



AI, Challenges & Mental Health

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Academic Insights

- 92% of educators are familiar with AI and use it mainly for efficiency and administrative tasks.
- Many report increased student dependence on AI for assignments.
- Teachers are adapting pedagogy to emphasise critical thinking and originality.
- AI reduces workload for some, but increases anxiety for others.
- Institutions lack clear AI policies; many educators create their own rules.
- Strong demand for AI-literacy and ethics training.

Apply This Now

- Add human-thinking checkpoints: reflection, explanation, worked reasoning.
- Use AI to reduce your admin load—but avoid using it to replace instructional judgment.
- Create transparent class-level policies while waiting for institutional ones.

Add This in Your Lesson

Ask students to critique an AI-generated explanation for correctness, bias, and clarity.

Avoid This Mistake

Letting AI replace interpersonal interaction—leading to reduced student–teacher connection.

Reference

Delello, J. A., Sung, W., Mokhtari, K., Hebert, J., Bronson, A., & De Giuseppe, T. (2025). *AI in the classroom: Insights from educators on usage, challenges, and mental health*. *Education Sciences*, 15(2), 113. <https://doi.org/10.3390/educsci15020113>

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