

Simple Tools for Staying Current (Without the Stress)

Welcome

If you've ever felt like technology is moving faster than you can keep up with, you're not alone. At **Standing Square**, we meet people every day who want to stay informed, be creative, and remain part of the conversation, but who don't want to feel buried under jargon or trends.

This short guide introduces seven tools that are simple, helpful, and quietly powerful. Whether you're an educator, a retired professional, or simply a thoughtful learner, you can use these tools to stay engaged with the world, without becoming overwhelmed. Let's begin.

Tool #1: ChatGPT

What it is: ChatGPT is an AI assistant that helps you with writing, summarizing, brainstorming, and more. Think of it like a smart writing partner who's always available.

What it can do for you:

- Summarize long articles or documents
- Help you plan lessons, devotionals, or events
- Offer writing suggestions for emails, talks, or presentations
- Summarize videos or podcasts using transcripts (just copy and paste the transcript into ChatGPT)

Try This: Type this into ChatGPT: "Can you simplify this paragraph for me?" (Then paste something you're reading.)

Tool #2: Canva

What it is: Canva is a free design tool that helps you make beautiful visuals. No experience needed.

What it can do for you:

- Design flyers, invitations, or handouts
- Create social media posts or presentation slides
- Make visual aids for lessons or talks

Try This: Create a free Canva account and choose a template labeled "Presentation" or "Flyer." Edit the text to say something meaningful to you.

Tool #3: PixVerse

What it is: PixVerse is a platform where you can type a short idea and turn it into a moving video.

What it can do for you:

- Create quick animations for storytelling or devotionals
- Turn your words into visual content
- Add life to your messages with motion

Try This: Start with an image you created using ChatGPT or MidJourney. Upload it to PixVerse with a prompt like: “Animate the leaves blowing gently across the page.”

Tool #4: HeyGen

What it is: HeyGen lets you make short, narrated videos without using a camera or microphone.

What it can do for you:

- Explain a concept or tell a story using an AI avatar
- Create devotionals or training videos without filming yourself
- Narrate scripts with natural-sounding voices

Try This: Use a short script or story and pair it with a PixVerse video. Then upload it into HeyGen and choose a narrator to match the tone.

Tool #5: SUNO AI

What it is: SUNO AI turns words into music. You describe the song, and it creates one.

What it can do for you:

- Make background music for a video or presentation
- Create a song that expresses a mood or message
- Explore music creation, even if you can't play an instrument

Try This: Visit [SUNO.ai](https://suno.ai) and enter a prompt like: “A gentle piano tune for a quiet evening.” Listen to what it generates.

Tool #6: MidJourney

What it is: MidJourney is an AI image-generation tool that transforms short written prompts into detailed illustrations, art, or graphics.

What it can do for you:

- Create custom images for articles, devotionals, or teaching materials
- Explore visual ideas for stories, concepts, or emotions
- Bring abstract thoughts to life through art

Try This: Join the MidJourney Discord server and type a prompt like: “An open book glowing on a rustic wooden table at sunset.” See how it interprets your words.

Tool #7: Camtasia

What it is: Camtasia is a beginner-friendly video editing tool that lets you combine visuals, audio, and screen recordings into polished videos.

What it can do for you:

- Edit together content made in Canva, PixVerse, and HeyGen
- Add music from SUNO or narration clips
- Create lessons, devotionals, or promotional videos with ease

Try This: Import a short video or image into Camtasia and add a title or background music. Explore the timeline to trim and move elements around.

Bringing It All Together

You don't have to use these tools in isolation. In fact, some of the most creative results come when you combine them:

- **Use MidJourney or ChatGPT's image tools** to generate artwork
- **Animate your image in PixVerse** for movement and mood
- **Narrate the video with HeyGen** to create a full teaching or storytelling clip
- **Add music from SUNO AI** for emotional impact
- **Wrap it in a Canva design** to present or share beautifully
- **Edit it all in Camtasia** to produce a polished final video

Each tool can stand alone, but together they can help you create something surprisingly rich, without overwhelming complexity.

Closing Thoughts

You don't need to master every tool. You don't need to be on every platform. Staying relevant doesn't mean being trendy, it means staying curious.

Start with one tool. Try one idea. Explore at your own pace.

As an educator and IT professional with over thirty years of experience helping others learn and use technology, whether through creating labs, running workshops, developing curriculums, or serving as a Technology Coordinator, I've seen firsthand how simple tools can open big doors. My goal is to make the learning curve gentler for you. Visit www.standingsquare.com for more tutorials, printables, and quiet encouragement.

You belong in this conversation.