



Understanding “AI”:

A Holistic Review of “AI”
Uses and Impacts

Dana Litwin, CVA
October 2026





What Do You Know About AI?

Do you use AI in your daily work or personal life?

Is AI use required or encouraged at your job?

On a scale of 1-5, 1 beginner, 5 expert what is your understanding of AI?

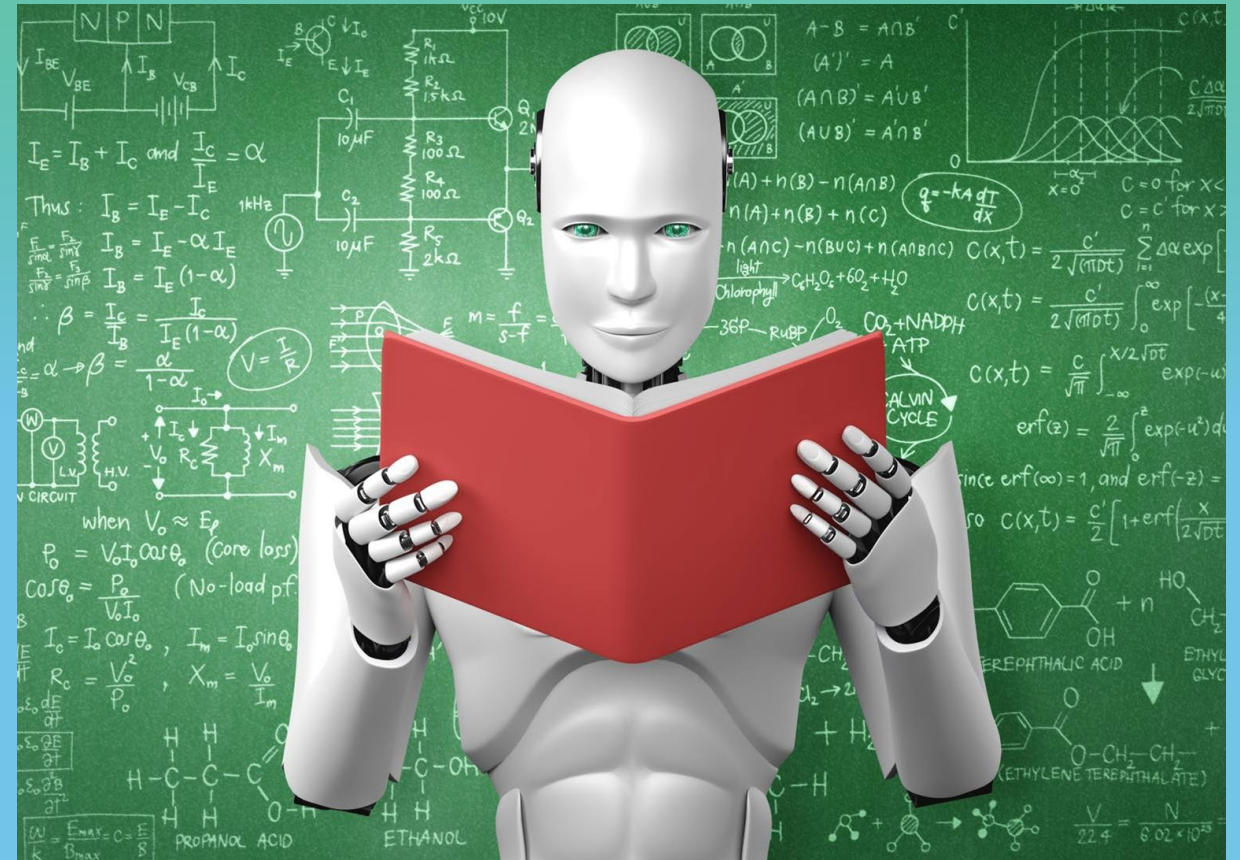
Do you think AI is mostly good?

Do you think AI is mostly bad?

Dana, I'm here to learn, let's go!

Shape of Show

- **What** is “AI”?
- **Why** is it suddenly everywhere?
- **Who & How** = Best Results.
- **Help vs. Harm:** Good, bad, ethics and impact considerations.
- Discussion/Q&A.
- Wrap up & Resources.



What is “AI”?

A 1950s marketing term for:

- Applied Statistics (data analytics)
- Machine Learning (faster calculation)
- Large Language Models (LLMs)
- Pattern Recognition
- Fancy (or Spicy!) AutoComplete





AI Industry Terms

- **Agent** = Autonomously performs tasks with tools, workflows, prompts using LLMs.
- **Prompts** = Question, command, or statement given to the AI/Agent.
- **Large Language Models (LLM)** = Statistical prediction of the next word in a sequence, learning patterns and generating text.
- **Machine Learning (ML)** = A subset of AI that enables systems to learn from data and improve performance without explicit programming.



AI Industry Terms

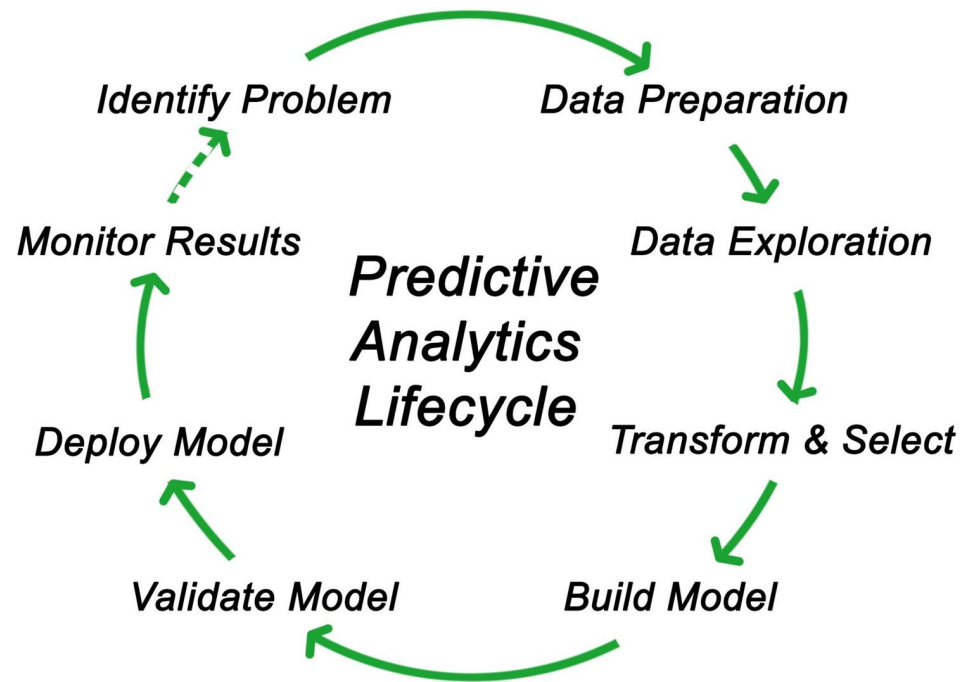
- **Deep Learning (DL)** – A type of ML that uses multi-layered neural networks to process complex data and perform advanced tasks such as image and speech recognition.
- **Neural Network** – A computing system inspired by the human brain, consisting of layers of interconnected nodes (neurons) that process data.
- **Algorithm** – A set of rules or instructions used by AI systems to analyze data and make decisions.
- **Dataset** – A structured collection of data used to train, validate, and test AI models. Can be “open loop” or “closed loop”.



