One popular educational resource does not recommend the use of AI for learners. At the beginning of their course, they state:

AI tools are designed to answer questions and are not designed to help learners develop research and problem-solving skills. If you ask an AI for information, it will provide information to you. If you ask a human, they may invite you to share your understanding of the problem and offer some guidance on how to discover a solution.

We do not recommend using AI tools for your learning.

Write an essay that argues your position on whether students should use AI to aid them in their studies.