While preparing my answer for Question 5, I used ChatGPT to reflect on how AI tools can support learning, coding, and problem-solving, and to organize my thoughts into clear, coherent paragraphs.

**Source:** ChatGPT

**Date of consultation:** October 20, 2025

**Purpose:** To verify understanding of AI tools’ role in academic and professional problem-solving, and to help structure personal reflections.

The written rationale above reflects my own interpretation and wording based on that conceptual understanding. No other sources were used.