AI Industry Terms

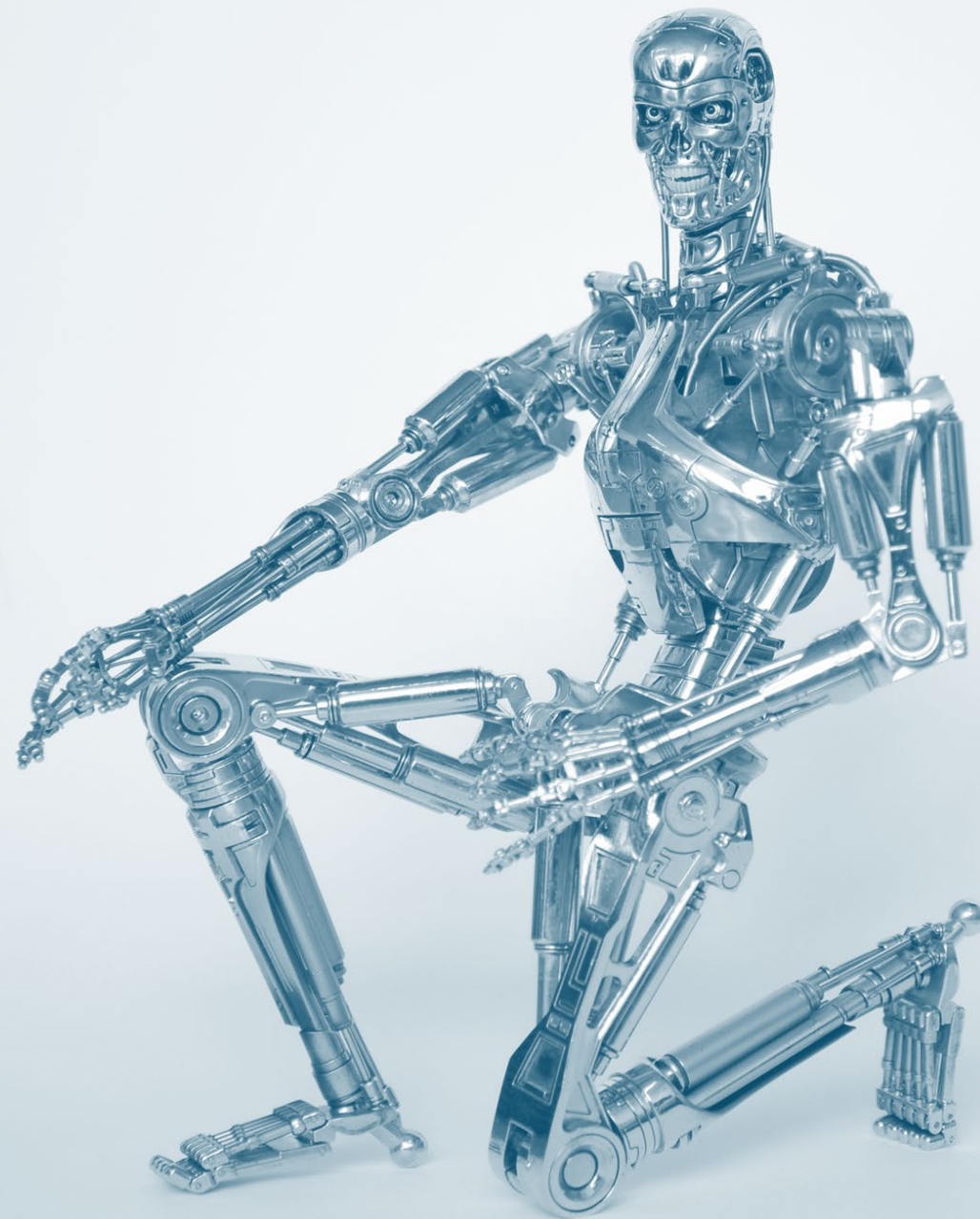
- **Natural Language Processing (NLP)** – A branch of AI that enables machines to understand, interpret, and generate human language.
- **Training Data** – The dataset used to teach an AI model how to recognize patterns and make predictions.
- **Bias (in AI)** – Systematic errors in AI models that arise due to biased training data or flawed algorithms.
- **Generative AI** – AI models that can create new content, such as text, images, or music, based on learned patterns.

Predictive AI vs GenAI



What is Not “AI”?

- Skynet/The Terminator, Cylons, Cyborgs, Droids, M3GAN, or Lt.Cmdr. Data from Star Trek.
- Any form of robot, android, computer sentience (does not exist).
- Low wage human labor fraudulently sold as “AI” (*Amazon Fresh “Just Walk Out”, Waymo, META Glasses*).

