

## Student Cognitive Training: Partnering With AI to Sharpen Your Mind.

<b>Your Human Skill</b> (What AI can't do)	<b>The Trap</b> (AI Replaces Your Brain)	<b>The Smart Use</b> (AI Supports Your Brain)
<b>Critical Reading</b>	"Summarize this reading for me."	"Help me understand the hard parts and then quiz me."
<b>Synthesis &amp; Filtering</b>	"Relying on a transcript of class."	"Taking your own notes, then using AI to organize and review."
<b>Verbal Agility</b>	"Hiding from class discussion because AI will give your answers later."	"Using AI as a private debate coach to prepare for class discussion."
<b>Argument Creation</b>	"Write my essay for me."	"Critique my thesis and help me refine my own writing."
Don't just use AI to pass a class. Use it to build a mind that can think, create, and adapt. That's the education that'll matter.		

2025 Keith A. Quesenberry For an article on how to use this guide visit [PostControlMarketing.com](https://PostControlMarketing.com).