**Reflection report of the use of GTP in our work**

During the course, we made use of ChatGPT as an aid in our practical work, adhering to the guidelines that stated it should not serve as a primary source of information or as the sole means of solving problems. This reflection report outlines our experiences with these tools and their impact on our productivity, learning processes, and overall approach to the work itself.

**Upsides of using GTP**

One of the most significant advantages of using ChatGPT was the immediate feedback and assistance it provided. When working on difficult coding tasks or writing assignments, ChatGPT offered clear and concise suggestions that helped us improve the quality of our work. Another benefit was the time-saving aspect. Instead of spending a lot of time searching for smaller, specific issues such as coding syntax errors. We could quickly get feedback and focus on the core of our tasks.

**Downsides of using GTP**

Despite its benefits, ChatGPT also presented certain drawbacks. The tool sometimes offered overly simplified explanations or coding solutions that did not fully meet the complexity required for the assignment. While this pushed us to seek additional resources and deepens our understanding, it did slow down our work at times. Moreover, there is a risk of over-reliance on the tool. Although ChatGPT is excellent for refining work, it could be tempting to lean too heavily on it for tasks that should require deeper critical thinking and independent problem-solving. The tool also occasionally provided incorrect or outdated information, particularly in more niche areas where precise, up-to-date expertise is required. This highlighted the need to verify the suggestions it provided and use the tool as a supplement rather than a definitive sources

**Impact on productivity**

In terms of productivity, using ChatGPT made us significantly more efficient. By outsourcing minor tasks, such as code debugging, we could focus on larger tasks that required more critical thought. However, in some cases, we spent more time double-checking the tool’s answers or refining suggestions that were not entirely accurate or suitable for the context. Thus, while my overall productivity increased, it was essential to maintain a balance and not assume that all responses were fully correct or ready to implement without scrutiny

**Use of Tools in our work**

ChatGPT proved to be incredibly useful in generating code for generic tasks like plotting results and for debugging. Additionally it would be of aid when working with libraries or functions we were not yet familiar with, as a simple question like ‘what does this function do’ resulted in a clear and coherent summary of its inputs, outputs and inner workings. ChatGPT was also able to provide assistance in solving exercises whenever the questioning was not entirely clear to us, as in some cases it could produce a more objective interpretation of a question.

**Accuracy of GTP**

In our experience, the accuracy of ChatGPT’s responses was variable. For simpler tasks such as correcting syntax errors or improving sentence flow, it was highly accurate and useful. However, for more complex or context-specific problems, the tool occasionally provided incorrect information or incomplete solutions. This was particularly noticeable when dealing with complex coding challenges or when asking for explanations related to highly specialized areas of research

**GTP helpful or harmfull?**

In our view, tools like ChatGPT can be incredibly helpful in education when used appropriately. They offer a unique form of assistance that can boost productivity and help students develop better coding or writing practices by offering immediate feedback and suggestions. However, there is a risk of students becoming overly dependent on these tools which should be avoided.