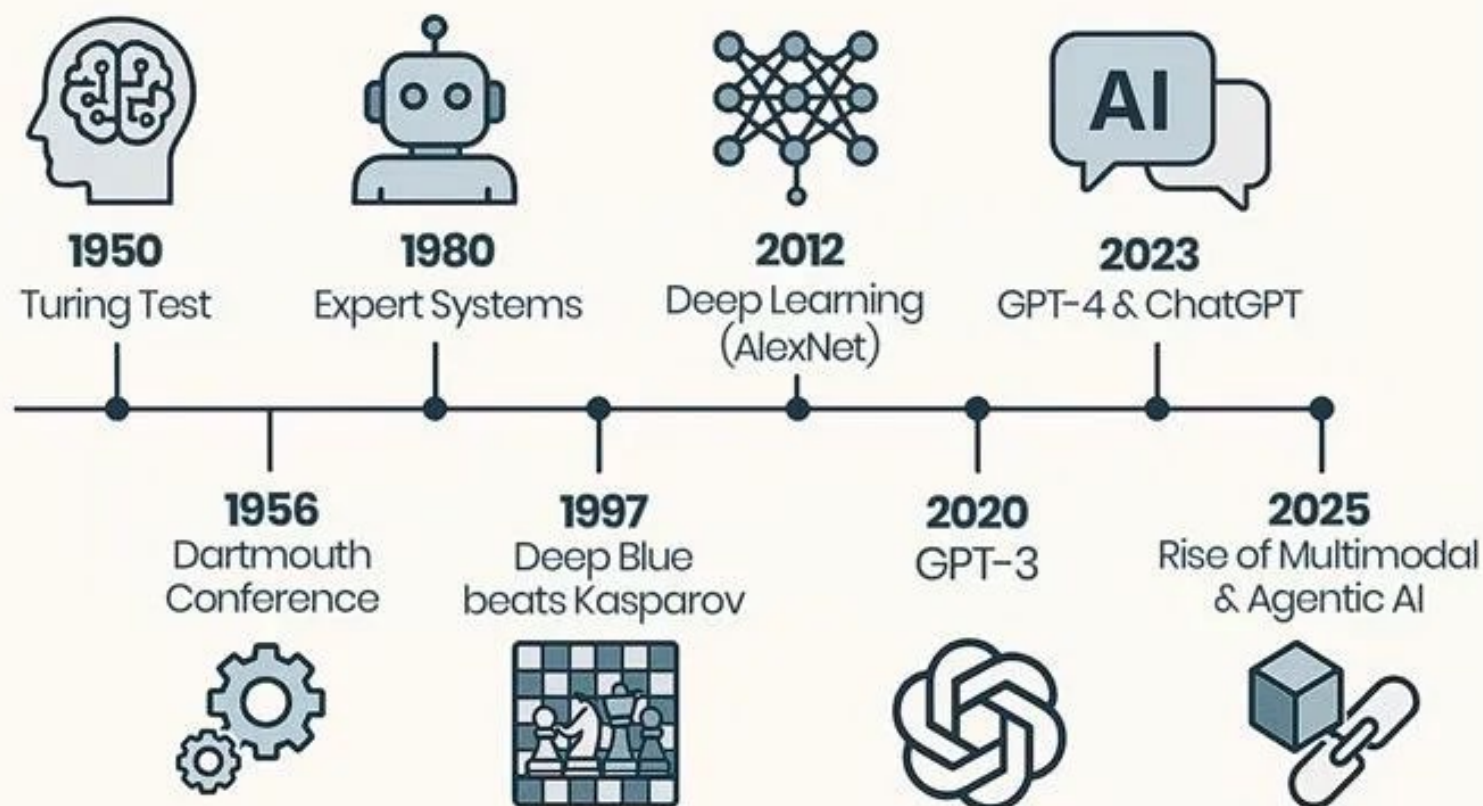


Timeline of AI Development



ELIZA 1964-67

HISTORY OF ARTIFICIAL INTELLIGENCE



Why is AI Everywhere Now?

Tech Industry Finance Flow

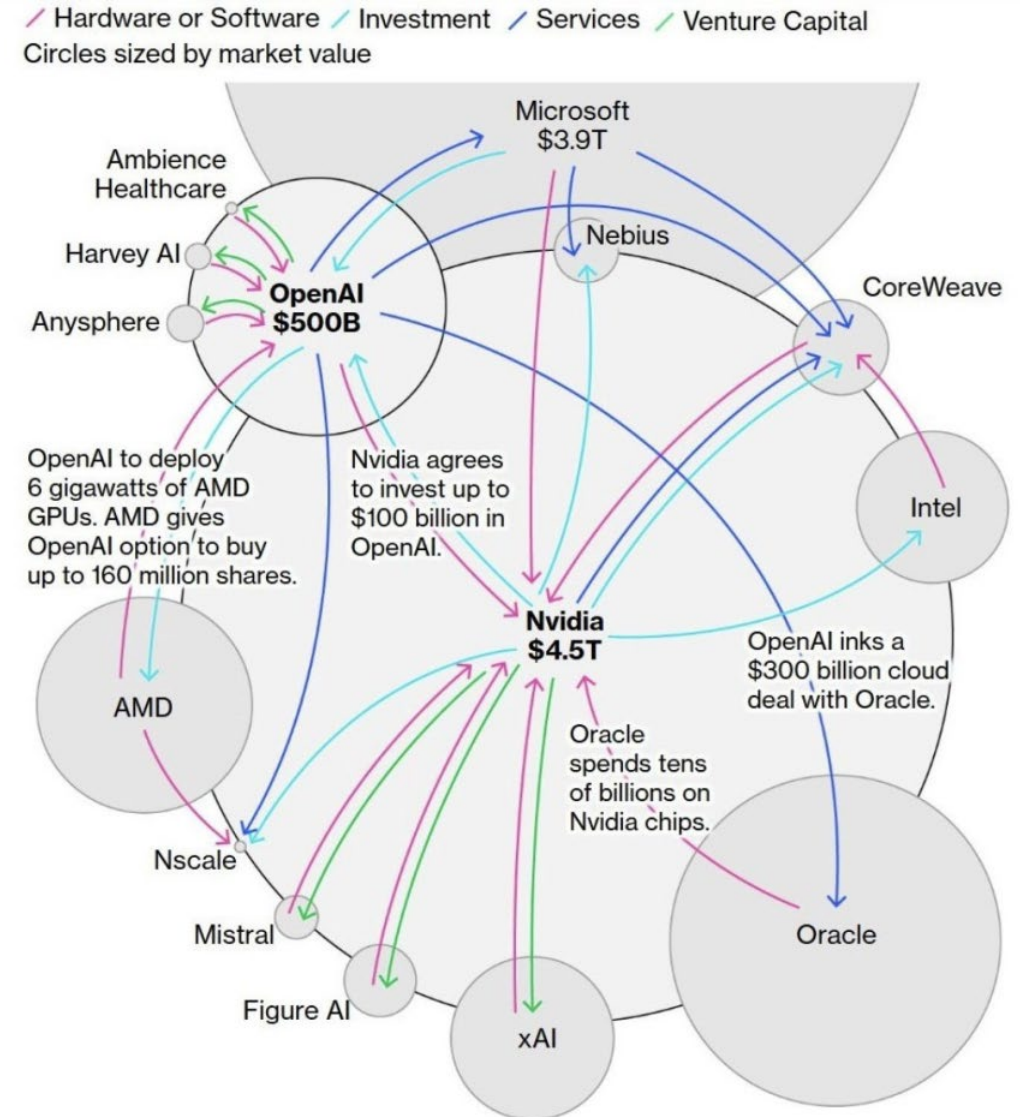
- Most tech startups do not make a profit; industry runs on speculation.
- Data-mining and surveillance make money.
- We are the product and the consumer.



