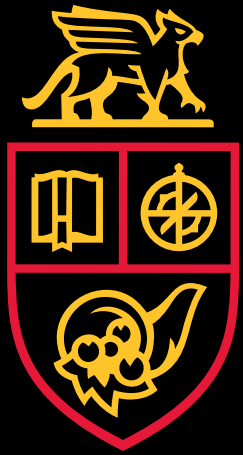


Using AI for Your Writing: Five Things You Should Know

September 10, 2025

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Writing Specialist
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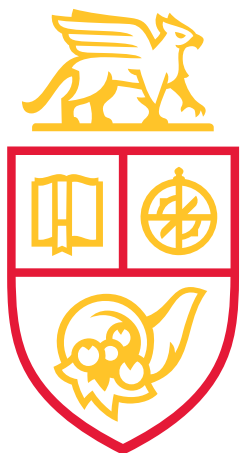
PRESENTATION STRUCTURE

A. Using AI-generated Content in Your Coursework

- Limitations and Concerns
- Advice and Strategies

B. Using AI to Support Your Learning Process

- Limitations and Concerns
- Advice and Strategies



1-page handout on the Library website

<https://learningcommons.lib.uoguelph.ca>

AI Writing Series

Using AI for your Writing Five Things You Should Know

By Jodie Salter, PhD, Writing Specialist, University of Guelph

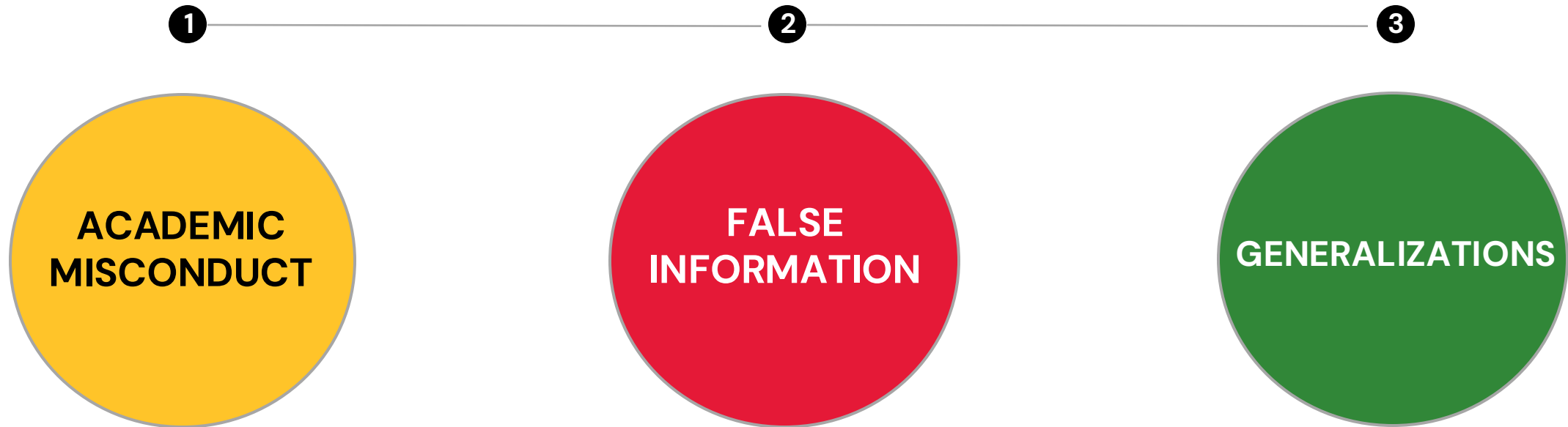
What are the top 5 things you should consider if you are thinking about using AI to write your papers?

