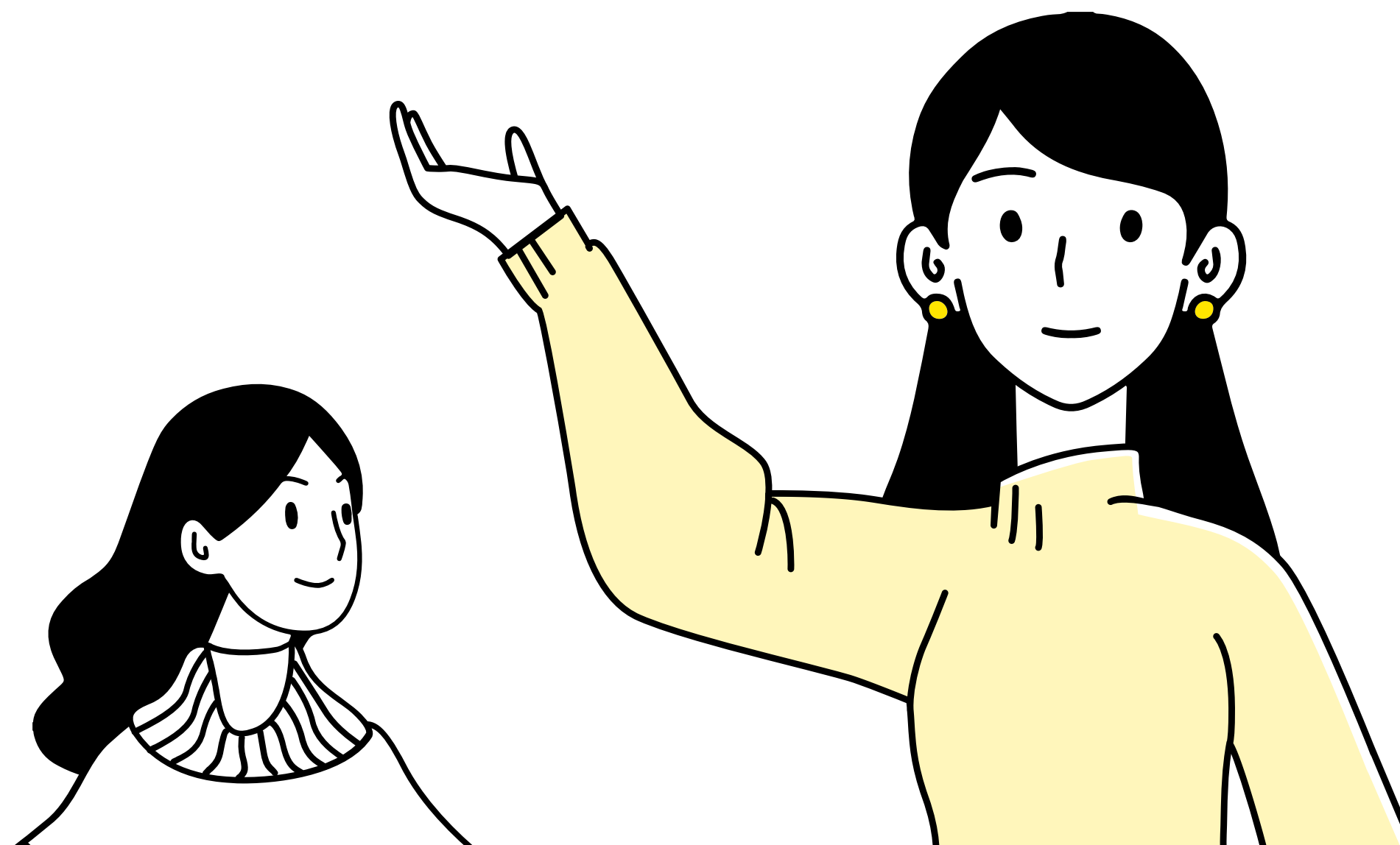
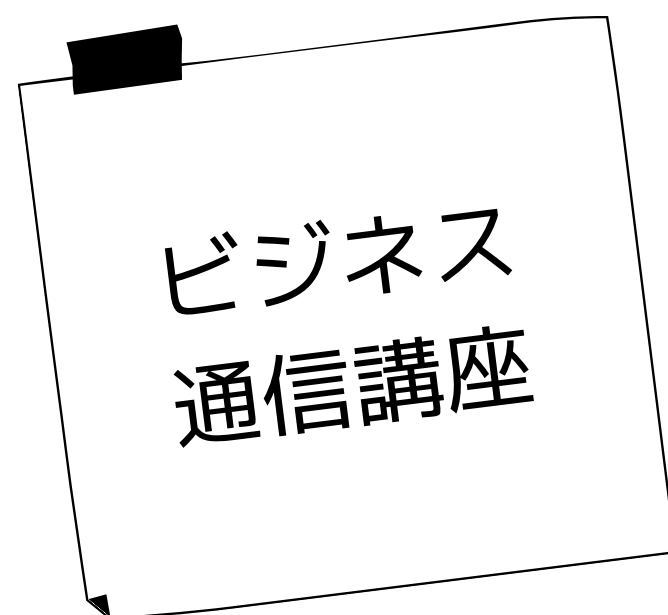
