



AI and Technology

At Wickersley School and Sports College and Aston Hall Junior & Infant School, we find AI and Technology very interesting. But could it be having a negative effect on our well being and mental health?

The 4 Types Of AI

AI is split up into four categories: Limited memory, Self aware/AGI, Theory of mind and Reactive machines. The first category of AI is Theory of mind. Theory of mind is the machine trying to understand the psychology of human emotions and thoughts. Following that, the category after is Self Aware. Self aware AI or AGI, has hypothetical intelligence to mimic tasks that a person could do. Reactive machines have no memory, are specific to doing tasks and take data of customers such as search & purchase history. People may see that as an invasion of privacy and a big problem for some. Finally, limited memory AI collects data and absorbs the information over a period of time and they temporarily store the information.

Technology and AI in the classroom

Over the years of development, AI and technology has become more and more advanced especially in areas like the classroom. Technology has become the normal in places of learning so much so that you may not even realise it's there. Google classroom, learning platforms (like Educake and Google forms), electronic devices (such as phones and chromebooks) and marking apps are all examples of AI and technology commonly used in education.

An advantage of using AI and technology in education is that it is accessible for all students to use this means that anyone can use it and it is easy to access and understand. However, a disadvantage of using it is that people are becoming dependent on technology. This can affect learning because students can become reliant on technology for solutions and answers to problems stopping them from having that knowledge.





How can AI and Technology impact your mental health?

AI and technology can impact your mental health in positive and negative ways. Studies show that AI-Human interactions produce fewer negative emotions therefore preventing the rise of new emotional problems. On the contrary, AI and technology may increase stress, give off negative thoughts and lack of creativity and imagination. AI and technology can assist students with their learning but it can also hinder. Students are able to use technology to learn on online platforms such as Educake. They are able to get on independently without having to rely on their teachers all the time. On the flipside, technology can distract from the learning and could be used as a method to cheat. Social media can also have a positive and negative effect on people. Influencers use filters to beautify themselves and camera angles and tricks to make them look better. They record the best part of their lives and leave out the worst. Some people watching these videos think there is nothing wrong with their lives and deem them perfect when in reality they are really not. But, social media isn't all bad. There are plenty of videos, sites and pictures that motivate, encourage and celebrate people and things. In conclusion, AI and technology aren't all bad but can have some negative effects on people.



Interveiw with Mr Lilleker

We asked Mr Lilleker, Director of IT at Wickersley Partnership Trust, his opinion on AI and Technology. Here are the questions and his responses:

After the ban of phones in our school have you noticed a change in the students behaviour?

I haven't seen a noticable difference or a massive impact.

What did you think would happen if AI took over the teaching industry?

It would be terrible. Relationships between students, teachers and coworkers are so important therefore it wouldn't be good. I believe we need to work with AI rather than having it as a replacement.

How does AI influence your teaching?

I personally find it really useful to generate ideas for tasks in the classroom but some students are using it to answer work and its becomeing harder to tell if the work has been done by a student or if they have used AI to generate their coursework. They need to find a way to problem solve rather than relying on AI.

What would be differnt without it?

Tasks would take longer but it give us a clearer picture of the students strengths and weaknesses.

What is your overall opinion on AI? Do you think it is a positive or negative thing?

It is world changing and it also changes our everyday life. It can be used negatively but if we work with it and use it wisely it can have a tremendously positive impact.

Thank you Mr Lilleker for letting us interveiw you.



In conclusion: AI and the impacts on mental health, teaching and in the classroom

Artificial Intelligence can be really helpful to everyday life, but AI can also be something that people are unsure and scared of. Some people may even find it unsettling that on devices you use in day-to-day life, that AI is being utilised.

Across the world, there are more and more AI companies being established, which means that AI is becoming more prominent in our lives.

There can be many positives to AI, such as eliminating human error, it being available 24/7 to use, and helping with everyday decisions and tasks - especially in education. However, there are negatives that come alongside that, including lack of creativity, taking jobs from humans and possible ethical problems

By Mia, Isla, Ellise from Wickersley and Joel from Aston Hall