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ARTIFICIAL INTELLIGENCE OR ARTIFICIAL MARKS?

IS AI SAFE FOR TEENS TO USE FOR REVISION?

BY BRENDA BALUKA

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- Give outdated information.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.



The Pen Is Yours: Stop Letting Others Write Your Story.

Too often, the decisions that shape your life are made by people who aren't walking in your shoes. Teachers, relatives, community leaders and everyone seems to have an opinion about what you should become. For many teens with developmental disabilities, this happens all the time. People see a label and assume they know the whole story.

But here's the truth: a label is not your life story.

This March, during Developmental Disabilities Awareness Month, one message stands tall: "Nothing About Us Without Us." In simple terms, it means your voice matters. You are the expert on your own life. No one else should be writing your script while you sit quietly in the background.

Developmental disabilities are conditions that begin while a person is growing up and often continue through life. They include conditions such as Down syndrome, autism spectrum disorder, intellectual disabilities, cerebral palsy, and ADHD. But these diagnoses are just chapters—not the entire book. With the right support, people with these conditions can live full, meaningful, and independent lives.

Leadership doesn't start on a big stage or inside a fancy office. It begins in small, everyday moments when you choose to speak up about your needs, your dreams, and your abilities.

Self-advocacy can look like simple but powerful actions:

In class: Asking for extra time in a test or requesting a different way to complete an assignment that suits how you learn.

With friends: Telling your friends honestly what kind of support you need instead of pretending everything is fine.

At home: Sharing your goals with your family, even if they look different from what others expect.

Owning your narrative means refusing to stay silent about your journey. Try this challenge: write down three achievements you are proud of, no matter how small they seem. Seeing your victories on paper reminds you that you are not just part of the story, you are the main character.

Your voice, your education, and your confidence are powerful tools. Use them to shape the future you want.

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