### \*\*中文稿\*\*

\*\*A（主持，女生）:\*\*

"大家好！我是A，欢迎回到《科技与生活》——一档用幽默拆解科技的播客！今天我们要深入探讨AI如何影响大学生的学习。它是让我们更聪明，还是把我们变成‘懒癌患者’？今天我们请到了商科生B——市场趋势的狂热观察者，和计算机系的代码大神C。欢迎两位！

\*\*B（商科，女生）:\*\*

"哈喽！我的AI助手最近总催我早睡，但我的DDL不同意啊……"

\*\*C（计算机，男生）:\*\*

"大家好！我的智能冰箱因为我半夜吃冰淇淋，直接给我发了篇健康论文……AI确实有点‘操心过度’。"

\*\*A:\*\*

"最近DeepSeek和Manus这些工具超火，B，你觉得AI对学习效率有帮助吗？"

\*\*B:\*\*

"当然！比如Manus能快速整理文献，生成报告框架，省下时间让我专注分析数据。不过……它偶尔会漏掉关键论点，得自己补上！"

\*\*A:\*\*

"C，听说你们码农最爱用AI工具？"

\*\*C:\*\*

"DeepSeek就像我的代码搭档。比如上个月我做天气应用，不用手动检查200行代码，它两秒就揪出语法错误，甚至建议优化函数结构！但问题来了——如果我无脑接受它的修复却不理解为什么出错，那我只是个按钮工，不是程序员。"

\*\*A:\*\*

"但有人说AI会让我们变懒，甚至失去批判性思考，B你怎么看？"

\*\*B:\*\*

"确实有风险！比如直接复制AI生成的报告，却不验证数据来源。这就像用导航却忘了认路——一旦没网络，彻底迷路！" 我室友用ChatGPT写论文，结果引用了一篇《虚构事实期刊》的假研究。直到教授嘲讽他才发现。批判性思考不是选修课——是生存技能！"

\*\*C:\*\*

"我补充一点：AI的答案有时看似合理，实际有隐藏错误。比如它写的代码可能忽略安全漏洞，必须人工检查！"

\*\*A:\*\*

"那怎么平衡效率和独立思考呢？"

\*\*B:\*\*

"把AI当‘搜索引擎Pro版’！用它快速获取信息，但自己筛选、质疑，比如反问：‘这个结论有数据支持吗？’"

\*\*C:\*\*

"对！就像用副厨切菜，但主厨决定放多少盐。AI是工具，掌控权在人类手中。"

\*\*A:\*\*

"最后总结一下？"

\*\*B:\*\*

"用好AI能事半功倍，但别让它代替你的大脑！多问‘为什么’，保持好奇心～"

\*\*C:\*\*

"记住：AI不会抢走你的工作……除非你懒得思考！"

\*\*B:\*\*

总结一下：AI是学习的加速器，但我们仍是司机。保持好奇，保持怀疑，还有……藏好你的冰淇淋。

A：

感谢B和C的分享！下周《科技与生活》再见——我们会继续追问：为什么AI至今不会叠被子？拜！"

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### \*\*English Script\*\*

\*\*A (Host, Female):\*\*

"Hello everyone! Welcome back to \*Tech & Life\*—a podcast that decodes technology with humor! Today, we’re diving into AI’s impact on university learning. Can it make us smarter, or will it turn us into lazy thinkers? Joining us are B, a business student who’s obsessed with market trends, and C, a computer science wizard who codes faster than I can say ‘algorithm.’ Welcome, B and C!

\*\*B (Business, Female):\*\*

"Hey! My AI assistant keeps nagging me to sleep early, but my deadlines disagree…"

\*\*C (CS, Male):\*\*

"Hi! My smart fridge sent me a health essay after catching me eating ice cream at midnight… AI can be a bit \*too\* caring."

\*\*A:\*\*

"Tools like DeepSeek and Manus are trending. B, how does AI boost learning efficiency?"

\*\*B:\*\*

"Manus helps organize references and draft reports super fast! But sometimes it misses key arguments—I have to fill those gaps myself."

\*\*A:\*\*

"C, I heard coders love AI tools?"

\*\*C:\*\*

"DeepSeek’s my coding sidekick. For example, last month I was building a weather app. Instead of manually debugging 200 lines of code, DeepSeek spotted syntax errors in seconds. It even suggested cleaner ways to structure functions! But here’s the catch—if I blindly accept its fixes without understanding why\*the error happened, I’m just a button-clicker, not a programmer."

\*\*A:\*\*

"Some say AI makes us lazy and kills critical thinking. B, your thoughts?"

\*\*B:\*\*

"True risk! Like copying AI-generated reports without verifying sources. It’s like relying on GPS but forgetting how to read a map!"

\*\*C:\*\*

"Adding on: AI’s answers might seem logical but have hidden errors. For example, code it writes could ignore security flaws—manual checks are a must!"

\*\*A:\*\*

"How to balance efficiency and independent thinking?"

\*\*B:\*\*

"Treat AI as a ‘Super Search Engine’! Use it to gather info fast, but always filter and question—ask, ‘Does this conclusion have data backing it?’" My roommate uses ChatGPT to write essays. Once, it cited a fake study called \*‘The Journal of Imaginary Facts.’\* He didn’t even notice until the professor roasted him. Critical thinking isn’t optional—it’s survival!"

\*\*C:\*\*

"Exactly! Like a sous chef chopping veggies, but the head chef decides the seasoning. Humans hold the reins."

\*\*A:\*\*

"Final takeaways?"

\*\*B:\*\*

"AI can boost productivity, but don’t let it replace your brain! Keep asking ‘why’ and stay curious."

\*\*C:\*\*

"Remember: AI won’t steal your job… unless you stop thinking!"

\*\*B:\*\*

Brilliant! To wrap up: AI is a turbocharger for learning, but we’re still the drivers. Stay curious, stay skeptical, and maybe… hide your ice cream from the fridge.

A:

Thanks, B and C! Until next time on \*Tech & Life\*—where we ask the real questions, like why AI still can’t fold laundry. Bye!"