The Day I Stopped Asking AI

A Reflective Essay

I don't remember the first time I used AI. I remember the first time I realized I was using it too quickly. It happened with something that should not have been difficult. I had a question while studying. Instead of sitting with it, trying to remember what I already knew, or looking through my notes, I opened AI.

The answer appeared almost immediately. At first, I felt relieved. Then I wondered: Had I actually learned anything? That question stayed with me.

AI is incredibly useful for students. It can explain difficult topics, give different examples, help us organize ideas and make information easier to understand. For someone who is confused about a subject, having that help can make learning less frustrating. But convenience can quietly become dependence.

If I ask AI every time I get stuck, I may never discover what I can solve on my own. I might start treating confusion as something to escape instead of something to work through. So I changed one small habit.

Before asking AI, I try to think first. Sometimes I write down what I already know. Sometimes I attempt the problem and get it wrong. Sometimes I spend several minutes trying to understand a concept before asking for help. And when I finally use AI, I use it differently.

I don't want it to simply give me the answer. I want it to help me understand why the answer is what it is. That difference may become important for my entire generation.

AI will probably become part of our classrooms, workplaces and everyday lives. Doctors may use it to recognize patterns. Scientists may use it to explore possibilities. Students may use it to learn almost anything from almost anywhere. I hope we welcome those possibilities.

But I also hope we remember that learning is not supposed to be effortless all the time. Sometimes struggling with a question is exactly what makes us understand it.

The day I stopped asking AI immediately was not the day I stopped using AI. It was the day I started asking myself first. And perhaps that is how my generation can live with smarter machines without becoming less thoughtful people.