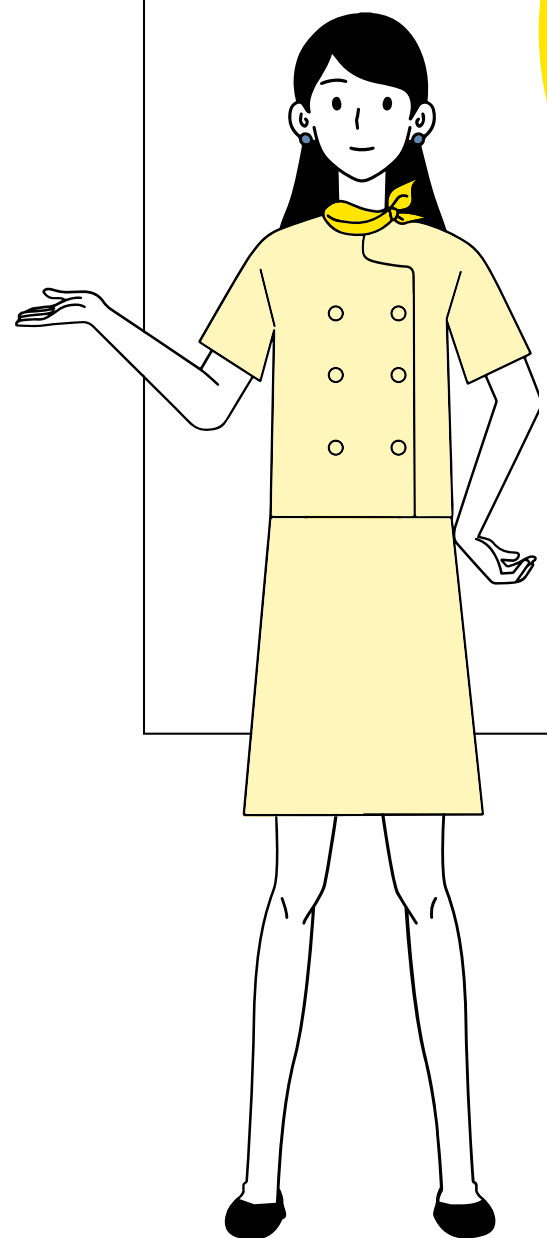