- 01.** Submitting AI-generated content as your own work can be considered **academic misconduct**.
Advice: Check the course syllabus and ask your professor about AI use in each class. If permitted, properly [cite AI-generated work](#).
- 02.** Relying on AI to write your papers will leave you **ill-prepared and stressed for timed or in-class tests**.
Advice: Practice writing your own ideas and [visit the Writing Peers online or in the Library](#) to develop a strong academic style and voice in your writing.
- 03.** Relying on AI to produce answers can result in **underdeveloped academic skills, making you unprepared for tests, class discussions, future assignments, and career readiness**.
Advice: Use AI as a tool to help you brainstorm ideas, clarify knowledge, understand complex concepts, and [visit the Learning Peers online or in the Library](#) to develop strong learning and time management skills.
- 04.** AI can "hallucinate," providing **inaccurate and made-up information and references**.
Advice: Double-check references and facts to ensure all information is correct and [online CHAT with Library research assistance](#) to find good sources.
- 05.** AI does not know class content, nor your professor's expectations, so it can only provide **general, non-specific information**.
Advice: Carefully read the assignment instructions, grading rubric, and learning outcomes before accepting any AI suggestions.

Advice from ChatGPT: "Using human help that's within university guidelines is often more tailored and safer than relying on generic AI outputs."

AI-Generated Content

Be aware of 3 areas of concern when using AI-generated content in your writing...



#1 ACADEMIC MISCONDUCT

Submitting AI-generated content **as your own work** or using it **without permission** is considered academic misconduct.

Review the [University of Guelph Statement on Artificial Intelligence Systems, ChatGPT, Academic Integrity](#) to better understand the rules and recommendations.



#2 FALSE INFORMATION

AI can “hallucinate,” providing inaccurate and made-up information and references.



#3 GENERALIZATIONS

AI does not know class content, nor your professor's expectations, so it can only provide general, non-specific information.



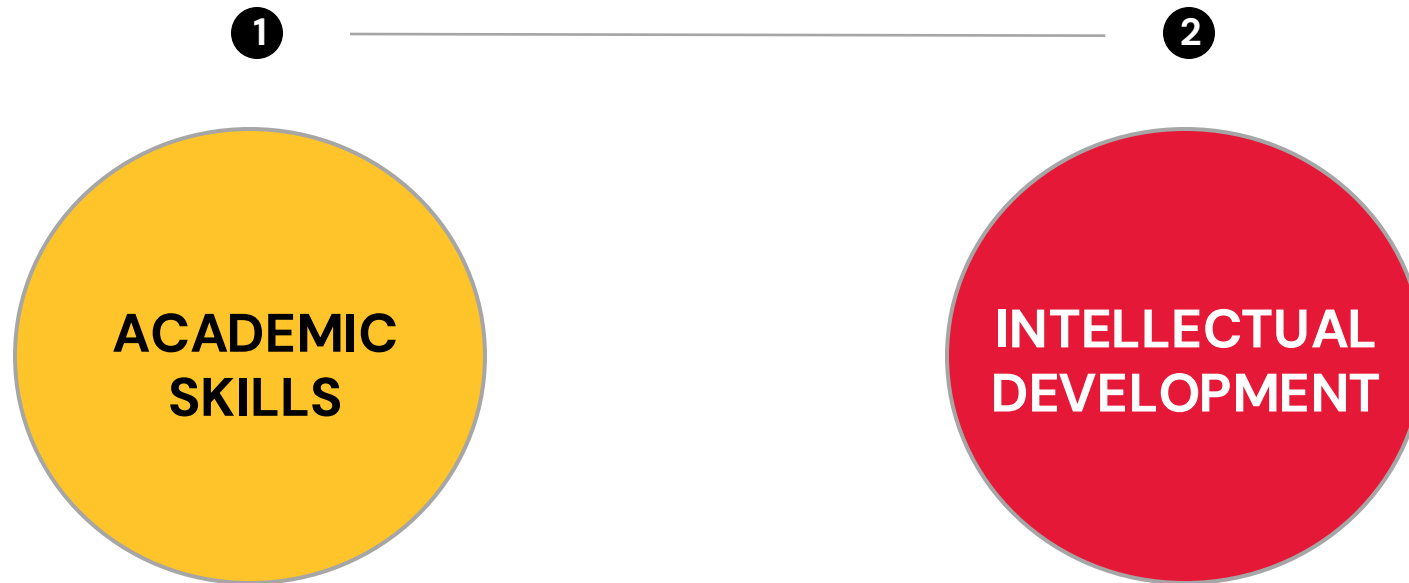


Advice for Using AI-generated Content in Your Coursework

1. For every class, check the syllabus and ask your professor about AI use.
2. Use [online CHAT with Library research assistance](#) to find good sources before turning to AI.
3. If AI use is permitted, properly [cite AI-generated work](#).
4. Before accepting any AI suggestions, carefully read the assignment instructions, grading rubric, and learning outcomes.
5. Double-check references and facts to ensure all information is correct.