The AI Bubble \$ € ¥

Boom or Bust? 2025-2035

- 40% of jobs worldwide impacted by AI (IMF 2025)
- Estimates of AI adding to GDP vary widely: \$7T(GS) - \$25.6T (McK)
- Only 5% of tasks can be profitably done by AI.
- Spending on the AI buildout is now adding more to GDP growth than consumer spending.
- Analysts suggest that, if not for the AI bubble, the US would be in a recession.



Where is AI in Daily Life?

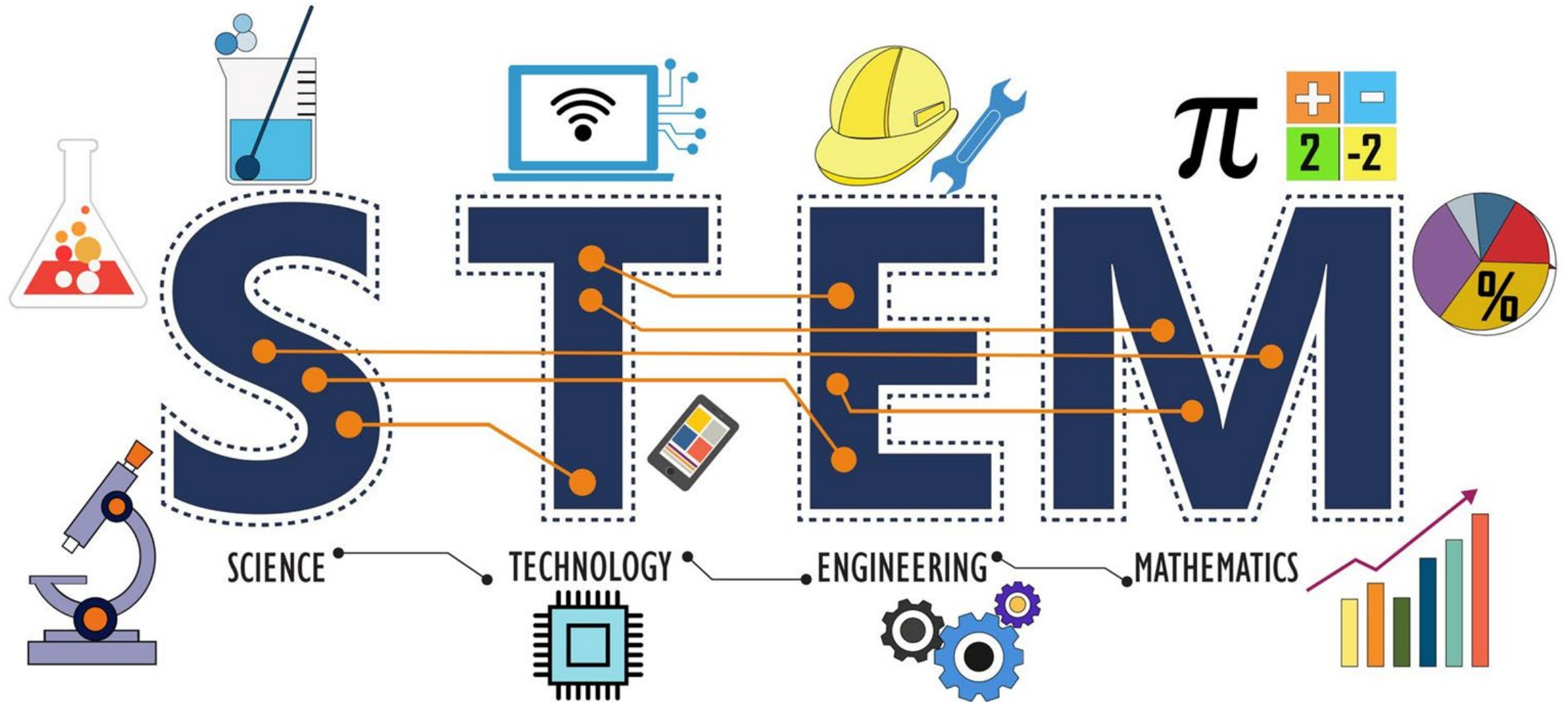
- Search Engines: Google, etc.
- CRMs, VMS, Databases.
- LinkedIn, Job seeking/hiring sites, HR software.
- Social media: images, video, mis/disinformation, memes, bots.
- Customer Service chat bots.
- Email, Zoom/Teams, ChatGPT, Canva, Grammarly, MS Office.



The Good and the Bad of AI

Science, Surveillance, Ecology, Economy, Democracy, Weapons, Privacy,
Copyright, and Cartoons

Good AI = Science!





Good Use of AI



Earth Science:

- Ocean data, fisheries mgt.
- Climate change, conservation.
- DNA, biology.
- Agriculture; predicting grow zones, water, etc.
- Archeology; scanning/deciphering ancient texts.



