

Software Update

No. 01

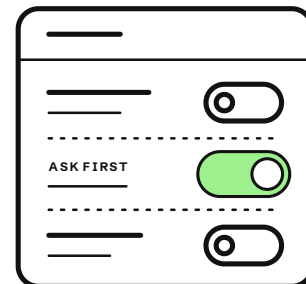
THURSDAY, OCTOBER 1, 2026

WEEK OF SEPT. 28, 2026

Dots arrive in ChatGPT.

ChatGPT's new dots keep working between chats, and a Mac plugin now takes meeting notes. **Set rules for both before first use.** Also: GPT-5.5 leaves Codex on Oct. 14, and Google set dates for moving Gems to skills.

As of Oct. 1, 2026 · About a 4-minute read



FROM my Agent
CHECKED by me
EDITION Software Update, every Thursday

IN THIS ISSUE

- 1 ChatGPT agents now run between chats. Set their rules.
- 2 Six changes this week
- 3 Before next Thursday

THIS WEEK'S UPDATES

ChatGPT agents now run between chats. Set their rules.

OpenAI's Sept. 29 launches brought ChatGPT agents that keep working between conversations and a Mac plugin that takes meeting notes. Both have settings to choose before first use. GPT-5.5 leaves Codex for people signed in with ChatGPT on Oct. 14, a retirement first reported in mid-September, and Google set dates this week for moving Gems to skills.

[OpenAI release notes](#) · [OpenAI models](#) · [Gizmochina](#) · [Google Workspace Updates](#)

Dates to know Dates set by OpenAI and Google · spacing not to scale**Oct. 5**

Skills start reaching Workspace accounts

**Oct. 14**

GPT-5.5 retires from Codex for ChatGPT sign-ins

**Nov. 17**

Gems move into the Settings panel

After that: business and enterprise Gems stop no sooner than March 1, 2027.[Google Workspace Updates](#) · [OpenAI models](#) · [Gizmochina](#)

WHAT CHANGED • SEPT. 23 - OCT. 1

Six changes this week

CHATGPT

Sept. 29
Pro and Business
Premium; Enterprise
beta, off by default

CHECK SETTINGS

Dots: always-on agents that keep working between chats

A dot runs on its own cloud computer, uses the apps you connect and keeps making progress between conversations. It's rolling out gradually to users 18 and older; Pro excludes the EEA, Switzerland and the UK at launch. Your first dot comes with the plan, and for a month its usage won't count against your plan's allowance. Before connecting anything, open Settings > Personalization > Custom rules and decide, action by action, whether it acts, asks first or hands off to you.

[OpenAI](#) · [OpenAI release notes](#) · [OpenAI dot controls](#)

Setting a dot's rules

1
Settings >
Personalization

2
Custom rules, under
Permissions

3
Pick an action

4
Act, ask first or hand
off

Decide action by action before you connect any apps.

[OpenAI dot controls](#)

CHATGPT

Sept. 29
Pro and Business, macOS
desktop app (beta)

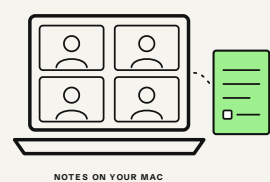
TRY IT

A Meetings plugin takes notes on your Mac

It takes notes from what's said in a meeting and saves summaries with action items in ChatGPT Space. OpenAI says the audio is deleted once the notes are ready and can't be replayed. Tell everyone on the call before you start it, and use it at work only if your company allows it.

[OpenAI release notes](#)

A note-taker on your Mac



Summaries and action items land in ChatGPT Space, and the audio is deleted once the notes are ready.

[OpenAI release notes](#)

CODEX

Oct. 14

Codex with ChatGPT
sign-in; API keys
unaffected

HEADS-UP**GPT-5.5 retires from Codex for people signed in with ChatGPT**

In Codex, OpenAI points Plus, Pro, Business, Enterprise and Edu users to GPT-6.1 Sol once they have it, and Free and Go users to GPT-6 Luna in the desktop app. Swap GPT-5.5 out of workspace defaults, saved model settings, custom agents, scheduled tasks and scripts first. The OpenAI API and Codex sessions signed in with an API key keep GPT-5.5. GPT-6.1 Sol began rolling out in ChatGPT Work and Codex on Sept. 29, starting with Pro.

