# AI and You: Level Up Your Learning! – English Transcript

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Hey there, future innovators! From personalized learning apps to AI powered research tools, artificial intelligence shapes how we learn and create. But with all this technology comes a big responsibility: using AI thoughtfully and ethically.

Think of it like playing a game. You need to know the objective of the game and the rules before you can play. So here are a few tips that will help you level up on your way to becoming a responsible AI user.

First things first – Level 1: Understand the technology. Before you begin using any AI tools, take a minute to understand some basics about artificial intelligence. How does AI work? What kinds of data does it use? What are its strengths and limitations?

This knowledge is your foundation for responsible AI use. AI, like other technologies, uses algorithms to bring you what it thinks you're looking for. Algorithms are step-by-step rules that decide which information you are shown. To understand more about how algorithms shape what you see, watch the OSLIS video about algorithm awareness.

The data used by many AI models may be gathered from many resources across the internet, with limited evaluation of the accuracy or relevancy of that information. Also, if the AI tool cannot find what it thinks you are looking for, it may invent something.

Artificial intelligence has both strengths and limitations.

Let's start by focusing on some of the strengths.
- AI can help us with the organization of information by sorting it clearly and effectively.
- It can help us brainstorm by coming up with lots of ideas.
- And it can do all of this with efficiency in just a few seconds.

OK, while AI has useful applications, it also has some drawbacks. Here are some of the limitations you should be aware of.

- Sometimes, AI can invent answers when it cannot find what you are looking for. These invented answers are called hallucinations.
- AI can also present bias as fact. In this case, bias is incomplete or prejudiced information.
- Plus, AI may not recognize or understand comedy or satire and may present it as accurate information.
- And relying on AI too much can create dependence, which can keep you from learning how to create work or build relationships yourself.

Now, let's level up to Level 2: Fact-checking is key. AI can be very helpful, but it's not always perfect. Always double check the information it gives you. Ask AI to cite and provide its sources. Evaluate those sources. Does the AI response make sense? Are the sources accurate and reputable? Practice lateral reading to check what other sources say.

Time for Level 3: Be an active user. Don't just passively accept what AI gives you. Experiment, provide feedback, and refine the results before using or sharing them. For example, since AI indicated that loggerhead turtles eat plants, but the Gale article reported that they eat mollusks, you can refine your AI prompt by asking, what sea creatures do loggerhead turtles eat?

Follow the rules for the task. Dig deeper. Ask questions. Challenge AI results. Remember, you are the learner. Don't let AI think for you. AI is a tool that should help you with your thinking. It should not be used to avoid thinking for yourself. You're the gamer, and the controller is in your hands.

Ready for the final level? Level 4: Ethics matter. AI is a powerful tool. And like any tool, it can be used in different ways. Here are some ways to be an ethical AI user.
- Respect privacy. Be mindful of the data you share, and protect your personal information such as birth date, last name, school name, home, and email address. Keep private information private.
- Make your work your own. Avoid recreating the likeness or style of others. Let your own voice shine.
- Be transparent. Disclose how you used AI and be ready to explain your process.
- Give credit where it's due. If you use AI generated content, site it properly. Use Citation Maker to help you format your citations.

- Consider the environmental impact. Remember that it takes energy and resources to generate AI results, so be mindful of its environmental impact. Use AI purposefully and efficiently.
- And finally, spread the word. Share what you've learned about responsible AI use with your friends, classmates, and family.

Congratulations! You've officially leveled up to being a responsible AI user. Remember, AI is a versatile tool that can help you learn, grow, and achieve. By using AI ethically and thoughtfully, you're not just preparing for the future, you're shaping it!

For specific examples and for more information about this topic and the entire research process, explore OSLIS.

OSLIS – Learn to Research. Research to Learn.

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