Good Use of AI



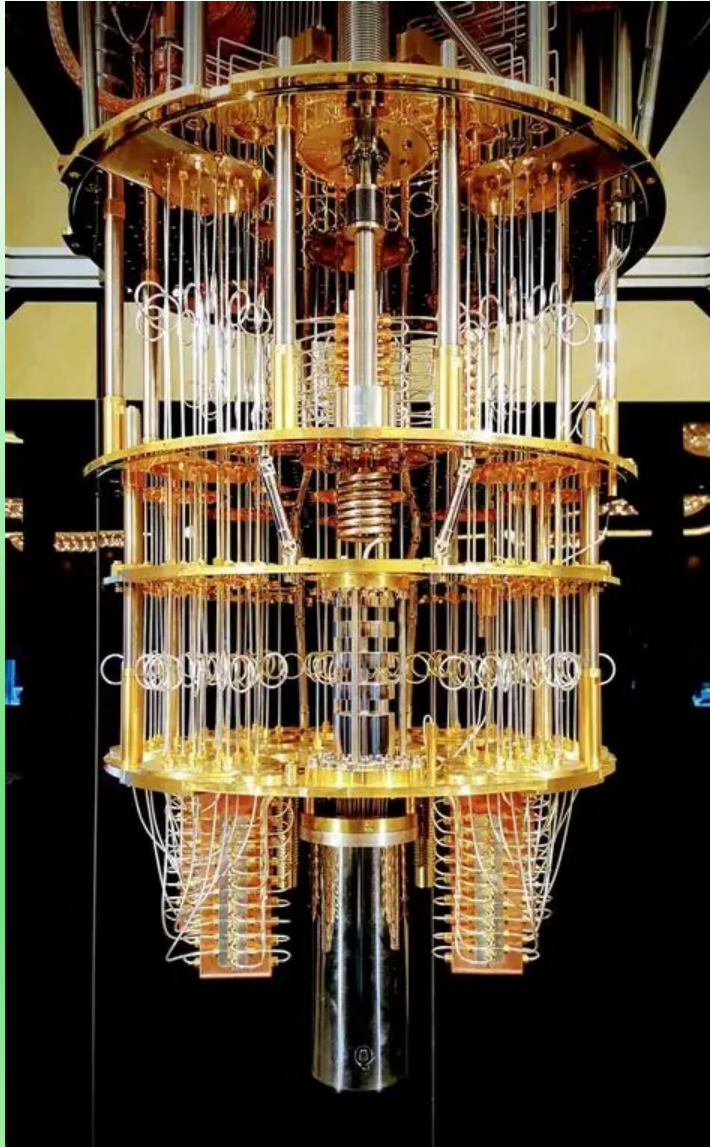
Robotics:

- Dangerous-to-humans tasks in space, deep sea, volcanoes, volatile chemicals environment.

Medicine:

- Detecting and diagnosing diseases (cancer).
- Developing cures for diseases with predictive models.

Good Use of AI



Math:

- Predictive models.
- Quantum computing.
- Structural/civil engineering.
- Physics.
- Astronomy.



Bad Use of AI

Anything to do with human emotions:

- Therapy apps.
- Crisis lines.
- “Rage-gagement” bots!

Life/Death decisions:

- War.
- Policing.
- Prisons.
- Medical insurance.
- Medical advice (Amazon, Google)!





Bad Use of AI - Recent News

Anthropic AI model submits false homicide tip to Philadelphia police



Reported October 9, 2026

WIRED

SECURITY POLITICS THE BIG STORY BUSINESS SCIENCE CULTURE REVIEWS

NEWSLETTERS

LILY HAY NEWMAN SECURITY SEP 29, 2026 3:05 PM

OpenAI Gets Sued Over the Hugging Face Hack

A nonprofit in California is doing what Hugging Face has not—attempting to hold OpenAI legally accountable for the actions of its agents.



Consumer Reports Investigation Reveals Uber and Lyft AI-Driven Pricing Tactics Lead to Significantly Different Prices

The Consumer Reports investigation raises concerns about AI-driven pricing tactics, prompting calls for regulatory intervention.

June 16, 2026 | Tech & Privacy

Generative AI



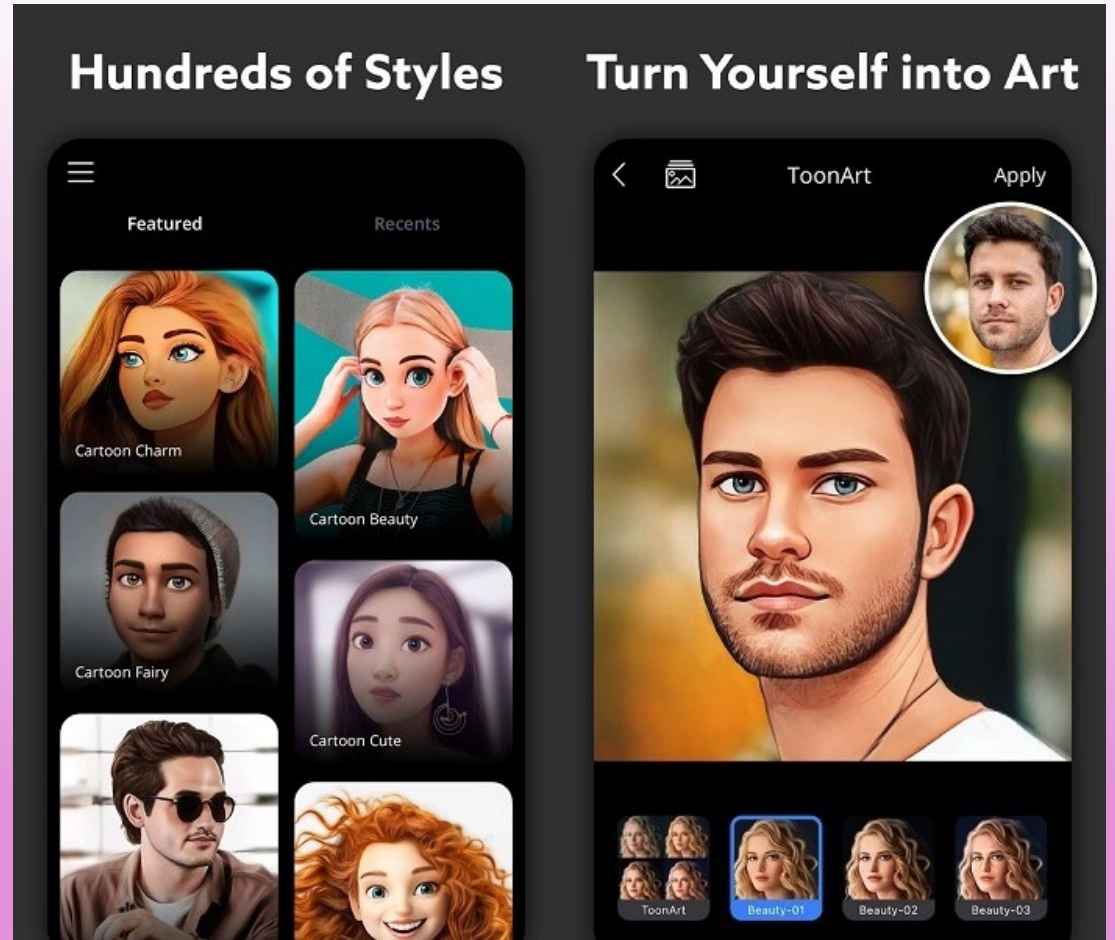
Cully Hamner
@CullyHamner



Generative AI is the solution to a "problem" that doesn't exist. The only people who want generative AI are the people who can't be bothered to learn to be creatives, and the people who can't be bothered to pay creatives. That's it.