Your Learning Process

If you begin to rely on AI to do your assignments and coursework for you, this shortcut to learning will negatively impact 2 key areas of growth:



Study 1: The Ebbinghaus Curve of Forgetting

Without active and repeated engagement with new information, we forget approximately

- 50% of what we learn within an hour
- 75% within a day
- 90% within a week

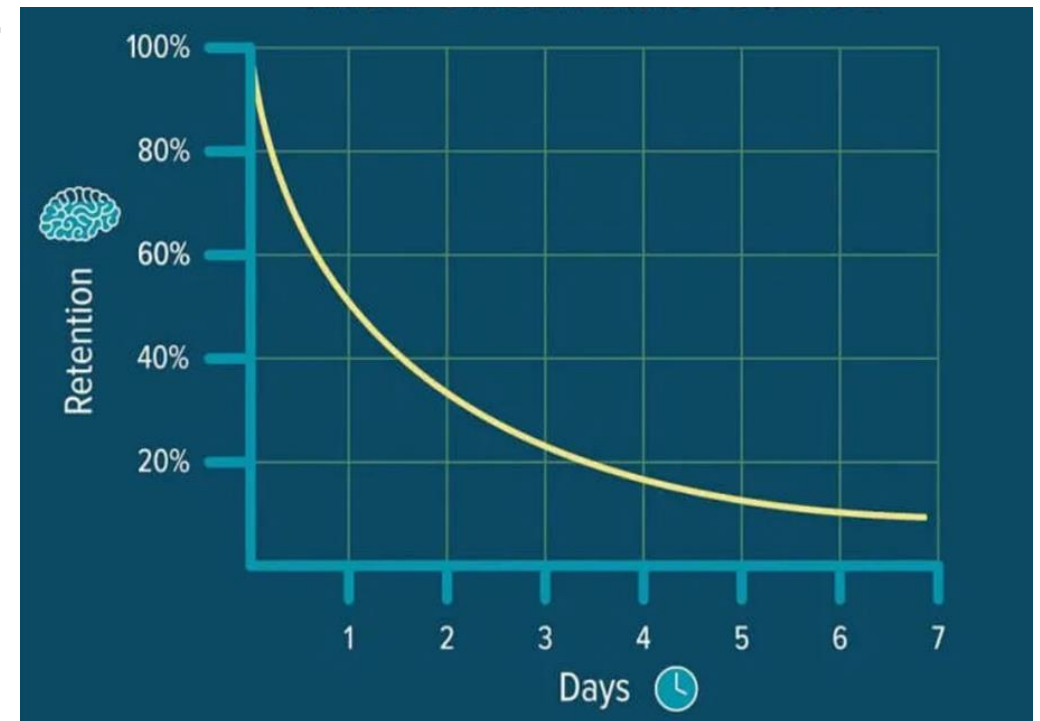


Image: [The Ebbinghaus's Forgetting Curve | by Learning to learn better | Medium](#)

