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The Growing Role of AI in Student Learning: Benefits, Risks, and Responsible Use

Laboratory 4 - Mini Project Documentation Report

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Introduction

Artificial Intelligence (AI) has become an integral part of modern education, especially in how students study, complete academic tasks, and manage learning activities. AI tools such as virtual assistants and AI-powered learning platforms are now widely used to support information retrieval, task organization, and personalized learning experiences. While these technologies offer efficiency and convenience, their rapid adoption raises concerns about accuracy, ethical use, and over-reliance. This project focuses on understanding the real-world problem of AI-assisted studying and proposes a practical, student-developed, technology-based solution.

Problem Description

AI tools are increasingly used by students to support studying and academic work. Studies show that 95.6% of students now rely on AI for academic activities, with 88.2% using virtual assistants and 42.4% using AI-based educational platforms. Despite these benefits, many students depend on AI without proper validation or critical evaluation of outputs. As AI becomes deeply embedded in education, improper or excessive use may negatively impact students' critical thinking, creativity, and learning independence. Nearly 48.2% of students express concerns about the accuracy of AI-generated content, highlighting the risk of misinformation and academic misuse.

Students who rely heavily on AI tools for studying are the most directly impacted, as excessive dependence may influence their ability to think critically and solve problems independently. Educators are also affected, as they must ensure academic integrity while adapting teaching and assessment methods to account for AI-assisted work. Additionally, educational institutions play a crucial role in overseeing the ethical integration of AI technologies, including the development of policies that promote responsible and fair use.

Several observations and challenges emerge from the growing adoption of AI in education. Over-reliance on AI tools may weaken students' problem-solving and analytical skills, as tasks are completed with minimal cognitive effort. Furthermore, AI-generated content is not always accurate or free from bias, which can lead to misinformation if not properly validated. Many students also lack access to built-in validation mechanisms that encourage verification of AI outputs. These issues raise ethical and academic integrity concerns, compounded by a general lack of awareness regarding responsible and effective AI use.

There are also notable limitations in current research and practice. Existing studies often rely on small, program-specific samples, limiting the generalizability of findings. Moreover, the long-term impact of AI on creativity and deep learning has not been extensively explored. Finally, students currently lack accessible and user-friendly tools that actively guide them toward responsible AI-assisted studying, highlighting the need for practical, student-centered solutions.

Proposed Solution

The proposed solution is a Student AI Study Companion, a user-friendly application designed to help students use AI tools in a more responsible and thoughtful way. Instead of allowing students to rely on AI without reflection, the application serves as a guide that encourages proper use while supporting learning. It focuses on providing a clear and simple interface that helps students stay organized, reflect on what they learn, and think critically about the information generated by AI.

The application includes several helpful features aimed at improving study habits. It assists students in forming appropriate and meaningful questions when using AI and reminds them to verify information before accepting it as correct. A reflection section encourages students to summarize lessons in their own words, reinforcing understanding rather than simple copying. The application also helps students organize their academic tasks and study goals, while a usage awareness feature gently reminds them of how often they rely on AI, helping prevent over-dependence.

This solution is intended for senior high school and college students, particularly those who frequently use AI tools for studying. It is also useful for learners who study independently and want a more structured and responsible way to integrate AI into their academic routines. Overall, the proposed solution promotes balanced and ethical AI use, supports critical thinking and reflection, reduces the risk of misinformation, and helps maintain academic integrity while still improving learning efficiency.

Conclusion

AI has the ability to greatly support student learning when it is used in a responsible and balanced way. Despite its benefits, issues such as over-dependence, concerns about accuracy, and ethical risks need careful attention. This mini project presents a simple and practical solution that helps students treat AI as a learning aid rather than a substitute for their own thinking. By promoting awareness, reflection, and responsible use through an easy-to-understand design, the proposed solution supports meaningful learning and encourages students to remain actively engaged in their academic growth.

References

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