トノエル式

AIの活用術

「ChatGPT」の登録方法





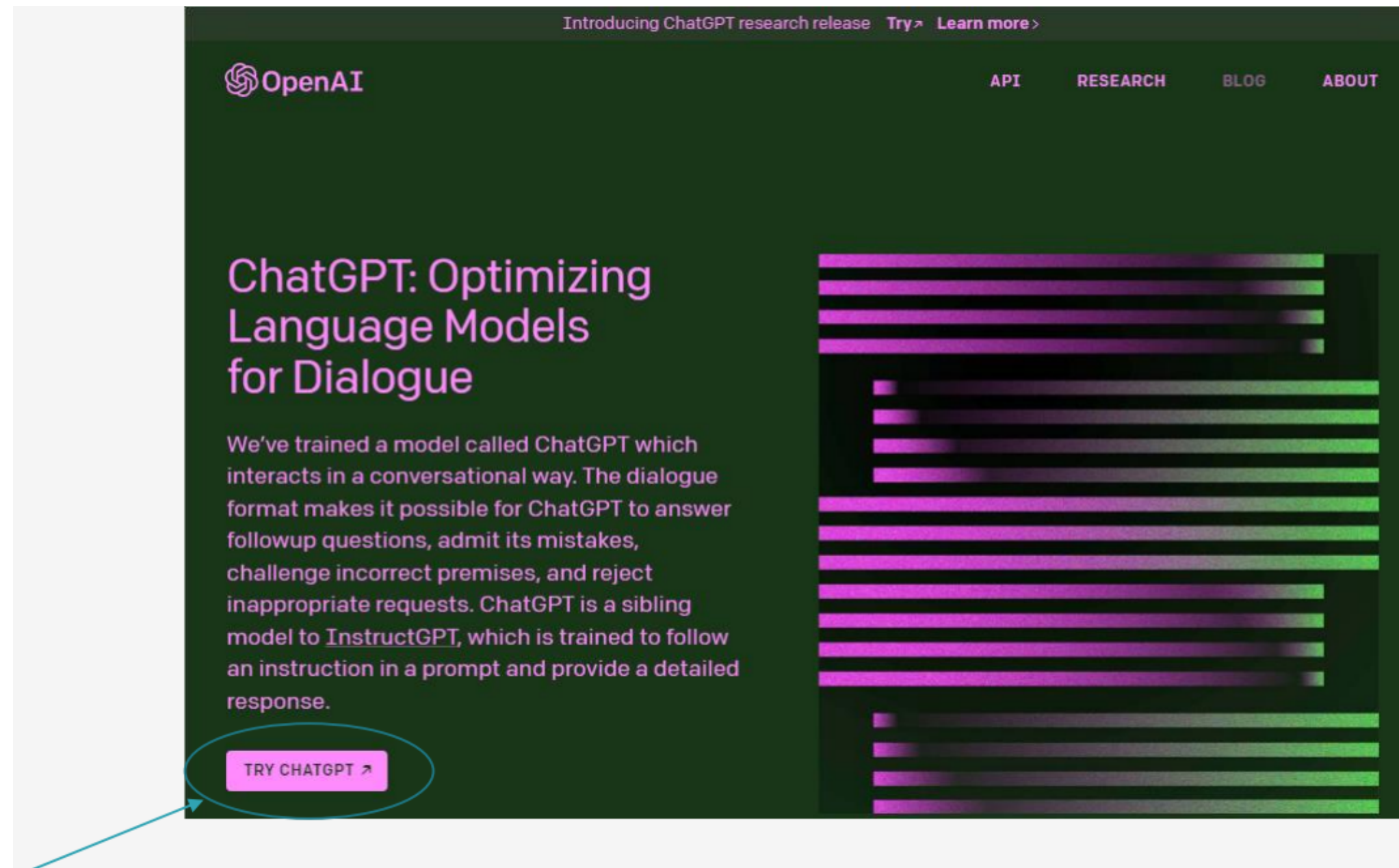
AIのなかでも
話題の
「ChatGPT」

まずは登録して使い始めてみましょう！
10ステップの登録方法をご紹介します

登録画面は英語なので
ちょっと不安になるかもしれませんが
丁寧にお伝えしますね

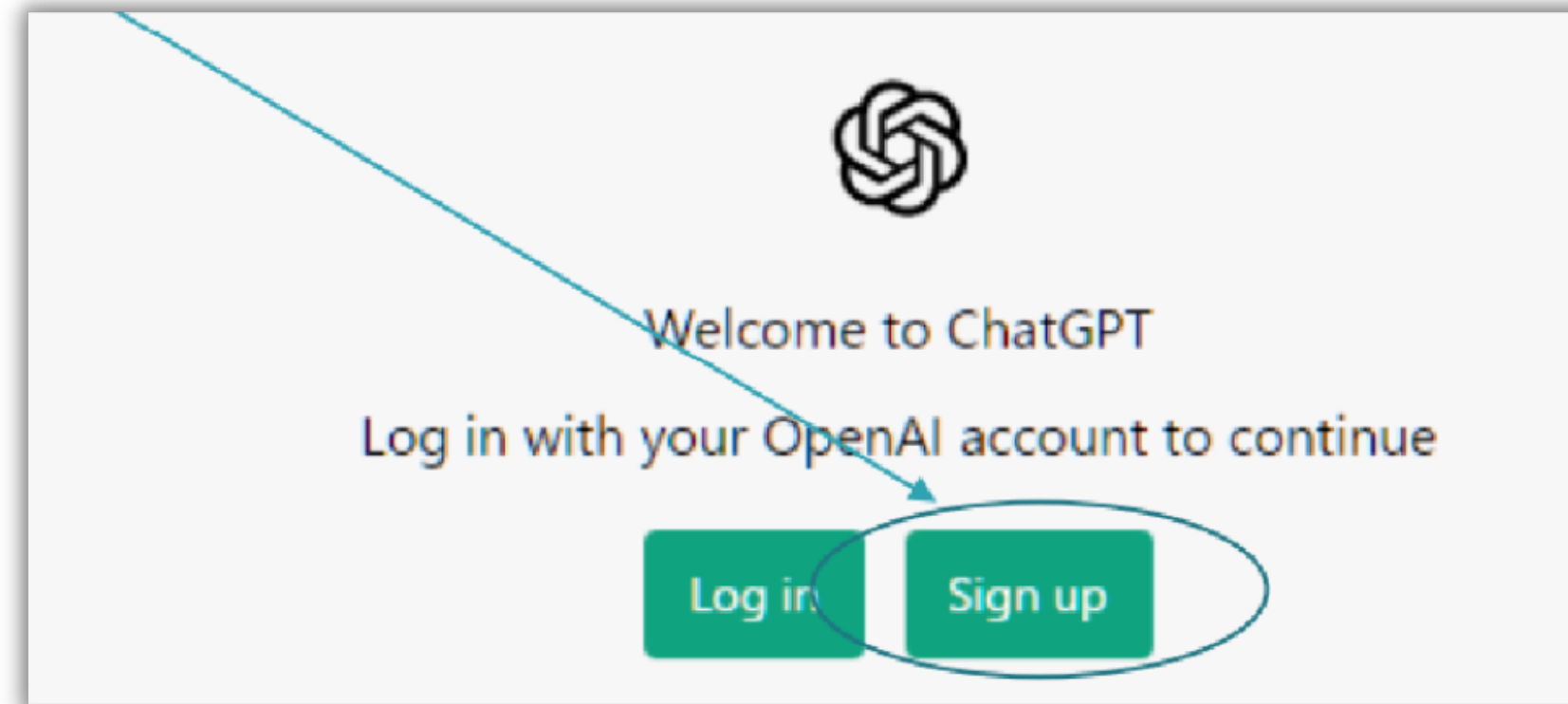
①OpenAI「ChatGPT」のサイトに接続

<https://openai.com/blog/chatgpt/>

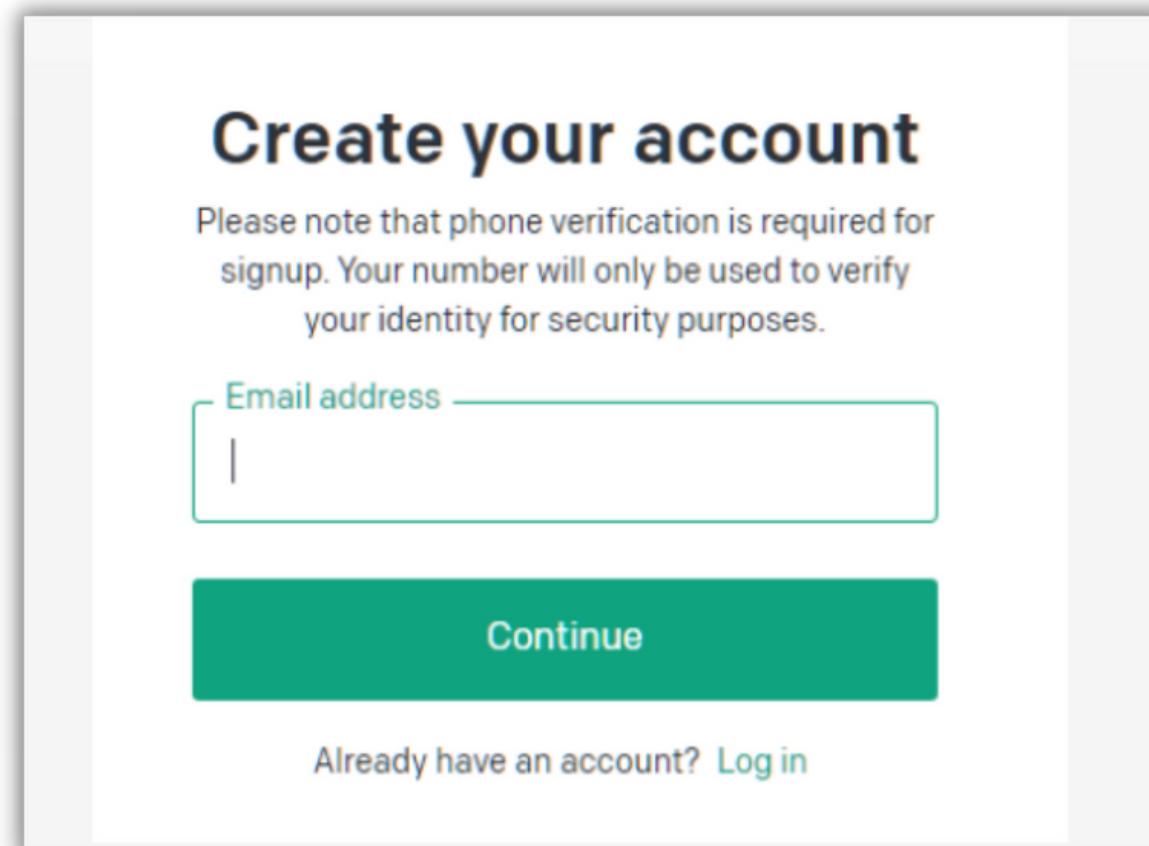


②TRY ChatGPTをクリック

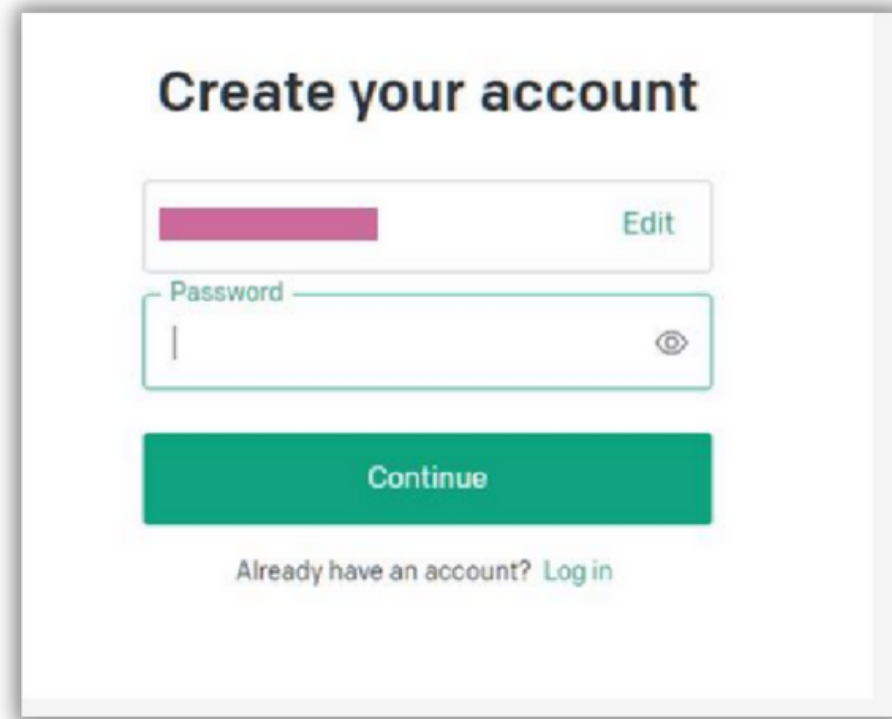
③Shin upをクリック



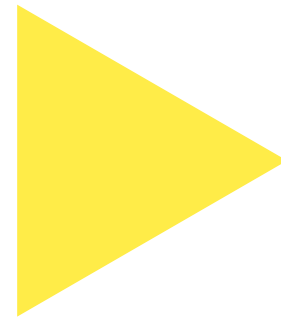
