



## **Academic AI Use Profiles**

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### **Academic Insights**

- Students fall into three AI-use profiles: Constructive, Overreliant, Irresponsible.
- Constructive users use AI to support—not replace—thinking.
- Over-reliant users depend on AI for idea generation, structure, and problem-solving.
- Irresponsible users submit unverified AI content and hide AI use.
- Certain personality traits (e.g., disinhibition, antagonism) predict misuse.
- Low self-esteem and anxious attachment increase likelihood of overreliance.

### **Apply This Now**

- Explain the three profiles and let students self-identify where they currently stand.
- Re-design assignments to require visible thinking (annotations, drafts, audio reasoning).
- Normalize ethical AI use: citation, verification, and transparency.

### **Add This in Your Lesson**

Use an “AI decision log” where students record: What AI did, what they did, what they verified.

### **Avoid This Mistake**

Treating all AI use as the same — constructive and irresponsible use require completely different interventions.

### **Reference**

Athar, M. E. (2025). *The constructive, overreliant, and irresponsible use of artificial intelligence tools in academia: Personality correlates and implications for academic integrity*. *Computers in Human Behavior Reports*, 18, 100679.

<https://doi.org/10.1016/j.chbr.2025.100679>

### **Suggested Citation**

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