Annotated Bibliography

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References

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[2] Xiaotong (Tone) Xu, Arina Konnova, Bianca Gao, Cindy Peng, Dave Vo, and Steven P. Dow. Productive vs. reflective: How different ways of integrating ai into design workflows affect cognition and motivation. In *Proceedings of the 2025 CHI Conference on Human Factors in Computing Systems*, CHI '25, New York, NY, USA, 2025. Association for Computing Machinery.

This paper discusses integrating AI into workflows to improve productivity and provides guidance on how much AI usage is optimal to gain benefits. It is well cited. The authors conducted an experiment with 47 participants, dividing them into three groups and assigning them creative problem-solving tasks. One group used no AI, another worked in a co-led setting with AI, and the third relied primarily on AI. The results showed that participants who used AI generated more ideas and demonstrated higher levels of creativity when solving the problems. They also spent more time reading and synthesizing information. In this study, the authors aim to understand how different approaches to integrating AI into a creative workflow affect an individual's ability to reflect and iterate. Their central research question is how the positioning of AI within a creative workflow influences creative outcomes. Overall, the paper demonstrates that the use of AI can enhance creativity during problem solving. It is directly relevant to my project idea: a productivity-focused platform where users write reflections and receive AI-generated suggestions to improve productivity and efficiency.