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A diagram of a translator

AI-generated content may be incorrect.

A person with long hair

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**How AI is impacting 700 professions — and might impact yours**

Will AI help you work or replace you? Check yourself.

July 28, 2025

6 min

450

Companies [are rushing to embrace artificial intelligence](https://www.wsj.com/tech/ai/ai-white-collar-job-loss-b9856259?mod=hp_lead_pos3&itid=lk_inline_enhanced-template) to cut costs, increase efficiency and better understand this new technology. IBM has [replaced](https://www.wsj.com/articles/ibm-ceo-says-ai-has-replaced-hundreds-of-workers-but-created-new-programming-sales-jobs-54ea6b58?itid=lk_inline_enhanced-template) a couple hundred human resources workers with AI applications. At [Microsoft](https://www.cnbc.com/2025/04/29/satya-nadella-says-as-much-as-30percent-of-microsoft-code-is-written-by-ai.html?itid=lk_inline_enhanced-template) and [Google](https://futurism.com/the-byte/google-ceo-code-ai?itid=lk_inline_enhanced-template), AI writes more than one-quarter of the code. Writers can now use AI as [their personal assistant and editor](https://www.nytimes.com/2025/06/16/magazine/ai-history-historians-scholarship.html?itid=lk_inline_enhanced-template).

These reports have provoked [untold](https://www.washingtonpost.com/technology/2025/06/17/amazon-jobs-ai-workforce-reduction/?itid=lk_inline_enhanced-template)[worries](https://www.washingtonpost.com/opinions/2025/05/06/ai-jobs-prepper/?itid=lk_inline_enhanced-template) that [AI could ultimately](https://www.washingtonpost.com/business/2025/04/08/ai-job-loss-work/?itid=lk_inline_enhanced-template)[replace](https://www.wsj.com/tech/ai/ai-white-collar-job-loss-b9856259?mod=hp_lead_pos3&itid=lk_inline_enhanced-template) us in the workplace. Indeed, unlike AI experts, only 23 percent of the general public recently [surveyed](https://www.pewresearch.org/internet/2025/04/03/how-the-us-public-and-ai-experts-view-artificial-intelligence/?itid=lk_inline_enhanced-template)believed that the technology would have a positive impact on jobs.

That’s partially because it’s still difficult to grasp how AI might affect U.S. labor markets.

When examining AI’s impact on job markets, some economists try to draw a line between *automation* and *augmentation:*

* Automation happens when AI systems can independently carry out a task without human input.
* Augmentation means AI needs human supervision to complete a task, complementing the human worker.

[A recently published study](https://arxiv.org/pdf/2503.19159?itid=lk_inline_enhanced-template) examining the impact of AI on the U.S. labor market between 2015 and 2022 found that though AI-driven automation leads to lower wages and higher unemployment, AI-driven augmentation increases wages of more experienced workers and creates jobs in new areas.

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Want to know whether AI will automate or augment your job? Researchers at [Anthropic](https://www.anthropic.com/?itid=lk_inline_enhanced-template) — the AI company behind Claude, one of the most popular AI assistants — created a dataset to measure the possibilities. They [looked into 1 million text-based conversations](https://www.anthropic.com/news/anthropic-economic-index-insights-from-claude-sonnet-3-7?itid=lk_inline_enhanced-template)between users and Claude at the end of 2024 and categorized each conversation into either an augmentative or automated task. They then mapped these tasks to more than 700 distinct occupations based on [work characteristics](https://www.onetcenter.org/database.html?itid=lk_inline_enhanced-template). The data show that, on average, AI (in this case, Claude) was already either automating or augmenting some 25 percent of the day-to-day tasks across all jobs by the end of 2024. We are all in for an era of disruption.

Depending on what you do for a living, you might experience the impact of AI differently. Type in your job title below to find out. (If you don’t find your job, that means AI does not impact you yet, according to this dataset.)

Type in your job

Search

Here’s where each of the more than 700 jobs falls into this automation vs. augmentation grid:

20%40%60%0%20%40%60%AutomationAugmentationSoftware developersSoftware developersTranslatorsTranslatorsCollege psychology teachersCollege psychology teachers← More job functionsaugmentedMore job functions →automatedShare of job functionsthat AI can augmentShare of job functionsthat AI can automateEach circle represents one jobEach circle represents one jobComputer and math jobsEducators and librarians

**What can we see from this grid?**

AI affects different jobs in different ways. Some, such as programmers and translators, are at a higher risk of being automated by AI. Others, such as college professors, could be augmented.



Hover over circles to see details

[**Computer- and math-related jobs**](https://www.bls.gov/oes/2023/may/oes150000.htm?itid=lk_inline_enhanced-template) get the highest automation scores — an average of 23 percent of tasks under this occupation group can be automated by AI.

