AI as Coach, Not Crutch (P – Prompt)

Get better feedback without becoming dependent on AI to do your work.

## 📝 Define Your Task

Common Tasks (tick one or write your own):

☐ Writing an essay/article ☐ Writing/debugging code ☐ Presentation ☐ Data analysis/research ☐ Business proposal ☐ Creative writing ☐ Problem-solving ☐ Other:

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Task Description:

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## ✅ What Should AI Help You With?

☐ Evaluate my reasoning — Check logic, assumptions, and argument structure

☐ Spot errors — Find mistakes, inconsistencies, or gaps

☐ Write a counterargument — Challenge my position with opposing views

☐ Suggest improvements — Recommend specific ways to enhance my work

## 📄 Your Work

Paste your draft, code, analysis, or other work here:

*Tip: Include stage/context and any areas you’re unsure about.*

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## 🤖 Generate Coach Request

*Use or adapt one of these when asking AI for coaching. Remember — the goal is to learn, not outsource your work.*

***Reasoning and Clarity***

*“Please help me evaluate the reasoning in my argument. Where are my assumptions unclear or unsupported?”*

*“Identify any logical gaps in my analysis and suggest questions I should ask myself to strengthen it.”*

*“How well does my conclusion follow from my evidence? Point out any weak connections.”*

***Error Detection***

*“Review my writing/code/work for inconsistencies, mistakes, or unclear sections, but don’t fix them for me — just explain what might be wrong.”*

*“What errors or oversights might someone notice in this piece of work?”*

***Counterarguments and Perspective***

*“Play the role of a critical reader — what counterarguments or objections might challenge my position?”*

*“If someone disagreed with my approach, what would their strongest argument be?”*

***Improvement and Refinement***

*“Suggest two or three improvements that would make this clearer, more convincing, or more engaging — without rewriting it for me.”*

*“How could I make my reasoning, evidence, or structure stronger?”*

***Meta-Coaching (Reflection Prompts)***

*“Based on my current draft, what patterns do you notice in how I handle feedback or revise my work?”*

*“What should I focus on improving next time to become more independent in this process?”*

## 💭 Process AI Feedback

For each item of feedback, note what AI noticed, whether you agree, and the next change you’ll make.

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| **What AI Noticed** | **Do I Agree?** | **My Next Change** |
|  | ○ Yes, I agree ○ No, I disagree ○ Partially |  |
|  | ○ Yes, I agree ○ No, I disagree ○ Partially |  |
|  | ○ Yes, I agree ○ No, I disagree ○ Partially |  |
|  | ○ Yes, I agree ○ No, I disagree ○ Partially |  |
|  | ○ Yes, I agree ○ No, I disagree ○ Partially |  |

## 🎯 Final Reflection

Reflection (100–200 words): What did you learn from this coaching session? How will you apply these insights? What patterns do you notice in the feedback?

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Change Log (What did you change from your original based on AI feedback):

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_