

# Using AI Without Losing Thinking Skills

## VOCABULARY WORDS

1. **rely** Verb /rɪˈlaɪ/ to depend on someone or something  
Example: Many students rely on online tools to finish their homework.
2. **critical thinking** Noun /ˈkrɪt.ɪ.kəl ˈθɪŋ.kɪŋ/ the ability to carefully think and judge information  
Example: Critical thinking helps you understand if an answer is correct or not.
3. **creative** Adjective /kriˈeɪ.tɪv/ having the ability to make new and original ideas  
Example: Writing stories helps students become more creative.
4. **guidelines** Noun /ˈgaɪd.laɪnz/ rules or instructions that help you do something  
Example: The school has guidelines for using AI tools in class.
5. **process** Verb /ˈprəʊ.ses/ to think about and understand information  
Example: It is important to process ideas before giving an answer.



Today, many students use AI tools to answer questions and even write essays for school. These tools are fast, easy to use, and often give correct answers in just seconds. Because of this, students can finish their work more quickly than before. However, some experts are starting to feel worried about this situation. They think that when people rely too much on AI, their brains do not work as hard anymore. Over time, this can make thinking skills weaker and slower. That is why it is important to learn how to use AI in a smart and balanced way.

Many teachers have already noticed changes in their students' learning habits in recent years. Some students no longer spend time reading books or studying lessons deeply. Instead, they quickly ask AI to give them answers without trying first. As a result, important skills like critical thinking and creativity are not practiced often. Students may also become less patient when

solving difficult problems. This situation can affect their future jobs and responsibilities. If they do not build strong thinking skills now, they may face challenges later in life.

A business expert named Ryan Deiss shared his thoughts about this growing issue. He said he is not afraid that AI will become too powerful in the future. Instead, he is more worried that people will become too dependent on AI tools. He believes that humans might stop thinking deeply if they always use AI. Because of this, he suggested a simple and practical solution. His idea is called the “10-80-10 rule” for using AI. This method helps people keep their thinking skills while still enjoying the benefits of AI.

The “10-80-10 rule” is a simple guide that anyone can follow in daily tasks. First, you use your own brain to start the task and think about the problem. This first step helps you understand what you are doing. Then, you can use AI to help you complete the middle part of the work. AI can give ideas, suggestions, or information to support you. After that, you return to your own thinking to finish the task carefully. You check the answers, improve them, and make sure everything is correct. In this way, AI becomes a helpful tool but not a replacement for your mind.

Different schools have different rules about using AI in learning environments today. Some teachers do not allow AI at all because they want students to think independently. Other schools accept that AI is part of modern life and create clear guidelines for using it. These guidelines help students use AI in a responsible and fair way. Even with these differences, many experts agree on one important idea. People who continue to think, analyze, and process information will have a strong advantage. In the end, using AI is helpful, but using your own brain is still the most important skill.

## **DISCUSSION**

1. If you could not use AI for one day, what would you do differently?
2. Do you think AI makes life easier or lazier? Why?
3. What is one skill you want to improve without using AI?
4. Imagine AI disappears tomorrow. How would students study?
5. Would you trust an AI doctor or a human doctor more? Why?
6. How can you use AI but still stay smart and independent?
7. Create your own rule like “10-80-10.” What would it be?