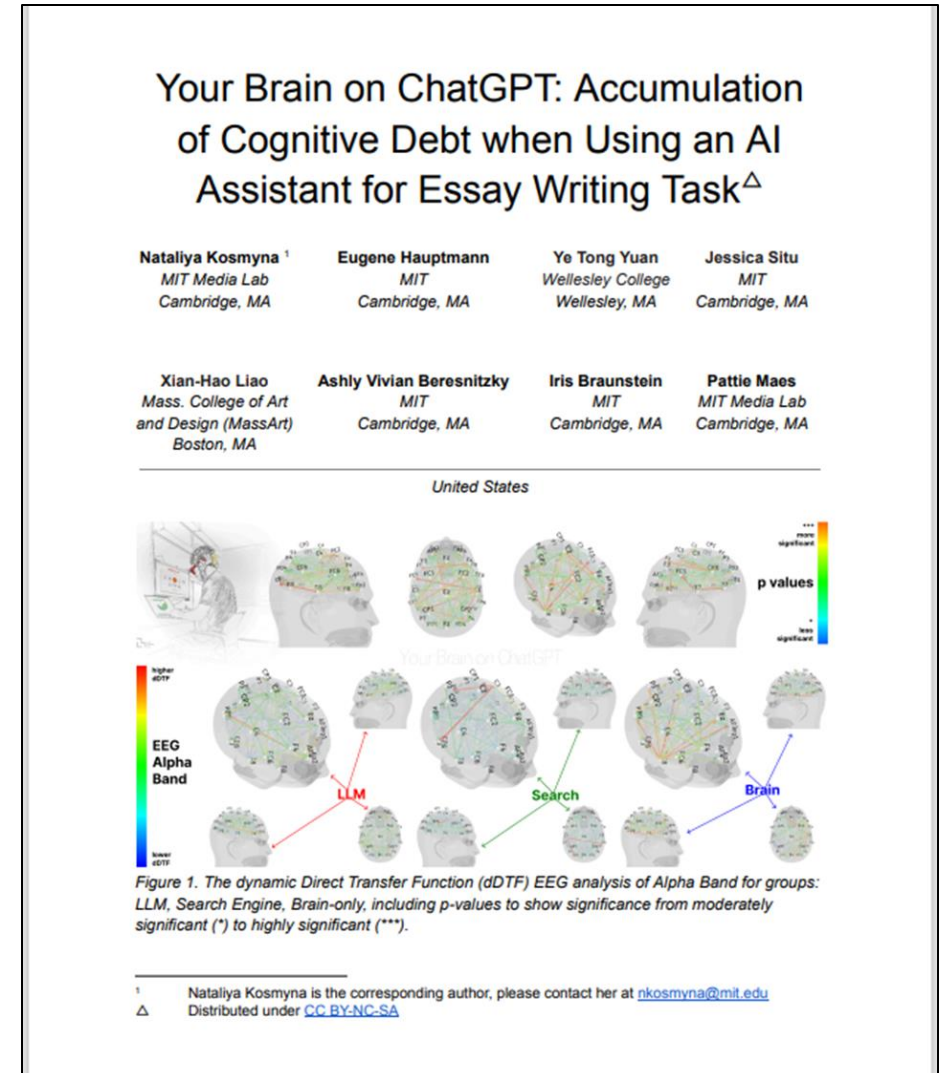
Study 2: Your brain development on ChatGPT

A 2025 study from MIT used EEGs to compare the brain activity of students who used GenAI to write essays and students who didn't use AI assistance.

After four months, EEGs revealed significant differences.

GenAI users showed

- weaker brain activity,
- 55% decreased neural connectivity,
- and substantially lower memory recall



Source: <https://www.brainonllm.com/>

#4 ACADEMIC SKILLS

Short-term: relying on AI to write your papers will leave you ill-prepared and stressed for timed and in-class tests and exams.

