

## Most Effective and Ethical ways students and society can use AI

The rapid growth of artificial intelligence is known to become one of the most controversial conversations of today. AI is now embedded in our everyday lives, from being our easily accessed virtual assistant such as Alexa and Siri to business using automation to improve efficiency. While these advances do offer convenience and opportunity, they also raise serious concerns. Many workers fear that AI could one day replace their jobs, and students are becoming increasingly reliant on AI to complete assignments rather than learning the materials themselves. Because AI is an easily accessed tool, it is important to understand how it can be used ethically and effectively by both students and society.

One of the most effective uses of AI is as a support tool. For students, rather than asking AI to do their homework, AI can be used to explain the concepts, provide study guides, generate practice questions, in order to help the students complete their homework. When used this way, students are able to understand difficult questions they may have struggled on before by receiving step by step explanations to help process the materials. In society, AI can assist professionals by analyzing large amounts of data and helping businesses operate more efficiently. If used correctly, AI can become a tool for society to enhance human skills rather than replacing them.

AI also has strong potential to promote equity and access, especially for students who lack traditional resources. As a soon to be first generation college student from an immigrant mother and a father who served in the military, navigating the path to college can be overwhelming. Many students face similar challenges: parents may want to help but lack experience with college systems, and school counselors may be too busy to offer detailed assistance. In situations like these, AI can serve as a helpful guide by providing information on college applications, scholarships, financial aid, and possible career pathways. By making this information accessible, AI can help those who may feel lost or unsupported.

However, the misuse of AI presents serious risks. One major concern is overreliance, especially among students. When students allow AI to complete assignments for them, they miss the chance to fully understand the materials themselves, leading to failed quiz, test, or exams. It weakens their academic integrity and leaves students unprepared for future challenges. Another risk is that if students rely too heavily on AI for life decisions, such as choosing a college or career, they may be guided in ways that do not fully align with their personal goals or values.

This is why ethical guidelines are essential in shaping the future of AI. By providing a clear guideline it provides human oversight and transparency in certain AI usage. AI should be taught to only be used when it is appropriate, not when it is clear that it may go against guidelines. Schools and institutions can create clear policies to encourage responsibility when using artificial intelligence to help students learn ethical decision making.

In society, ethical guidelines help ensure AI is used to benefit people rather than to take advantage of it. For example, governments and organizations can choose to use AI as their

advantage to protect privacy and prevent misuse of personal data. By prioritizing these types of ethical standards, society can reduce harm and maximize AI's potential in benefitting all society.

In conclusion, AI is neither entirely good nor entirely bad as its impact depends on how it is used. If applied ethically, AI can be used to enhance education and increase accessibility to support informed decision making. However, without clear boundaries, it could hinder their independence and create unethical outcomes. By using AI as a tool for assistance rather than to completely rely on it, and by following strong guidelines, students and society can have a future where AI is used to empower people instead of limiting them.