

Self-Reflection

1. Giving AI a Role:

The core idea was to assign specific "roles" to AI (like Trip Planner, Sparring Partner, Creative Collaborator).

Thinking about your daily routines, learning goals, hobbies, or personal projects, what is *one specific role* you could envision AI playing to assist *you* personally? Describe the role and briefly outline what tasks you'd delegate to it.

Answer:

I could assign AI the role of *Guitar Practice Coach* to support my flamenco guitar hobby. It would analyse my recordings, provide feedback on rhythm consistency, finger positioning, and tempo stability, and suggest targeted exercises based on my progress. It could also generate tailored practice schedules and create backing tracks to simulate playing with a full ensemble, helping me stay motivated and focused. Applying tools such as these to hobbies could help transform the common stagnation into structured improvement.

2. Replace, Enhance, Expand in Your Life:

We used the framework of Replacing tedious tasks, Enhancing thinking/learning, and Expanding possibilities.

Replace: Identify one recurring, time-consuming, or simply annoying *personal* task (e.g., managing household logistics, planning social events, summarising complex information for personal use) that you could potentially delegate to an AI role to free up mental energy. What is it?

Answer:

I would delegate AI to manage the coordination of social plans with my friends. By cross-referencing everyone's schedules and preferences, AI could automatically suggest optimal meeting times, taking into account availability, travel constraints,

and even suggest activity ideas. This would eliminate the back-and-forth of scheduling and make it easier to maintain regular social connections.

Enhance: Think about how AI could act as a "thought partner" for you personally. Is there an area where you'd like to learn faster, understand something more deeply, or explore your own ideas more effectively? Which specific "Enhance" role (like Sparring Partner for ideas, Journal Companion for reflection, Language Tutor for learning) seems most appealing or useful right now?

Answer:

I want to deepen my understanding of how AI can support charities and non-profits. An AI Research tool could gather case studies, summarise best practices, and analyse successful implementations of AI in non-profit sectors. It could also identify emerging tools suitable for resource-limited organisations, helping me explore practical ways to contribute effectively in this space.

Expand: What is one personal project, creative ambition, or hobby you've perhaps put off because it felt too complex or you didn't know where to start (e.g., writing a family history, planning a large community event, learning a new creative skill, designing a personal website)? How might an AI "Project Co-Pilot" or "Creative Collaborator" help you take the first step?

Answer:

One personal project I want to explore is designing a cooperative problem-solving video game. An AI Creative Collaborator could assist in generating storyline concepts, puzzle designs, and level progression ideas. It could also help with early visual mock-ups and suggest game mechanics that promote teamwork and critical thinking, lowering the initial barrier to start development.

3. Building Your Personal AI "Team"

Beyond just trying random tools, what's *one type* of AI capability (e.g., advanced reasoning/writing, specialised research, image/audio generation, knowledge

organisation) that you feel would be most valuable to integrate more purposefully into your personal life to support your goals or interests? Why?

Answer:

I find myself to be a slow learner and reader that benefits from multiple forms of content to learn from. Converting video/audio to text, or vice versa, based on my needs would help greatly. Also a knowledge organisation capability would be most valuable for me personally. AI could continuously collect, summarise, and structure information across my studies, hobbies, and projects This would help me easily revisit past ideas, identify connections between topics, and bring efficiency to my personal life.

4. Learning & Development with AI (Optional Reflection):

The lesson touched on preparing future generations, emphasizing foundational skills like critical thinking *before* heavy AI reliance.

Whether thinking about your own learning, or that of family/friends, what's one principle from that discussion (e.g., using AI to *enhance* understanding rather than bypass it, focusing on problem-solving first, the power of assigning specific roles) that resonates most with you for effective personal development in the age of AI?

Answer:

Occasionally, students might be tempted to use AI to instantly generate answers to problem sets or write lab reports, skipping the critical process of problem-solving and reasoning. I believe AI is most valuable when it acts as a guided support: breaking problems into steps, prompting questions, and offering alternative explanations, so that students engage with the material deeply and truly develop their skills rather than just completing tasks.

5. Your First Step This Week:

The lesson concluded with a call to action. Let's make it concrete.

Based on your reflections, what is *one specific AI tool, one role, and one simple prompt* you commit to trying out *this week* for a personal task, learning goal, or creative spark? (e.g., "Tool: Gemini Advanced, Role: Meal Planner, Prompt: Create a 3-day healthy meal plan for two adults focusing on quick dinners...")

Answer:

Tool: ChatGPT

Role: Guitars technique improvement planner

Prompt:

Create a detailed flamenco guitar techniques and skills improvement planner for me. I am a hobbyist who wants to systematically improve my playing. Include a weekly practice structure, and feature key techniques: rasgueado, picado, arpeggio, tremolo, compás. Suggest exercises for each, how to track progress, and how to gradually incorporate more advanced pieces. Assume I have an intermediate playing ability but want to build and refine towards advanced flamenco skills.