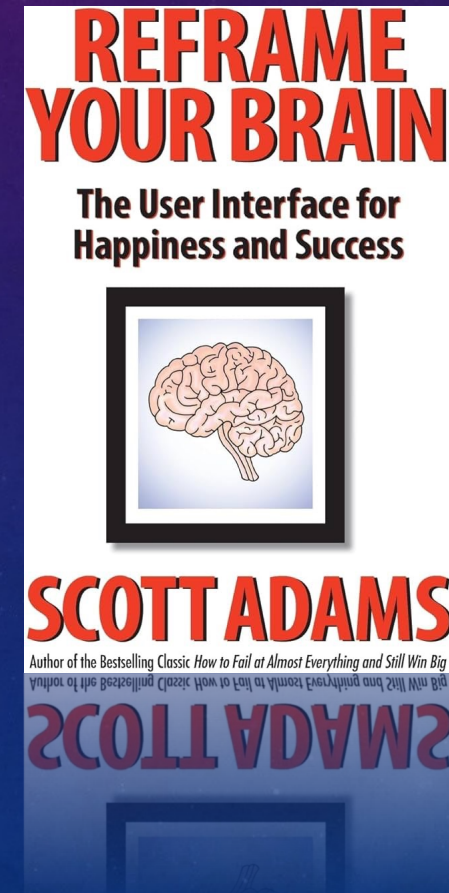
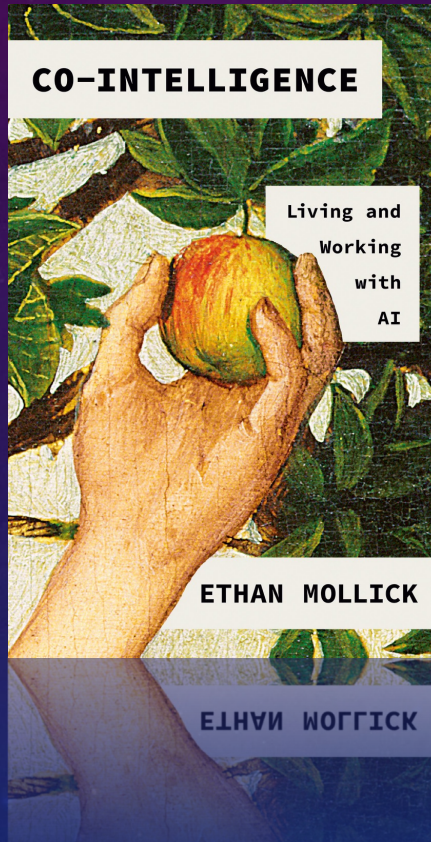
Rather than fearing AI, we should embrace it as a tool that empowers us to reach new heights of intelligence, creativity and innovation.

AI enhances our ability to express ourselves, democratizes creativity, and allows both experts and novices to innovate more effectively.

WHAT NOW?

GO PLAY!

SUGGESTED READING



QUESTIONS & DISCUSSION

Prompt: How can AI tools be integrated into my creative or professional processes?

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