GenAI Meme Machines



Ecological Impacts of “AI” Use

Data Centers

- Power demands strain local grids.
- Primarily run on fossil fuels.
- GenAI has variable powers needs; hard to plan or predict.
- Uses up fresh water and local aquifers.
- Drives up everyone’s cost for electricity and water.



The Blurring of Reality

- **Plagiarizing** human creativity: Art, writing, music, acting; Midjourney, DALL-E, Stable Diffusion, etc.
- **Impersonating** people: Celebrity DeepFakes, fraud, phishing scams, etc.
- **Mis/disinformation:** AI hallucinations, Fake News, incorrect disaster details, voting info, academia, etc.
- **Mental Health:** “AI Psychosis” w/ 2025 L.A. Fires, “Sextbots”, Therapy “Agents”, loss of high-skilled and creative jobs, studies showing AI reduces cognitive abilities - especially critical thinking.

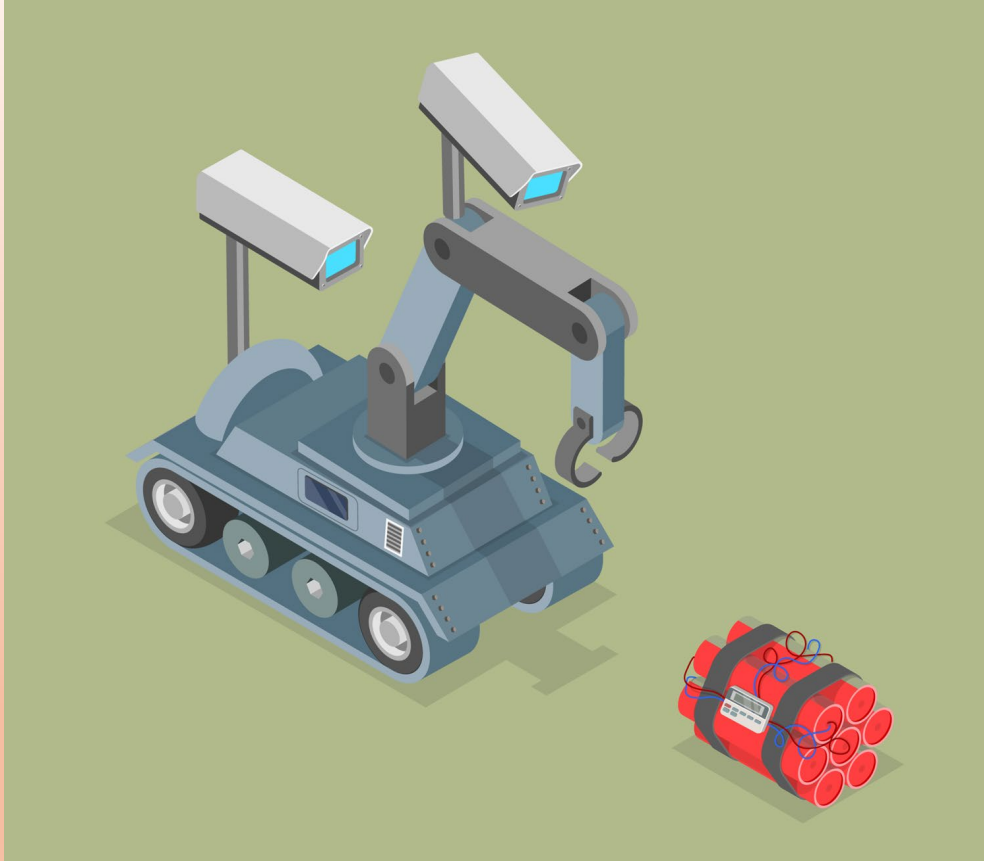




Who & How = Help vs Harm

Who Benefits from AI Use, Ethical Considerations, Regulations, Liability, and How to Balance Help and Harm with Human-Centered AI Policies.

Help vs Harm



Who Benefits from AI?



