DAY 44 · Part 4 · What to Watch Out For

How much should you hand over? — Not leaning on it too much

Five-Minute AI Lessons · Oct 20, 2026

Don't hand it all over, and don't skip it entirely. Give it 5 minutes with your own brain first — just changing the order changes what sticks.

In a nutshell

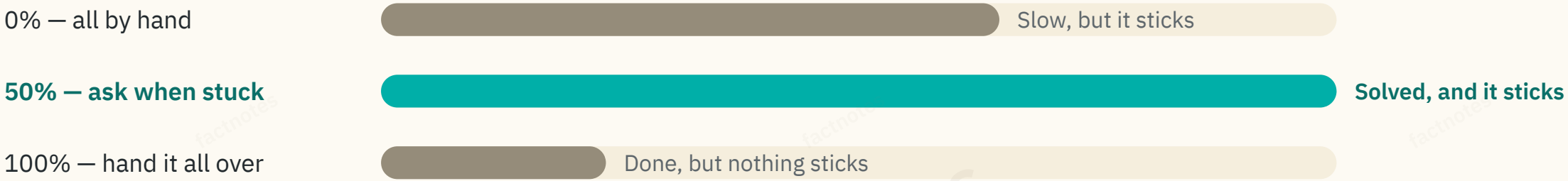
1. This isn't about not using it. **It's about whether you're the one deciding how much you hand over** — that's all.

2. In 2025, a research team that ran a writing experiment reported that **the people who handed more to AI had trouble remembering sentences they had just written**, even though the writing itself was fine. It's a preliminary study still under review, so don't memorize it as the final word.

3. So the order matters more than the share. **Give it 5 minutes with your own brain first, then hand it over** — same tool, but what sticks with you changes.

In one picture

How much you hand over vs what sticks



Think of each bar's length as 'how much stayed with me when I was done.' It's not a precise measurement — it's drawn to show the trend.

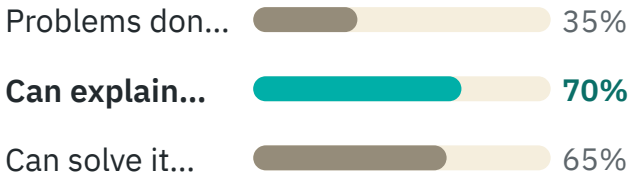
Key idea: not never using it, not handing it all over — try first, then hand it over

Experiment · Probability slider

Turn up how much you hand over

All by hand — stopped after five problems

Turn up the share — what stays wit...



Doing it alone leaves you with something, but you just stop where you get stuck. Zero isn't the answer either.

Asked only about the lines I was stuck on

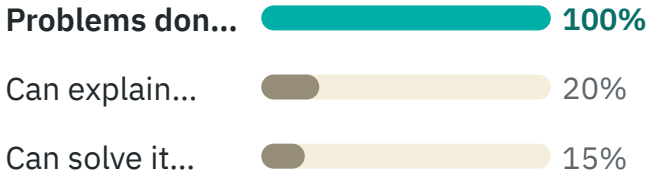
Turn up the share — what stays wit...



All three bars are highest right in the middle. This is where the problems get solved and you can explain them.

Handed it all over

Turn up the share — what stays wit...



Only the first bar goes all the way up, and the other two collapse. The homework's done, but you haven't change...

Slide the handle from 0 to 100 and watch how three things move. The bar numbers aren't real measurements — they...

Try it yourself in the web lesson · next-token.net/en/learn/day-44/

Quick check

Just three questions

Q1

What does today's 'not leaning on it too much' mean?

① Never using AI at all
② Deciding for yourself how much to hand over
③ Using it only once a day
④ Handing over only the hard stuff

Q2

In the 2025 writing experiment, the people who handed more to AI...

① Wrote worse essays
② Took more time
③ Had trouble remembering their own sentences
④ Made spelling mistakes

Q3

How do you get more to stick, using the same tool?

① Ask over and over
② Hand it over from the start
③ Do it alone to the end
④ Try 5 min first, then ask

Know the why, too

Q1

② Zero isn't the answer and neither is 100. The test is whether you're the one deciding how far to hand things over.

Q2

③ The writing was fine, but they couldn't recall sentences they had just written. It's a preliminary study still under review, but it's worth thinking about.

Q3

④ It's the order, not the share. When you wrestle with it first and then hand it over, you know exactly where you're stuck when you ask.

Don't hand it all over, and don't skip it entirely.
Give it 5 minutes with your own brain first — just changing the order changes what sticks.

Tomorrow: AI has laws too — what rules countries are making for AI.