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Leading with Integrity and Balancing Innovation

Artificial intelligence (AI) is becoming an increasingly powerful part of daily life, transforming how students learn and how society addresses complex challenges. When used effectively and ethically, AI can expand knowledge, strengthen learning and mentorship, increase efficiency, and create new opportunities for individuals and communities. However, without clear guidelines and responsible use, AI can be misused in ways that undermine integrity, equity, trust, and personal growth. Understanding both the benefits and risks of AI is essential for students and society to practice responsible leadership and ensure that this technology supports human values rather than diminishes them.

For my peers and I, one of the most effective and ethical uses of AI is as a learning support tool rather than a replacement for effort or understanding. AI can provide personalized explanations, practice questions, and feedback that help students master difficult material. For example, when preparing my mentee for her FAST test, I used AI to help generate practice questions, explain challenging concepts in multiple ways, and organize review sessions. This allowed me to better support her learning while still encouraging her to think independently. As a result of consistent preparation and guided support, she scored a Level 4 on the FAST test, missing only a few questions. This experience showed me how AI, when used responsibly, can strengthen mentorship and academic confidence.

AI can be especially powerful in mentorship when it is used to support and not replace human guidance. Ethical use of AI helped me tailor explanations to my mentee's needs, track progress, and identify areas where she needed more encouragement. This made our mentoring

sessions more effective and focused. However, mentorship depends on trust, motivation, and personal connection. If AI were used to do the work for the mentee or replace conversation and encouragement, it could weaken the relationship and limit growth. This balance is essential: AI should enhance mentorship, not take away the human support that makes it meaningful.

Beyond education, AI has the potential to benefit society by improving public services and strengthening communities. In healthcare, AI can assist doctors in identifying illnesses earlier and analyzing patient data more accurately. In environmental protection, AI can help monitor climate patterns and improve energy efficiency. It also plays a role in disaster response by analyzing data to predict risks and coordinate relief efforts more efficiently. These applications show how AI can be used to serve the public good when guided by ethical principles and thoughtful oversight.

At the same time, AI can cause harm if misused. In schools, relying on AI to complete assignments dishonestly undermines learning and integrity. In society, biased algorithms can reinforce inequality, and AI-generated misinformation can mislead communities and weaken trust. These risks highlight why ethical guidelines are necessary. Without clear standards, AI can unintentionally harm the very people it is meant to help.

Ethical guidelines help ensure that AI is used fairly, transparently, and responsibly. Principles such as honesty, accountability, and respect for privacy protect individuals while allowing innovation to continue. For students, these guidelines clarify how AI can be used as a learning aid without crossing into cheating. For leaders and policymakers, they help ensure AI supports equity and community well-being. Ethical use also builds trust, which is essential for technology to have a positive and lasting impact.

In conclusion, the most effective and ethical use of AI lies in supporting learning, strengthening mentorship, and serving communities while maintaining integrity and human connection. My experience helping my mentee prepare for her FAST test showed me how AI can be a valuable tool when guided by responsibility and care. By committing to ethical principles, just as FBC-LEO fosters collaboration and innovation to benefit communities, students and society can ensure that AI is used to uplift others, expand opportunities, and create meaningful progress guided by both innovation and values.