QR Codes

Here are QR codes and links to the AI lecture, the assistants, and my resource folders. The lecture, this document, and all material in the resource folders may be shared freely, even with students. If you have suggestions for additional links or material to include, please contact Jonas Hall, jonas.hall@norrtalje.se.

The Lecture

https://gpthb.se/malmo2026

Resource Folders

https://resursmapp.se/alla

The GPT Handbook

https://gpthb.se/home

The Resource Folders

A resource folder is a shared folder with links and material that may be helpful, for example when studying math or physics. The links to the folders and their contents may be freely shared and used.

Link to link document: https://resursmapp.se/links. All resource folders: https://resursmapp.se/alla

Subject	Links	Subject	Links
Math	https://resursmapp.se/ma	Physics	https://resursmapp.se/fy
GeoGebra	https://resursmapp.se/gg	Astronomy	https://resursmapp.se/astro
Upper Secondary Project	https://resursmapp.se/gy	AI and ICT	https://resursmapp.se/ai

There are also some direct links to various subfolders: After https://resursmapp.se/ you can add: ma1, ma2, ma3, ma4, ma5, innan, efter, procent, ode, fy1, fy2, fy3, aikurs, manualer, pyma, dator, word, excel, latex, fel. Example: https://resursmapp.se/ma2.

The Assistants

An assistant is a pre-prompted chatbot, either one of ChatGPT's custom GPTs or a Gemini Gem. Assistants have no prior knowledge of you and act entirely based on their instructions: the system prompt and any uploaded documents. They can be given different roles, guidelines, tasks, response formats, and more. These assistants were created by Jonas Hall, jonas.hall@norrtalje.se.

To use assistants, you need free accounts with either ChatGPT or Google.
Creating your own assistants requires a paid ChatGPT account, but you can create Gemini Gems with your regular free Google account.

List of Assistants

See also the GPT Handbook website, https://gpt-handboken.se, eller https://gpthb.se/home. QR codes -> ChatGPT.

Name	Links	Name	Links>
AI-talks	https://gpthb.se/aitalks https://gpthb.se/aitalksgem	The Question-Generator	https://gpthb.se/fragegeneratorn https://gpthb.se/fragegeneratorngem
The Start-Helper	https://gpthb.se/starta https://gpthb.se/startagem	The Learning-Guide for StudySkills	https://gpthb.se/inlarningsguiden https://gpthb.se/inlarningsguidengem
Helpful Math	https://gpthb.se/matte https://gpthb.se/mattegem	The Writing-Helper	https://gpthb.se/skrivhjalpen https://gpthb.se/skrivhjalpengem
What If	https://gpthb.se/whatif https://gpthb.se/whatifgem	Mental-Arithmetic-Analysis	https://gpthb.se/huvudrakning https://gpthb.se/huvudrakninggem
Adapt to Interest	https://gpthb.se/intresse https://gpthb.se/intressegem	Adjust Level	https://gpthb.se/nivaanpassaren https://gpthb.se/nivaanpassarengem
Text-Adven-ture	https://gpthb.se/textquest https://gpthb.se/textquestgem	The Calculator-Helper (calculator)	https://gpthb.se/raknehjalpen https://gpthb.se/raknehjalpengem
Create your own GPTs	https://gpthb.se/gpt https://gpthb.se/gptgem	GeoGebra-GPT	https://gpthb.se/geogebra
UF: Young Enter-prise	https://gpthb.se/uf https://gpthb.se/ufgem	Billy the Builder	https://gpthb.se/billy https://gpthb.se/billygem