④メールアドレスを入力してContinueをクリック

A screenshot of the "Create your account" form. The title "Create your account" is at the top. Below it is a note: "Please note that phone verification is required for signup. Your number will only be used to verify your identity for security purposes." There is a text input field labeled "Email address" with a vertical cursor. Below the input field is a green "Continue" button. At the bottom, there is a link: "Already have an account? Log in".

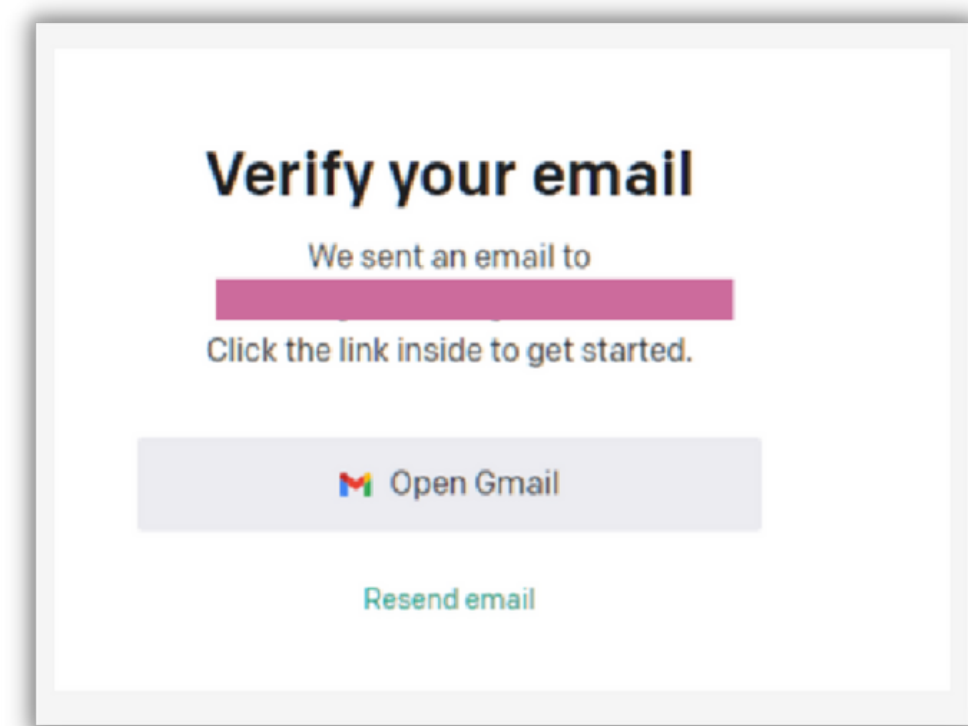
⑤パスワードを入力してContinueをクリック



The screenshot shows a 'Create your account' form. It has a text input field for a name with an 'Edit' button to its right. Below it is a 'Password' input field with a visibility toggle icon. A large green 'Continue' button is at the bottom, and a link for 'Log in' is below it.