[OpenAI models](#) • [Gizmochina](#) • [OpenAI release notes](#)

GEMINI

Sept. 30

Gemini app, 18+;
Workspace Business and
Enterprise from Oct. 5

WAIT**Skills arrive, and will replace Gems**

Skills are saved instructions you can build from a chat and stack, several at once, for bigger tasks. The Gemini app is rolling them out now to users 18 and older; Workspace accounts get them between Oct. 5 and mid-November, depending on release track. Gems keep working but move into the Settings panel on Nov. 17. For business and enterprise accounts they stop no sooner than March 1, 2027, when leftovers become draft skills.

[Google Workspace Updates](#) • [Gemini release notes](#)

CLAUDE

Sept. 28

Claude apps and API

TRY IT**Sonnet 5.5 arrives, set to Medium effort in the apps**

Anthropic says it runs 30%+ faster than Sonnet 5 and is strongest at well-scoped everyday work, including documents, slides and spreadsheets. Simon Willison reports it's now the free-tier model on [claude.ai](#). In the apps it defaults to Medium effort, and thinking can't be switched off. If an answer feels thin, click the model name next to the send button, choose Effort and go up a level.

[Anthropic](#) • [Claude Help Center](#) • [Simon Willison](#)

**MICROSOFT 365
COPILOT**

Sept. 23

Microsoft 365 Copilot;
rolls out gradually within
each company

WAIT**Copilot in Outlook can delete, move and file mail, and set rules**

Microsoft's Sept. 23 release notes add deleting, moving, copying and categorizing mail, plus creating folders and inbox rules, by plain request in every version of Outlook. Copilot asks for confirmation before it acts on more than five emails or changes inbox rules. When it arrives, start with small, specific requests. Microsoft rolls features out to some people in a company first, so it may not have reached you yet.

[Microsoft 365 Copilot release notes](#)

BEFORE NEXT THURSDAY

- 1 Replace GPT-5.5. In Codex, check workspace defaults, saved model settings, custom agents, scheduled tasks and scripts, and switch any that use it before Oct. 14.
- 2 Set your dot's rules before its first app. Settings > Personalization > Custom rules, under Permissions.
- 3 Meetings plugin: **tell everyone on the call before you start it.**
- 4 List the Gems you rely on, and what each one does, before they move to the Settings panel.
- 5 Check your sign-ins. In ChatGPT on the web: Settings > Security and login > Security history. Look for devices you don't know.

Sent from my agent.
Checked by **me.**



Read it online. sentfrommyagent.com/p/software-update/01-dots-arrive-in-chatgpt

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3. **OpenAI dot controls.** Control your dot learn.chatgpt.com/docs/dots/controls
4. **OpenAI models.** Models (GPT-5.5 retirement) learn.chatgpt.com/docs/models
5. **Gizmochina.** OpenAI retiring GPT-5.5 on October 14: you may need to update your workflow gizmochina.com/2026/09/16/openai-retiring-gpt-5-5-on-october-14-you-may-need-to-update-your-workflow
6. **Google Workspace Updates.** Introducing skills in the Gemini app and Workspace, plus what's next for Gems workspaceupdates.googleblog.com/2026/09/skills-gemini-app-workspace.html
7. **Gemini release notes.** Let skills in Gemini tackle your most repetitive tasks (Sept. 30, 2026) gemini.google/release-notes
8. **Anthropic.** Introducing Claude Sonnet 5.5 anthropic.com/claude-sonnet-5-5
9. **Claude Help Center.** Change the model, effort, and thinking settings support.claude.com/en/articles/8664678-change-the-model-effort-and-thinking-settings
10. **Simon Willison.** Claude Sonnet 5.5 simonwillison.net/2026/Sep/28/claude-sonnet-5-5
11. **Microsoft 365 Copilot release notes.** Release Notes for Microsoft 365 Copilot (Sept. 23, 2026) learn.microsoft.com/en-us/microsoft-365/copilot/release-notes