Student Self-Reflection Checklist for Strategic GenAI Use

GenAI works best when it helps you build on your own thinking, not when it takes over the thinking for you. This tool helps you identify what's working and where you might adjust your approach.

(!) **Important:** *This isn't a test. Checking boxes simply indicates areas where you might experiment with different strategies.*

Part 1: Academic Thinking and Problem-Solving

Strategic Use (Check what applies)

- ☐ I attempt problems independently first, then use GenAI to check my approach
- ☐ I can explain my work without referencing GenAI
- ☐ I feel confident completing similar work when GenAI isn't available

Growth Opportunities (Check what applies)

- ☐ I immediately turn to GenAI when encountering challenges without trying first
- ☐ I can't explain my work, only that "GenAI suggested it"
- ☐ My test performance is significantly lower than my homework performance

Part 2: Creative Work and Expression

Strategic Use (Check what applies)

- ☐ I generate initial ideas independently, then use GenAI to build and explore
- ☐ I maintain a recognizable personal style across my work
- ☐ Friends and teachers recognize my work as authentically mine

Growth Opportunities (Check what applies)

- ☐ I feel "creatively empty" without GenAI to start my process
- ☐ My work has started looking generic or AI-generated
- ☐ I haven't created anything for school 100% on my own in several weeks

Part 3: Communication and Social Skills

Strategic Use (Check what applies)

- ☐ I draft important messages myself, then might use GenAI to refine them
- ☐ I can handle unexpected social situations without GenAI preparation
- ☐ When I need emotional support, I turn to trusted friends, family, or adults rather than GenAI

Growth Opportunities (Check what applies)

- ☐ I rehearse most conversations with GenAI before having them, or avoid ones I haven't prepared for
- ☐ Friends notice my communication has become more formal or "different"
- ☐ When I'm stressed, sad, or overwhelmed, I sometimes turn to GenAI instead of people I trust

Note: If you checked multiple boxes here, consider talking with a trusted adult. GenAI can be a helpful thinking partner, but it isn't a substitute for real human connection and support.

Part 4: Personal Decision-Making

Strategic Use (Check what applies)

- ☐ I form opinions independently, then might seek GenAI's perspective as one input
- ☐ I can articulate my values and goals without external validation
- ☐ My decisions feel authentically mine

Growth Opportunities (Check what applies)

- ☐ I regularly ask GenAI to help define my personality or life goals
- ☐ I feel uncertain about my preferences without GenAI input
- ☐ I struggle to make decisions when GenAI isn't available

Understanding Your Results

Total Strategic Use Behaviors: ___/12

- **9-12:** Strong strategic use across areas
- **5-8:** Solid habits; consider expanding
- **0-4:** Opportunities to develop strategic approaches

Total Growth Opportunities: ___/12

- **0-3:** Current approach supports skill development well
- **4-7:** Some areas to experiment with adjusting
- **8-12:** Considerworking with a teacher to develop more independent capabilities

Taking Action: Choose Your Focus Area

Rather than trying to change everything at once, pick ONE category where you want to strengthen your strategic use:

My focus area: (Pick One)

- ☐ Academic Thinking and Problem-Solving
- ☐ Creative Work and Original Expression
- ☐ Communication and Social Navigation
- ☐ Personal Decision-Making and Self-Knowledge

One strategic use behavior I'll practice this week:

For example: "drafting my own ideas before asking GenAI," "checking GenAI's answers instead of copying," or "creating one piece of work fully on my own."

How I'll practice it:

For example: "I'll plan my ideas first, then ask GenAI for feedback," "I'll collaborate with my teacher to set small goals," "I'll ask a friend to compare approaches," or "I'll research study strategies that help build independence."

How I'll know it's working:

For example: "I can explain my thinking more clearly," "My work sounds more like me," or "I feel more confident trying problems before using GenAI."