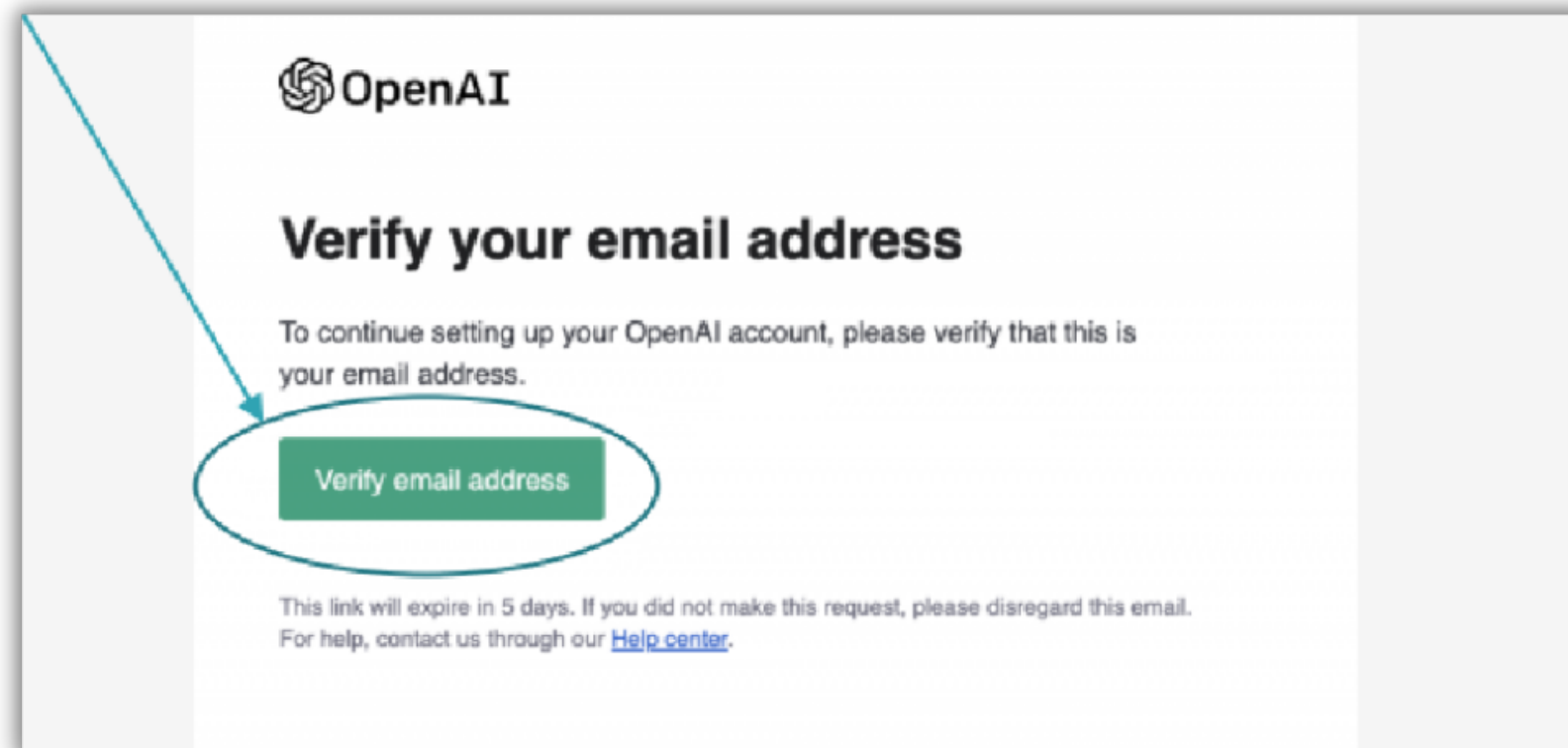
この画面に
なったら成功！



The screenshot shows a 'Verify your email' form. It displays the email address in a pink bar and says 'Click the link inside to get started.' There is a grey button with the Gmail logo and 'Open Gmail' text, and a green 'Resend email' link below it.

