

Use Case Ideas for Summer 2026

1. Cognitive "Flight Recorder" (External Memory)

Create a daily habit of speaking or typing short summaries of:

- What you did
- Who you interacted with
- Key decisions or instructions

AI organizes this into a **searchable timeline of your life**.

2. Early Cognitive Drift Detection

Use AI regularly for conversation, journaling, or problem-solving.

Over time, AI can detect:

- Changes in language complexity
- Repetition or confusion
- Slower reasoning patterns

3. Adaptive Re-Explanation Engine

Anytime something is confusing (medical info, tech, finances), ask AI to:

- Re-explain it more simply
- Use analogies
- Break it into steps
- Repeat as many times as needed

4. Personalized Cognitive Training

Ask AI to create exercises tailored to you, such as:

- Memory recall based on your real experiences
- Reasoning tasks using your interests
- Language exercises adapted to your level

5. Decision Support "Second Brain"

- "Help me think this through step by step"
- "What am I missing?"
- "What are the risks?"

6. Routine Anchoring System

Use AI as a daily structure guide:

- Morning and evening check-ins
- Step-by-step routines
- "Gentle prompts for what's next"

7. Identity & Values Archive

Record:

- Your beliefs, preferences, values
- How you make decisions
- What matters most to you

AI can organize this into a model of "how you think."

8. Social Continuity System

Have AI track and support your relationships:

- Who you care about
- When you last connected
- Suggested follow-ups

9. "Catch Me If I'm Slipping" Safeguards

Use AI to monitor patterns like:

- Financial behavior changes
- Repeated mistakes
- Confusion in communication

Acts as an early warning system for cognitive or functional decline.

10. Continuous Life Review & Meaning-Making

Regularly reflect with AI on:

- Life experiences
- Lessons learned
- What still matters

AI can guide structured reflection and identify themes over time.

Other Live Demo Ideas

1. Ask AI to summarize a complex news article.	
2. Ask it to explain a medical study in plain English.	
3. Ask it to compare two perspectives on a current issue.	
4. "Suggest books on Southwestern history at an intermediate level."	
5. "Explain the historical significance of Tucson in the 19th century."	
6. "Compare three interpretations of the Dust Bowl."	
7. Plan a local Arizona day trip.	
8. Compare two Medicare supplement plans (hypothetical).	
9. Help draft questions for a doctor's appointment.	
10. Evaluate pros and cons of a major purchase.	
11. Organize scattered notes into a structured summary.	
12. Turn journal reflections into a memoir outline.	
13. Generate questions to stimulate memory recall.	
14. Summarize a long document clearly.	
15. Show how AI can generate a confident but incorrect answer.	
16. Demonstrate subtle bias in phrasing.	
17. Use AI as a reflective partner ("Help me think through...")	
18. Compare multiple perspectives on a controversial issue.	
19. Generate questions for self-inquiry.	