Ethics of AI

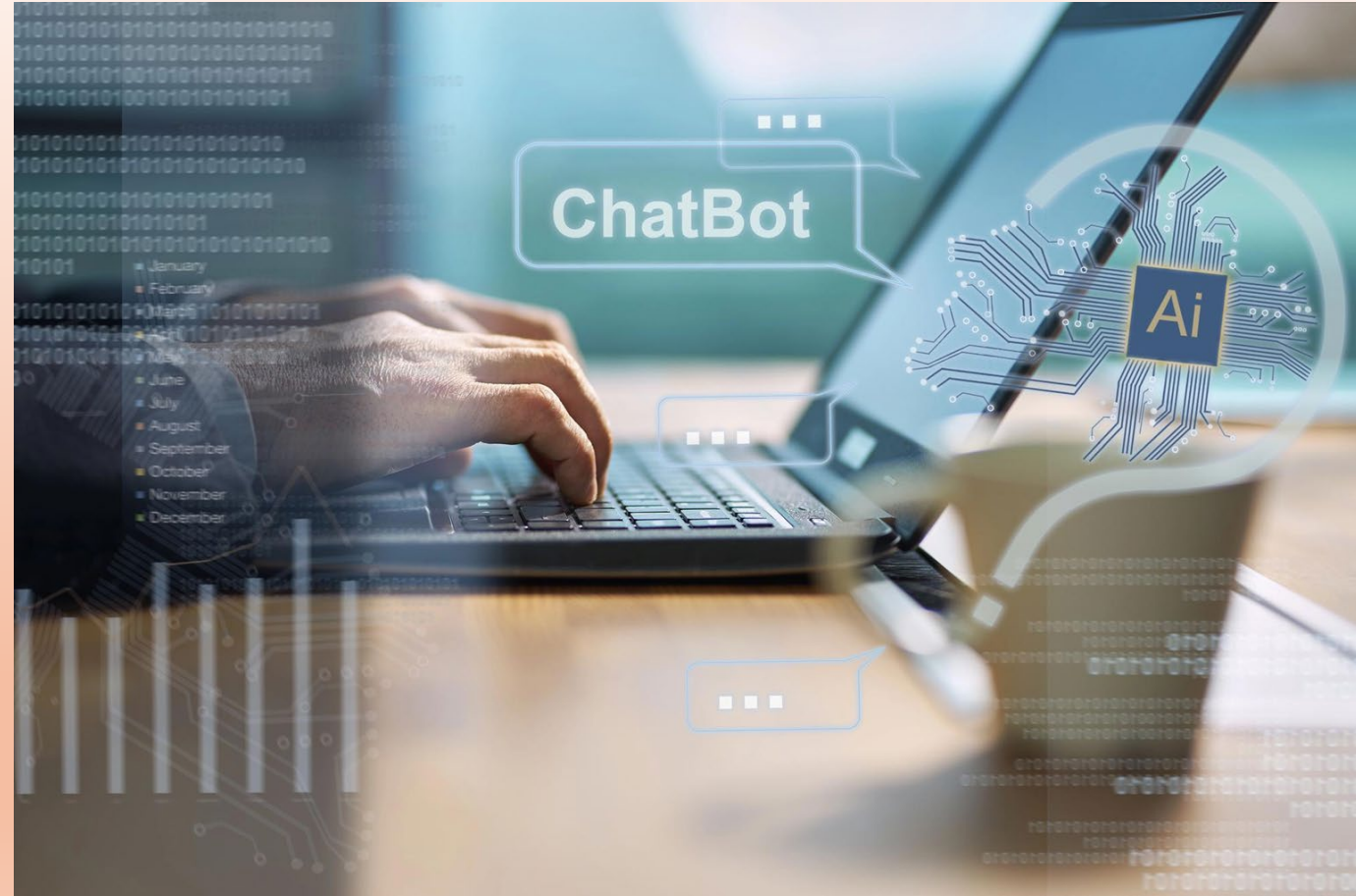
- **Help vs. Harm** to human health, ecosystem.
- **Regulation:** CAN, UK, AU, EU passing laws for AI, playing catch-up. USA rolling back regulations for AI.
- **Copyright:** personal and corporate intellectual property (IP) theft, copyright violation.
- **Privacy:** Personal or confidential data use, loss, exposure.





Who & How of AI?

- Who designed the app/platform/software?
- Who wrote the prompts?
- What are their (human) biases?
- Who or what does the AI prefer, select, screen, or target?
- How was the AI trained?

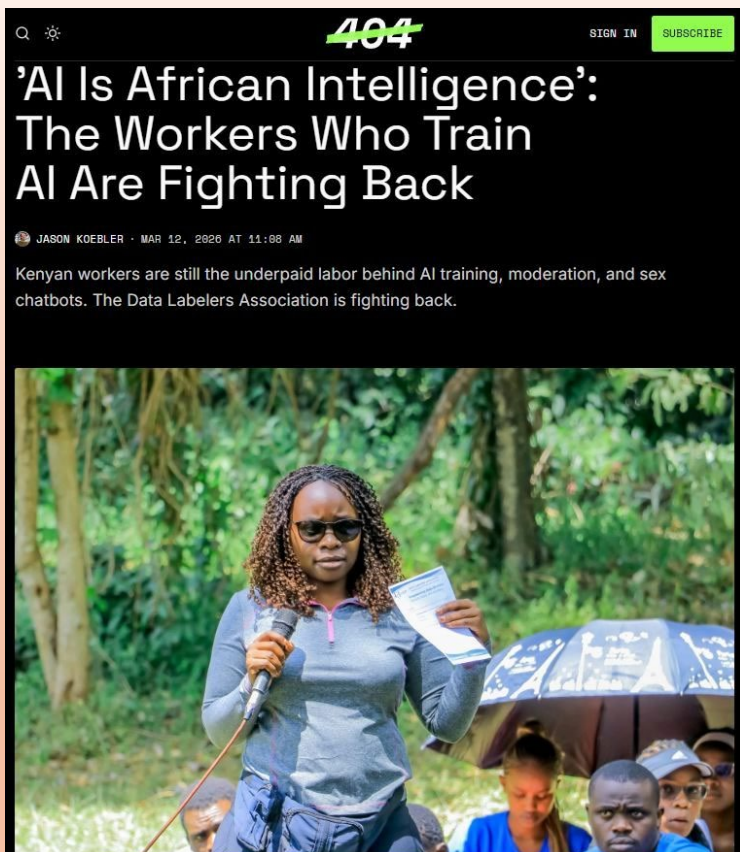


Who & How of AI?

- How are the AI results used?
- How does it make money; license, subscription, user data, ads?
- How and where does it collect data?
- Did the data sources give permission and access for AI training/use?
- Do the data/training sources know their info/work is being used for AI?



Who & How of AI? Accountability



HEALTH

ICE shared Medicaid data it wasn't supposed to have with Palantir

UPDATED JULY 18, 2026 · 2:11 PM ET

By Jude Joffe-Block



ICE agents stand guard outside a immigrant detention center in Newark, New Jersey in May 2026. Medicaid officials improperly shared data about millions of people with ICE, who then shared that data with the data analytics firm Palantir, according to new court filings.

Adam Gray/Getty Images

OpenAI rogue AI agents affected more than 100 organizations

Cris Tolomia

Updated Fri, October 2, 2026 at 4:11 AM PDT

2 min read

Add Yahoo on Google

➔

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Legal Liability

- Does your org disclose the use of AI to the public, donors or volunteers?
- What are the legal/PR risks of NOT disclosing AI use?
- Who has accountability for harmful AI use or mistakes?
- Are GenAI or AI-altered images labeled as such?
- Do photographers/graphic designers consent to their work being used/altered by AI?



Julia Angwin • 3rd+

Award-winning investigative journalist, New York Times bestse...

1d • 🌐

✓ Following

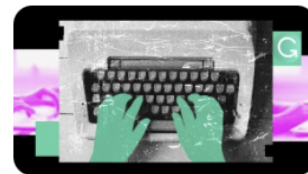
I'm suing Grammarly over its paid AI feature that presented editing suggestions as if they came from me - and many other writers and journalists - without consent.

I learned on Monday night, from [Casey Newton](#)'s newsletter, that my name was one of many that were being offered as "expert reviewers" in Grammarly's \$12-a-month paid service. Users would see editing 'suggestions' from fake me pop up in their documents.

But there is a law for this situation. The right of publicity law in my home state - New York -- very clearly requires consent before someone's name can be used for commercial purposes. So I have joined a class action lawsuit against the company.

