

AUXESIS LEARNING

The 5-Minute AI Use Audit

A quick habit that keeps AI from doing your child's thinking for them — without banning it from the house.

Keep this by the homework table

New research shows AI can quietly erode independent thinking and persistence — sometimes within 10 to 15 minutes of use. It's not the tool that's the problem. It's whether the tool is answering questions or asking them back. Run this three-question check before your child opens any AI tool for schoolwork.

1 Did they try it first?

- ☐ My child attempted the problem on their own before opening any AI tool — even a rough, wrong attempt counts.

If not: have them try for 2 minutes first. The struggle is where the learning happens, not the answer.

2 Is AI answering, or asking?

- ☐ The prompt asks AI a question back ("what should I check?"), not for the finished answer.

If not: rephrase the prompt together before submitting it. This one change is the whole audit.

3 Can they explain it back?

- ☐ My child can explain out loud, right now, how they got the answer — in their own words.

If not: the tool did the thinking instead of your child. That's the moment to pause and rework it together.

Key point: If the answer to #3 is "no," don't worry about it — just don't let the assignment move forward yet. Go back, ask your child to walk through it verbally, and only mark it done once they can.

See it in practice

ANSWER-FIRST (SKIPS THE AUDIT)

Child types the word problem into a chatbot, copies the answer, moves on. Ten seconds. Zero learning.

AUDIT-FIRST (USES THE 3 CHECKS)

Child explains what the problem is asking, guesses a rough answer, tries it. *Then* asks AI: "What's one thing I could check about my work?" — and explains the fix out loud.

Why this works: This is the same idea behind *metacognition* — one of the core frameworks in our Singapore Stack. Monitor ("do I actually get this?"), Regulate ("what should I try differently?"), Evaluate ("did that work, and why?"). A student who runs this loop builds the skill the homework was meant to build — whether AI is in the room or not.