How Can I Use and Not Use Copilot Transcript

Presented by Dr. Bjorn Mercer, Department Chair in the School of Arts, Humanities, and Education

Hello and welcome to this informative video about how I can use and not use Copilot as a student. My name is Dr. Bjorn Mercer, a Department Chair in the School of Arts, Humanities, and Education. This is an extraordinarily important topic that you'll need to know throughout your studies at any school, whether high school, undergraduate, or graduate, especially since generative AI tools are so common these days.

The first thing we'll want to do is go to Copilot and ask it a question. Remember, whenever you are interacting with a generative AI tool, you always want to have context and your question. The context here is: "I'm an online undergraduate student getting my degree in healthcare." The question is: "How can I use Copilot in my studies?" It's asking a very simple question: "How can I use you, Copilot?"

Copilot gives you an answer. The first thing it says is research assistance. Copilot can help you find reliable sources, summarize articles, and provide explanations on complex topics. This is perfect. One of the things Copilot is really good at doing is finding additional sources, such as expert sources and informative articles. It does a great job of summarizing articles. If there is a long article, say 2,000-3,000 words, I have it summarize it for me. I read the summary, and if it fits my needs, I go read the article. If it doesn't, I move on to the next article. Copilot can also provide explanations on complex topics, helping you understand them better. As with any generative AI tool, it's an iterative process. You communicate with it, ask a question, get a response, ask for clarification, and continue the back-and-forth.

Another use is study planning. Copilot can help organize your study schedule. If you need help with your busy week, you can provide your calendar, work hours, study time, and family time, and Copilot can help you find time for everything. Writing support is another important use. Whether it's drafting essays, reports, or discussion posts, Copilot can help you brainstorm ideas, structure your writing, and proofread your work. Brainstorming is one of the things I use Copilot for all the time. If you don't know where to start, you can brainstorm ideas. Copilot is great at providing outlines for essays, papers, or presentations. It is also an excellent editor, so I highly recommend using it for that.

Understanding concepts is another use. If you're struggling with a particular concept, Copilot can provide explanations, examples, or even quiz you. Exam preparation is also a great use. Copilot can help you review key topics, create flashcards, and simulate exam questions to test your knowledge. These are just some of the ways you can use Copilot as an online student.

Now, let's discuss how you should not use Copilot. The context is: "I'm an online undergraduate student getting my degree in healthcare. How can I not use Copilot in my studies?" Copilot provides

an answer. While using Copilot can be helpful, there are certain aspects of your studies where it might be best to rely on other resources. Original research and analysis require developing your own critical thinking and problem-solving skills. This is important for your college, work, and life. Personal reflections for assignments should rely on your own experiences and insights. Practical skills, such as clinical practice or lab work, cannot be done by Copilot. Ethical boundaries are crucial. Adhere to academic integrity policies by not using Copilot to complete assignments or exams in a way that violates your institution's guidelines. Do not use Copilot to create discussion posts or assignments. For exams or quizzes, it is a test of your knowledge, so you should not use Copilot to generate answers. Learning involves consuming knowledge, synthesizing it, and expanding your knowledge base. Do not use Copilot to write papers for you. For example, asking Copilot to write a 600-word essay about the healthcare system in the United States will result in an essay, but it is not your original work. Instead, use Copilot to create an outline, research articles, write your own paper, and then have Copilot edit your work. Do not put any personal identifiable information (PII) into Copilot or any generative AI tool, as it will remember it.

This has been a short video about how you can use and not use Copilot. There are many wonderful ways to use Copilot, and I highly encourage you to do so. However, there are specific ways you should not use it, as it can violate the policies of APU and other institutions. Thank you for watching. My name is Dr. Bjorn Mercer.