I'm taking this action on behalf of not just myself, but everyone who spent years and decades refining their skills as a writer and editor, only to find an AI impersonating them.

https://lnkd.in/e8M_mh6x



Grammarly Is Facing a Class Action Lawsuit Over Its AI 'Expert Review' Feature

wired.com

Disclosure of AI Use & Images

- MUST disclose when using AI-generated/alerted images.
- Minimum: “This image was enhanced using AI”
- Better: “This image was created using AI. We use it because (explain reason) rather than photography”
- Best = FULL disclosure: Prompt w/image, add alt text w/ prompts in meta data.



Emma Bracegirdle · 2nd

Passionate Charity Professional | Founder, The Saltways | Ethical Storyteller & Fundraiser | Building Meaningful Connections

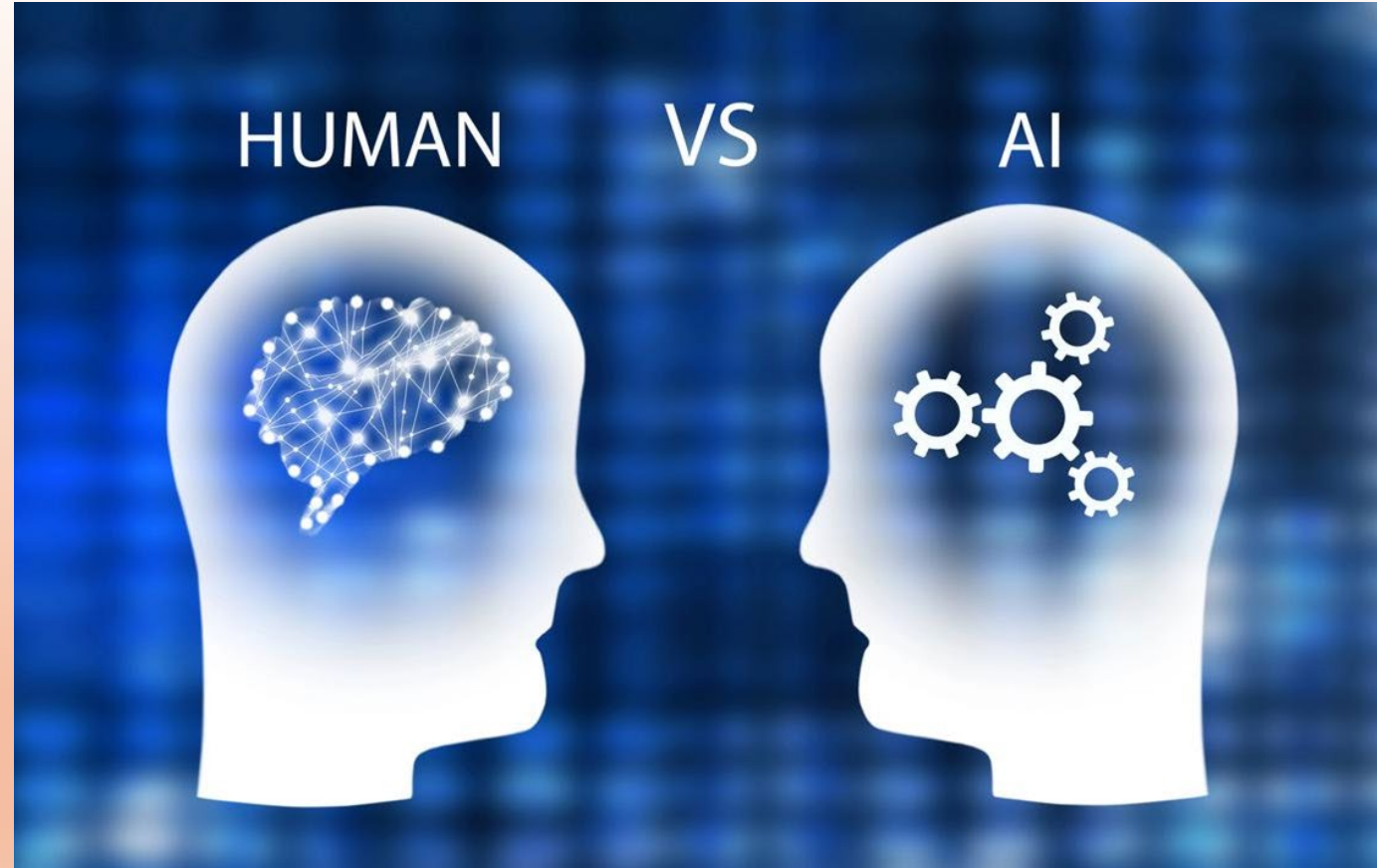
York, England, United Kingdom · [Contact info](#)

www.thesaltways.com [↗](#)

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Human-Centered AI Policy

- Be intentional and mindful.
- Be transparent about AI use.
- Skilled humans should always check the output/work of AI at every step.
- Center and celebrate human work!



Human-Centered AI Policy

Goals: carefully define specific milestones, measurable metrics, outputs, desired results using AI.

“I think one of the simplest and most important guidelines is that tools should not make decisions. That's been a core part of NTEN's internal approach.”

Amy Sample Ward, CEO NTEN



Brain Development and AI

“You have to know how to think before you can use AI to think for you! Don’t offload your brain, use it or lose it.” - James A.

“Some parents use AI like a nanny for their kids, and these kids aren’t learning how to think at all. Then the kids don’t understand that learning is its own reward, not just asking ChatGPT for (wrong) answers. They’ll have no reasoning skills, no idea how to analyze or think critically as adults.”
- Genevieve P.



Discussion Q&A

- What new things did you learn about AI today?
- How will you share information or insights on AI with peers, friends, family?





More Resources:

IBM Responsible Use of AI for Social Impact

<https://library.nationswell.com/73396f42-39a8-4b62-a90b-0160b480cf63>

MIT Article 2025 “A New Look at the Economics of AI”

<https://mitsloan.mit.edu/ideas-made-to-matter/a-new-look-economics-ai>

UNESCO Ethics Guide for AI:

<https://www.unesco.org/ethics-ai/en?hub=195885>

AI Use on Cognition:

<https://ai-project-website.github.io/AI-assistance-reduces-persistence/>

<https://www.forbes.com/sites/dereknewton/2026/06/30/study-using-ai-chatbots-creates-significant-learning-loss/>



www.danalitwinconsulting.com

@danacorylitwincva