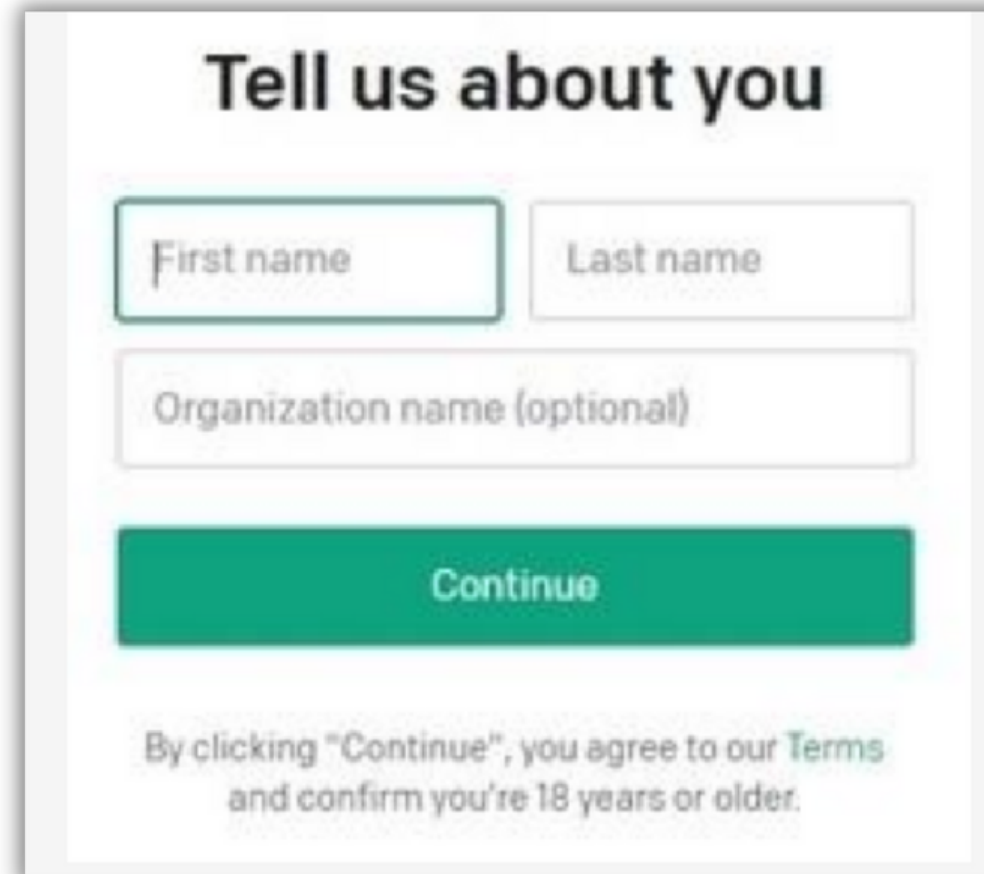
⑥メールボックスを開いて

Verify email address (メールアドレスの確認) をクリック



The screenshot shows an email from OpenAI with the subject 'Verify your email address'. The text says 'To continue setting up your OpenAI account, please verify that this is your email address.' A green button labeled 'Verify email address' is circled in blue, with a blue arrow pointing to it from the top left. At the bottom, it says 'This link will expire in 5 days. If you did not make this request, please disregard this email. For help, contact us through our [Help center](#).'

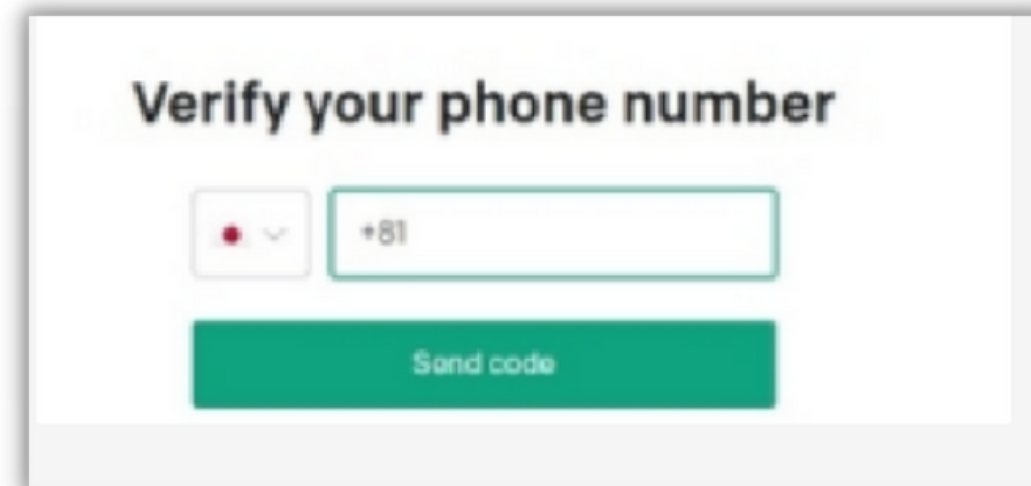
- ⑦ First name（名前）とLast name（名字）を入力し
Termsを読んでContinueをクリック



The screenshot shows a registration form with the following elements:

- Title: Tell us about you
- Input fields: First name, Last name, and Organization name (optional)
- Button: Continue
- Text below button: By clicking "Continue", you agree to our Terms and confirm you're 18 years or older.

