AI, how in the model do I use you?!

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Say our robotics club is selling T-shirts to pay for a new rover. I want a shirt slogan, a budget, and a working order form. Should I open the same tool for all three?

I start by asking what I want to hold in my hands when I finish. A good line for the shirt? A spreadsheet I can change? A form that actually takes an order? Each answer points me to a different place.

Three choices you get to make

Place = where you work. Model = the AI doing the job. Effort = how much room you give it to think through the tricky parts.

What do you want to finish?

Choose	When you want…	Try asking this
Chat	A conversation, an idea, or help learning.	"Give me one hint about why my rover turns left."
Work	A finished file built from your materials.	"Use my price list and orders to make a budget sheet."
Codex	Working software or a fix to existing code.	"Fix the order form so it rejects a negative quantity. Test it."

Follow the job as it changes

Ask Chat how an order form works. Move to Work when you want a plan for which questions belong on it. Open Codex when you have a coded form to build, change, or test.

Where do I click?

In Chat, open the model or thinking control and choose an available level. In Work, open the model picker. Default gives you a reasoning slider. Picking a model by name shows its effort choices. In Codex, open the model selector and choose the model and effort offered there.

Looking for 6.2 Astra? Open Work or Codex. Regular Chat has its own menu. What appears depends on your plan and workspace.

Meet the names on the menu

Think of 6.2 as a version number and Sol or Astra as a family name. The newest model can tackle hard work. You can still pick a lighter one for an easy job.

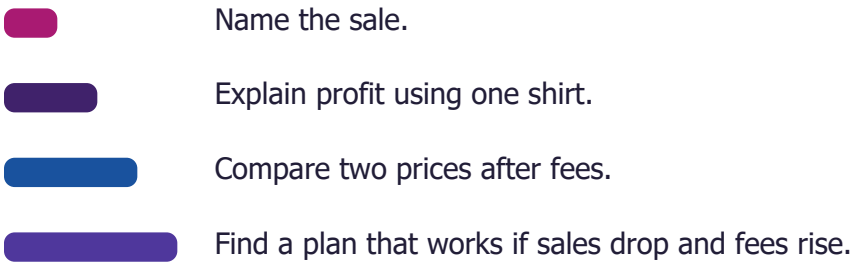
Name you may see	When I would choose it
GPT-6 in regular Chat	Start here for everyday questions. GPT-6 Sol handles Instant through Extra High. The Pro choice uses GPT-6 Astra.
GPT-6 Luna	A small, repeated job. Sort 30 shirt orders by size or shorten five captions.
GPT-6.1 Terra	A job built around what you see. Ask it to read a screenshot of the order form and point out confusing labels.
GPT-6 Sol / 6.1 Sol	Earlier everyday helpers. Keep using one if it handles your draft or your existing project well.
GPT-6.2 Sol	My starting pick in Work or Codex for a new, ordinary project. Build a budget sheet or add a size menu to a form.
GPT-6 Astra / 6.2 Astra	For a tough puzzle with parts that affect each other. Pick 6.2 Astra to track down why a shop charges twice only when a buyer changes sizes.

Already using a 5.x model? Try the same real task with the newer model. Compare the mistakes you had to fix and how long the work took.

How hard should it think?

Effort is how much work the model can spend figuring things out. It can take longer and use more of your allowance. You choose the setting. You can also ask for a short explanation you can check.

One T-shirt sale, four Chat settings



Instant	Name the sale.
Medium	Explain profit using one shirt.
High	Compare two prices after fees.
Extra High	Find a plan that works if sales drop and fees rise.

Bar length shows relative effort only. Pro, when offered in Chat, switches to the Astra-powered option.

Work or Codex level	Plain-English starting point
Low	One clear instruction, like fixing a typo.
Medium	A few steps, like grouping sales and adding totals.
High	Several rules to check together, like costs, sizes, and deadlines.
Extra high / xhigh	A stubborn problem, like finding which fee makes two budgets disagree.
Max / Ultra, if shown	Reserve for the hardest projects. Ask for checks you can repeat. Available levels vary by model and product.

Ultrafast is a speed choice. More effort cannot tell you today's vendor price. For that, use search and open the vendor's page.

Three jobs. Three good first moves.

Your role	Start here	Prompt you can borrow
Student	Chat · GPT-6 · Medium	"A shirt costs $8 and sells for $15. Our booth costs $35. Help me figure out how many shirts cover the booth. Give me one hint at a time."
Entrepreneur	Work · 6.2 Sol · Medium	"Use my order list and printer quote. Make a budget sheet. Put fixed costs and costs per shirt in separate columns. Flag missing prices."
Team lead	Work · 6.2 Astra · High	"Compare these three launch plans. Our trainer can visit one site per day. Find schedule clashes and show two ways to fix them."

My quick check

On that shirt problem, each sale leaves $7 toward the booth. Five shirts cover $35. If the answer says three, you just caught a mistake. Checking one small example works in school, in a shop, and in the boardroom.

If a result misses the mark, ask what was missing. Supply the file if it lacked facts. Raise effort if it missed a rule. Switch to Codex if the next step is changing code.

Read the official guides • Checked November 22, 2026

Chat model and thinking menus
Work and Codex model menus
Choosing a model
GPT-6.2 Astra and Sol
About Dr. Morris