Meanwhile, [**educators and librarians**](https://www.bls.gov/oes/2023/may/oes250000.htm?itid=lk_inline_enhanced-template) get the highest augmentation scores — 40 percent of their job tasks can be augmented by AI.

Amid this chaotic forecast, a piece of good news: For almost all jobs, the use of AI for augmentation — for now — remains much higher than that for automation. This seems to indicate that AI could, at least in the short term, prove more useful than disastrous.



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The researchers at Anthropic noted a few limitations of the dataset: Because the analysis includes only text-based conversations, it underestimates the impact of AI when it’s used to generate images or videos for jobs such as fashion or interior designers. The U.S.-based job mapping might overlook jobs from outside the country. And, mostimportant, the data give strong evidence of how people used AI systems at the end of 2024, but long-term consequences are harder to predict as AI gets more capable and regulatory changes take place.

Though this dataset gives us a rare and unprecedented window into how advanced AI systems are reshaping the workforce, it covers only a week of data from one AI company, Anthropic. Founded in 2021 by [ex-OpenAI employees](https://aibusiness.com/verticals/eleven-openai-employees-break-off-to-establish-anthropic-raise-124m?itid=lk_inline_enhanced-template), Anthropic prides itself on putting AI safety at the core of its research. Managing AI models that are about to disrupt the labor market in big ways — and [being transparent about such disruptions](https://www.axios.com/2025/05/28/ai-jobs-white-collar-unemployment-anthropic?itid=lk_inline_enhanced-template) — is a challenge for all AI firms.

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**Lessons from tech**

The tech industry has been one of the first to feel the impacts of AI on its workforce. About 56 percent of tasks in computer and math jobs can be either automated or augmented, according to Anthropic, and they largely skew toward automation.

In the United States, more than 6 million people, or about 3.8 percent of the labor force, are tech workers. These jobs have been recession-resistant, highly-paid and desirable. But now, they are among the most affected by AI. That’s because AI has become [really good at writing code](https://www.anthropic.com/research/impact-software-development?itid=lk_inline_enhanced-template): The same group of researchers found that when used for coding, AI can complete almost 80 percent of the tasks without human input.

It’s possible that the whole sector of AI would create new jobs in the tech industry as productivity increases and demand goes up. An entirely new category of coders, such as AI security developers and ethics engineers, could emerge. But, for the moment, its[likely causing](https://www.cnbc.com/2025/07/20/in-job-losses-ais-role-may-be-bigger-than-companies-say.html?itid=lk_inline_enhanced-template) more layoffs than new hires.

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**How can you prepare?**

**1. Stay on top of the technology.**

You want to stay informed of capabilities of AI by using it and seeing firsthand how it automates or augments your daily tasks. Many of us have already been using AI for activities such as getting recipes, planning vacations, seeking advice and making exercise plans. You also want to be aware of [the strengths and weaknesses](https://www.washingtonpost.com/technology/2025/03/26/best-ai-email-assistant/?itid=lk_inline_enhanced-template) across different models, [their inherent biases](https://www.washingtonpost.com/technology/2023/08/16/chatgpt-ai-political-bias-research/?itid=lk_inline_enhanced-template) that can [amplify those in the real world](https://www.bloomberg.com/graphics/2023-generative-ai-bias/?itid=lk_inline_enhanced-template)and potential [privacy risks](https://www.washingtonpost.com/technology/2025/06/13/meta-ai-privacy-users-chatbot/?itid=lk_inline_enhanced-template). Read widely on the topic to deepen your understanding. Read both the praises and warnings.

**2. Proactively use AI at work.**

Most people can use AI to augment their jobs already — but might be reluctant to do so. You can expedite research and more effectively communicate by using AI as your personal assistant. If your work requires reasoning, ask it to check your logic. You can even ask AI itself for advice on how to prepare for changes in your own area of expertise.

Artificial intelligence is like a tsunami, powerful and unavoidable. But it will not crash into everyone in the same way. The best survival strategy is to seek higher ground. That means rising above fear and ignorance and moving toward information and understanding. [Learning to use the tools for your benefit](https://sfstandard.com/2025/07/24/layoffs-firing-ai-engineers-tech-white-collar-jobs/?itid=lk_inline_enhanced-template) is a good first step. People who adapt and position themselves in areas that require human judgment, creativity and ethics are more likely to survive — and some might even thrive.

Methodology

We used [Anthropic’s open dataset](https://huggingface.co/datasets/Anthropic/EconomicIndex/blob/main/release_2025_03_27/README.md?itid=lk_inline_enhanced-template) to calculate each occupation’s share of tasks automated by AI and augmented by AI. In addition to weighting the tasks by prevalence in conversations with Claude, we also accounted for the tasks for each occupation that do not exist in these conversations. This additional analysis makes sure our results reflect the AI usage in reality.

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