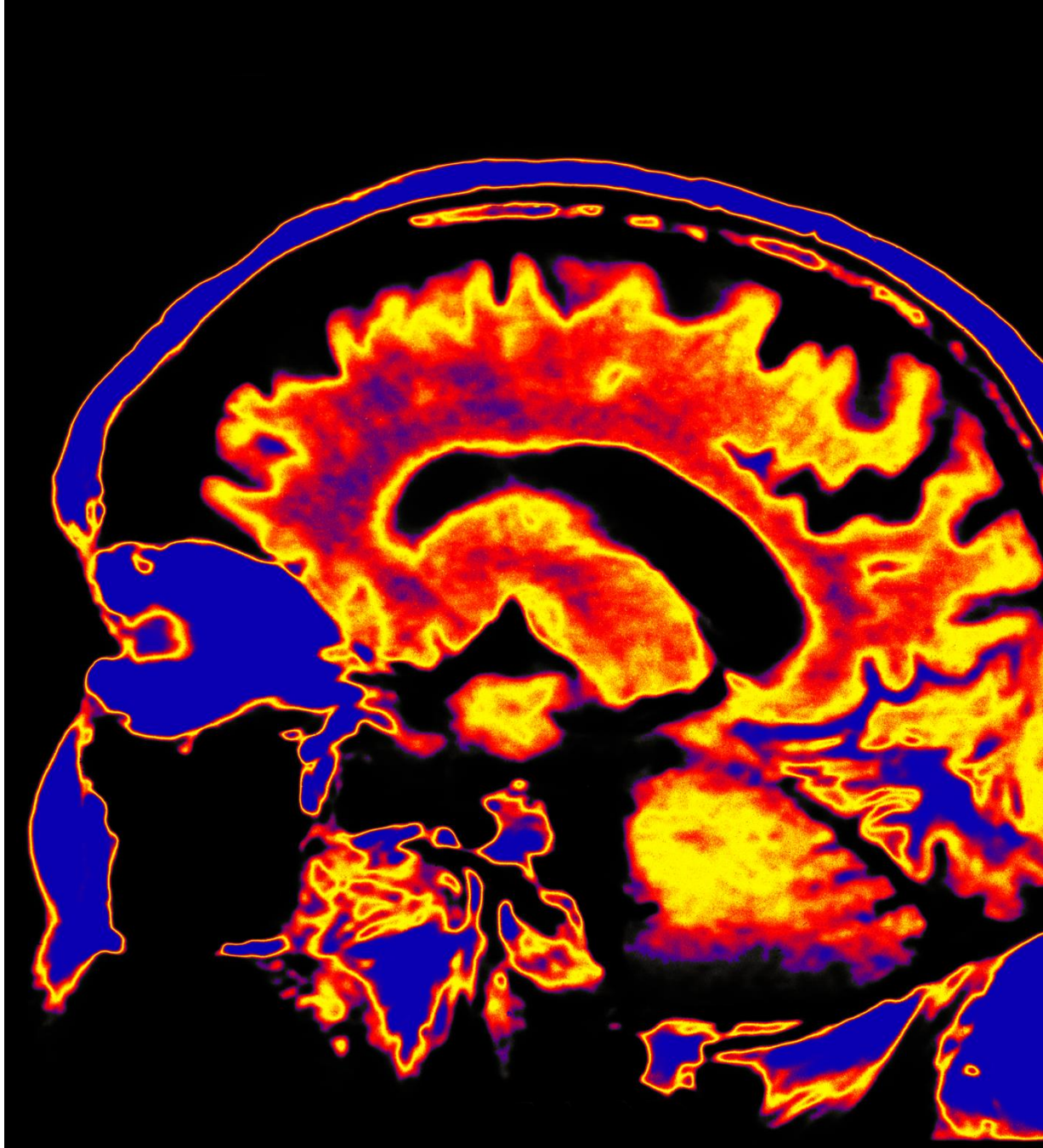
Longer-term: without practicing your writing skills, you will underdevelop your ability for organization, complex thinking, and communication, all of which are essential for your academic path and future career success.

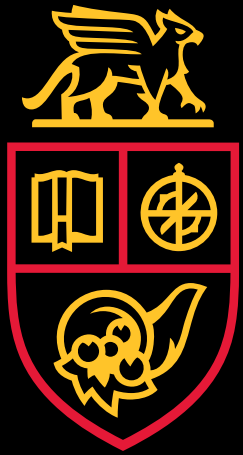


#5 INTELLECTUAL DEVELOPMENT

Relying on AI to produce answers makes you unprepared for tests, class discussions, future assignments, and career readiness.

The learning process requires us to stretch beyond our comfort zone and challenge ourselves, so new neural connections in our brain fire and develop more complex thinking.





Advice from ChatGPT:

"Using human help that's within university guidelines is often more tailored and safer than relying on generic AI outputs."

