

AI & You — Homework for Session Two New Version

Two short conversations with an AI. Pick any of these: Claude (claude.ai), ChatGPT (chatgpt.com), or Pi (pi.ai). All free in a browser or as a phone app.

Conversation 1: Something you're wrestling with

Pick something that's been on your mind lately — a decision, a tension, a situation you keep turning over. Not necessarily heavy or dramatic, something like:

- A purchase you're considering making
- A relationship you're uncertain how to navigate — a family member, a colleague, a friendship that's shifted
- A habit you want to build or break and can't figure out why it's sticking with you
- Something you don't know much about but would like to learn
- A value or belief you're re-examining
- A book, movie, or tv show you don't like but everyone else does

Start the conversation something like:

I've been thinking about [the thing]. Here's what's going on: [share what feels comfortable — you're in charge of what you disclose]. Here's why it's important: [explain why it matters to you]. I'd like to think this through with you. Ask me questions that would help me understand my own thinking better, rather than giving me advice right away.

Stay in the conversation for at least 10–15 back-and-forth exchanges. If the conversation stalls, try:

- “Can you go deeper on that?”
- “That feels surface-level. What might I be missing?”
- “Can you challenge my thinking a bit?”
- “Can you reflect back what you think I'm saying?”
- “Imagine you are a professional related to [the thing], what would you suggest I think about?”

Reflect on your experience

Jot down quick answers — whatever comes to mind:

1. What did you notice about *how* the AI responded? Tone, pace, style, quirks?
2. Did you catch anything it got wrong, or anything that felt off?
3. Did the conversation feel more like talking to a tool, an assistant, a colleague, a friend? Did that shift at any point?
4. How did *you* show up — polite, guarded, abrupt, open, curious? What do you notice about your own side of the exchange?
5. Did the AI change how you were thinking at any point? If so, what shifted?
6. Anything you want to bring to class — a question, a surprise, a pet peeve?

Bring your notes to session two. Your experience will shape our discussion.