- ⑧ 携帯番号を入力してSend codeをクリック
→ 携帯にメッセージが届くので、その中の番号を入力



The screenshot shows a verification form with the following elements:

- Title: Verify your phone number
- Input fields: Country code (dropdown menu showing +81) and Phone number
- Button: Send code

⑨主に何に使うのかの質問。

個人利用なら、『I'm exploring personal use』をクリック



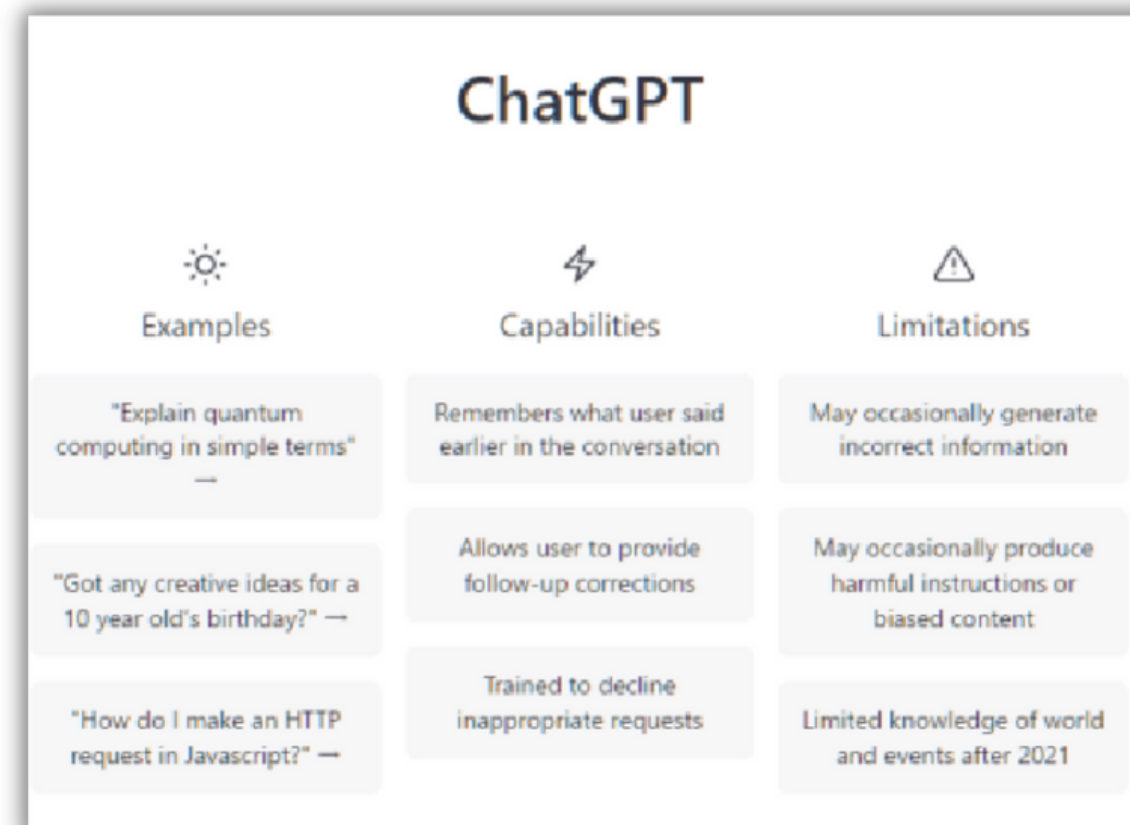
How will you primarily use OpenAI?

- I'm building a product or feature
- I'm exploring personal use
- I'm conducting AI research
- I'm a journalist or content creator

なにか聞かれたら
すべて「Next」でOKです

⑩<https://chat.openai.com/chat>にアクセスして

この画面になれば成功！



ChatGPT

☀ Examples	⚡ Capabilities	⚠ Limitations
"Explain quantum computing in simple terms" →	Remembers what user said earlier in the conversation	May occasionally generate incorrect information
"Got any creative ideas for a 10 year old's birthday?" →	Allows user to provide follow-up corrections	May occasionally produce harmful instructions or biased content
"How do I make an HTTP request in Javascript?" →	Trained to decline inappropriate requests	Limited knowledge of world and events after 2021

時間が溶けていく...

登録が終わったら
使い始めてみましょう

どんな使い方が
できるでしょうか？
ワクワクしますね