

Episode 10: Learning With AI Without Becoming Dependent

All six kinds · Responsible AI use · cognitive offloading

By the end, you will know how to use AI so it makes your thinking sharper instead of quietly replacing it.

THE MOVE • The Thinking-Partner Test

Before you send a prompt, run it through this test. It keeps the difficulty that actually teaches you.

- 1 Who is doing the thinking here, me or the tool?
- 2 Am I asking it to remove the difficulty, or to help me see it?
- 3 Will I be able to do this myself next time, or only with it?
- 4 The rule: let AI question, quiz, and critique you. Don't let it do the retrieving, generating, or deciding your brain needs to do to learn.

USE AI AS A THINKING PARTNER • copy this prompt

I'm learning [TOPIC]. Be my thinking partner, not my answer machine.

Ask me questions to find where I'm actually stuck, quiz me on what I should know, and point out gaps in my understanding. Do not give me the finished answer or do the work for me. Keep me doing the thinking, and tell me when I'm ready to try it on my own.

YOUR CHECKLIST THIS WEEK

- State the goal for the session before you open the tool.
- Ask AI to question or quiz you, not to answer.
- Do the retrieval and the first attempt yourself.
- Check its claims against a reliable source.
- Notice one thing you could now do without it.

ONE SMALL BEHAVIOUR

On your next AI use, change one give me the answer into ask me questions until I can answer it myself. Feel the difference in what stays with you.