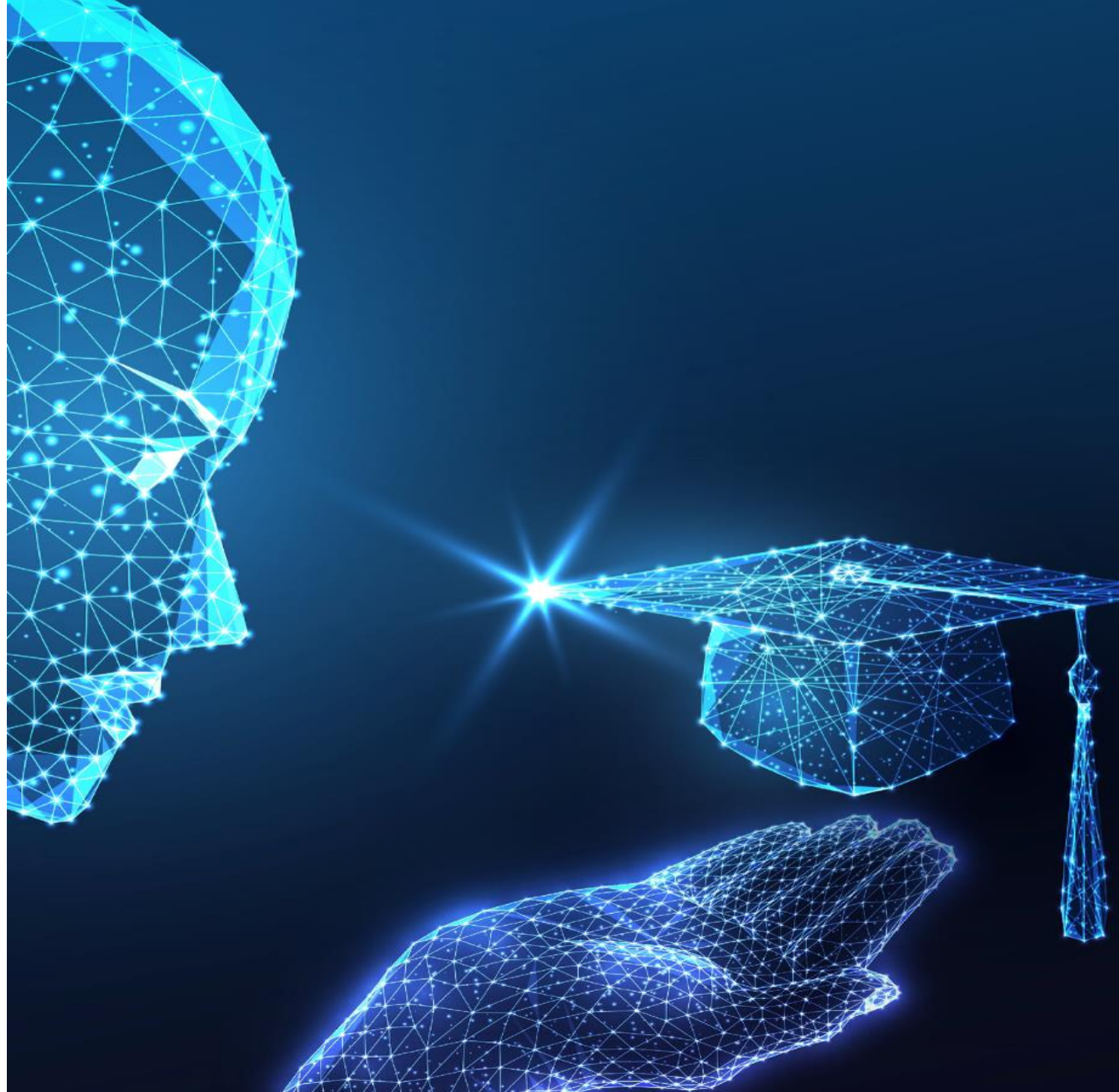
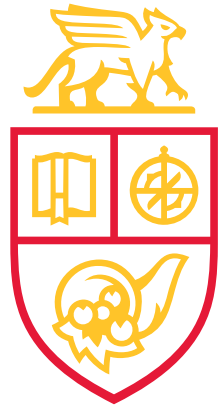




Advice for Using AI to Support Your Learning Process

1. Use AI **as a tool** to help you brainstorm ideas, clarify knowledge, and understand complex concepts.
2. Practice writing your own ideas before prompting AI.
3. [Meet with a Writing Peer or TA](#) in the Library to get started, brainstorm your topic, strengthen your paragraphs, organize your essay structure, and develop your own strong academic writing style.
4. [Meet with a Learning Peer](#) in the Library to develop strong learning and time management skills.

**Don't let AI
take your
University of
Guelph degree
from you!**



QUESTIONS?

Dr. Jodie Salter
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Book an Appointment



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GUELPH

Library





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