

Noticing AI in Everyday Life

Session 1 Reflection | AI Basics for the Curious — Spring 2026

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Purpose

In Session 1, we discussed how AI shapes everyday decisions, the difference between confidence and correctness, and why human judgment still matters. This reflection applies those ideas in real life.

Your Assignment (Before Next Class)

1. Notice One AI Suggestion

Identify one moment when a system makes a suggestion (GPS, autocorrect, search suggestions, streaming recommendations, email prompts, or AI chat tools).

2. Pause and Ask

Ask yourself: “Is this helping me think — or trying to think for me?” Pause before accepting or rejecting the suggestion.

3. Optional: Try AI Directly

If comfortable, ask an AI tool one simple question. Consider what sounds confident, what needs verification, and where your judgment still matters.

Next Session

Be ready to share one observation about what you noticed and what it revealed about confidence, correctness, or judgment. No written submission required.

Curiosity is the goal. Awareness is the skill. Judgment remains yours.