## **Personal AI Use Plan Worksheet**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **1. What is one subject or assignment you might use an AI tutor to help with?**

✎ Example: “Writing a rough draft for an essay on climate change.”

### **2. What are some things you should not use AI for?**

✎ Example: “Submitting full essays written by AI as my own.”

### **3. How will you check if an AI response is accurate or helpful?**

✅ I will compare it to my textbook or class notes  
 ✅ I will ask my teacher if I’m unsure  
 ✅ I will search on a trusted website (like Khan Academy or a school site)

### **4. What are some smart ways to ask AI for help?**

✎ Example: “Ask it to explain something in simple terms”  
 ✎ Example: “Use it to brainstorm ideas, not to copy answers”

### **5. What is one personal goal or habit you want to try when using AI?**

✎ Example: “Always check two sources after using AI.”  
 ✎ Example: “Only use AI after I’ve tried to solve the problem myself.”