



ARTIFICIAL INTELLIGENCE OR ARTIFICIAL MARKS?

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IS AI SAFE FOR TEENS TO USE FOR REVISION?

When your study partner is a robot with WiFi.

It's 10pm. Prep is almost over. Your brain is fried from chemistry equations and history dates that refuse to enter your skull. So you do what every modern teenager now does.

You whisper to your phone like it's a secret tutor. "AI... explain photosynthesis like I'm

five." Two seconds later, boom! A full explanation. Clear. Fast. No angry teacher. No friend judging you for asking a "stupid" question. Welcome to the new study squad: Artificial Intelligence. But here's the real question every teen should ask before turning AI into their personal revision coach: Is it actually safe to rely on it?

AI Can Be Wrong Sometimes.

Here's another truth teachers don't always mention: AI is not perfect. Most of the time, it gives helpful answers. But sometimes it can:

- Give outdated information.
- Explain things incorrectly.
- Solve questions using the wrong method.

And the dangerous part? It says these answers with the confidence of a senior teacher who has taught for 30 years. Which means if you copy everything blindly, you might be revising the wrong thing. Exams don't care if the mistake came from AI. UNEB will simply mark it wrong. Savage, but true.

The Confidence Trap.

Here's where things get tricky. Sometimes AI makes us feel smarter than we actually are. You read an explanation, it sounds brilliant, and suddenly you feel like you've mastered the topic. But when the exam paper arrives? Your brain goes blank like school WiFi during online classes. Why? Because understanding an explanation is not the same as learning it. Real learning requires:

- Practicing questions.
- Making mistakes.
- Struggling through problems

AI can explain concepts, but it cannot study for you. Think of it like watching football highlights and thinking you're ready for the World Cup. Nice confidence. Wrong preparation.

The Smart Way to Use AI for Revision

- 1 Use AI to explain difficult concepts. Stuck on a physics formula or biology process? Ask AI to simplify the explanation, give examples, or break it down step by step. Sometimes hearing a concept explained differently is all your brain needs.
- 2 Turn notes into revision summaries. Long notes can feel like reading a dictionary. AI can help summarize topics into:
 - Key points.
 - Flashcards.
 - Simple explanations.
 But always compare with your class notes to make sure nothing important is missing.
- 3 Ask AI to quiz you. One powerful revision trick is asking AI to create:
 - Practice questions.
 - Multiple choice quizzes.
 - Short test papers.
 Testing yourself is one of the best ways to strengthen memory.
- 4 Never let AI do your thinking. If AI solves every question for you, something dangerous happens. Your brain goes on academic vacation. Instead, try this rule: Attempt the question first. Struggle a little. Then ask AI to explain where you went wrong.