AI Decision Journal (S — Set Purpose)

This journal helps you reflect on when and why you choose to use AI tools for learning. By tracking your decisions, you’ll develop better judgment about when AI is most helpful and when other approaches might serve you better. Use or duplicate the entry blocks as needed.

### Entry 1

|  |  |
| --- | --- |
| Date (dd/mm/yyyy) | Subject / Topic |
|  |  |

**Task Description:**

|  |
| --- |
|  |

**Why did I choose to use AI?**

|  |
| --- |
|  |

**Other options I considered (tick or highlight):**

☐ Ask a peer ☐ Ask teacher ☐ Textbook/notes ☐ Search engine ☐ Try myself first ☐

Other: \_\_\_\_\_\_\_\_\_\_

**Was AI the best tool for this task? ☐ Yes ☐ No**

**Justification:**

|  |
| --- |
|  |

### Entry 2

|  |  |
| --- | --- |
| Date (dd/mm/yyyy) | Subject / Topic |
|  |  |

**Task Description:**

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| --- |
|  |

**Why did I choose to use AI?**

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| --- |
|  |

**Other options I considered (tick or highlight):**

☐ Ask a peer ☐ Ask teacher ☐ Textbook/notes ☐ Search engine ☐ Try myself first ☐

Other: \_\_\_\_\_\_\_\_\_\_

**Was AI the best tool for this task? ☐ Yes ☐ No**

**Justification:**

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| --- |
|  |

### Entry 3

|  |  |
| --- | --- |
| Date (dd/mm/yyyy) | Subject / Topic |
|  |  |

**Task Description:**

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|  |

**Why did I choose to use AI?**

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| --- |
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**Other options I considered (tick or highlight):**

☐ Ask a peer ☐ Ask teacher ☐ Textbook/notes ☐ Search engine ☐ Try myself first ☐

Other: \_\_\_\_\_\_\_\_\_\_

**Was AI the best tool for this task? ☐ Yes ☐ No**

**Justification:**

|  |
| --- |
|  |

### Entry 4

|  |  |
| --- | --- |
| Date (dd/mm/yyyy) | Subject / Topic |
|  |  |

**Task Description:**

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**Why did I choose to use AI?**

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| --- |
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**Other options I considered (tick or highlight):**

☐ Ask a peer ☐ Ask teacher ☐ Textbook/notes ☐ Search engine ☐ Try myself first ☐

Other: \_\_\_\_\_\_\_\_\_\_

**Was AI the best tool for this task? ☐ Yes ☐ No**

**Justification:**

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| --- |
|  |

### Entry 5

|  |  |
| --- | --- |
| Date (dd/mm/yyyy) | Subject / Topic |
|  |  |

**Task Description:**

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**Why did I choose to use AI?**

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**Other options I considered (tick or highlight):**

☐ Ask a peer ☐ Ask teacher ☐ Textbook/notes ☐ Search engine ☐ Try myself first ☐

Other: \_\_\_\_\_\_\_\_\_\_

**Was AI the best tool for this task? ☐ Yes ☐ No**

**Justification:**

|  |
| --- |
|  |

## Reflection Panel

**After completing several entries, review your patterns and insights:**

* When do you find AI most helpful? Least helpful?

|  |
| --- |
|  |

* What patterns do you notice in your choices? (e.g., time pressure, task type, confidence)

|  |
| --- |
|  |

* How has your AI usage changed over time? What will you try differently next time?

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|  |