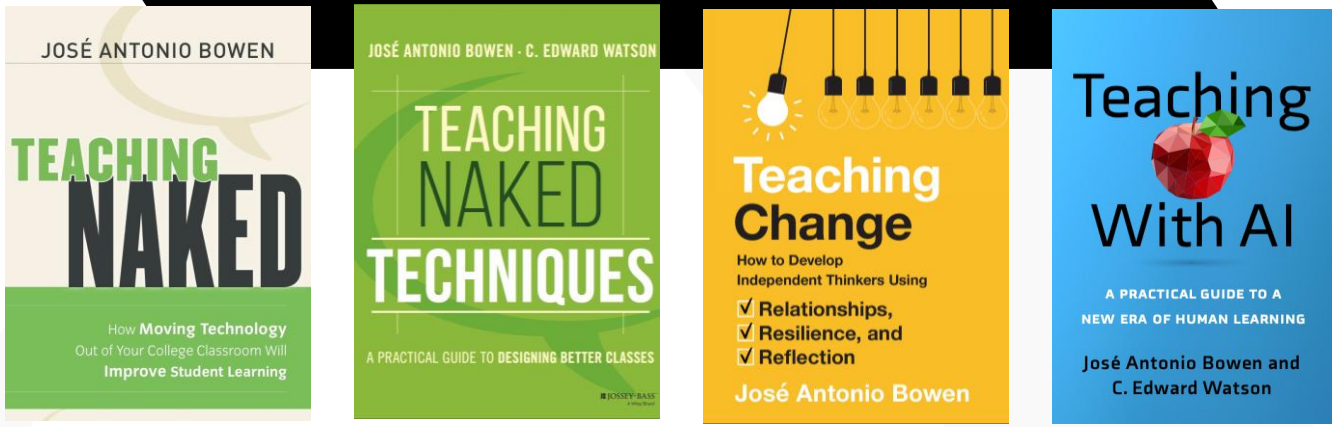
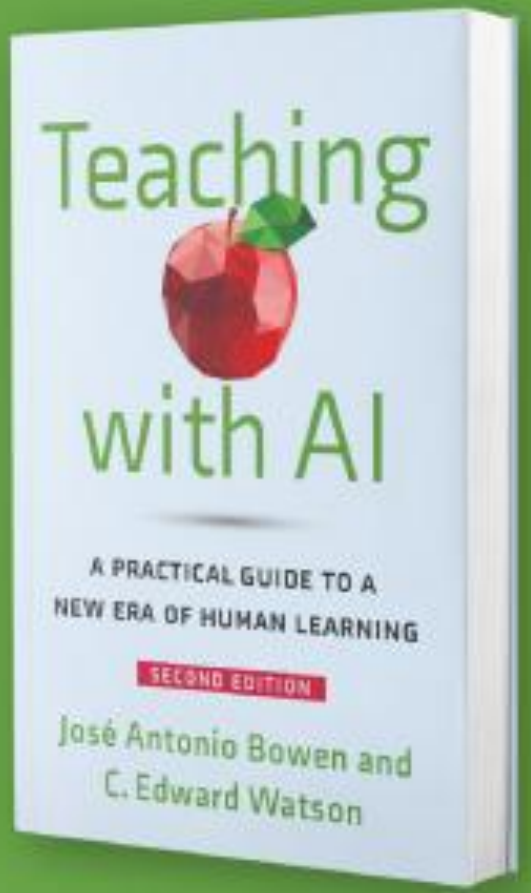
José Antonio Bowen



Thinking and Thriving with AI

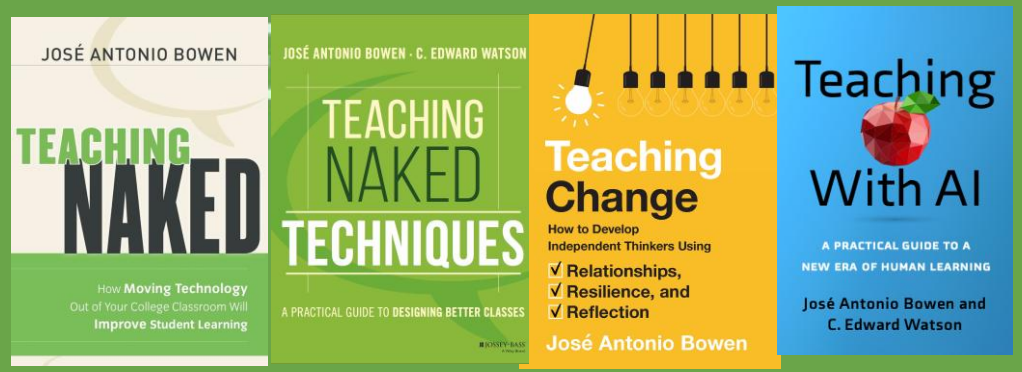
Slides with Citations (100+ pages)
https://teachingnaked.com/ai-resources/



José Antonio Bowen

Teaching with AI

SECOND EDITION



Slides with Citations (100+ pages)

https://weteachwithai.com

WORKING & THINKING

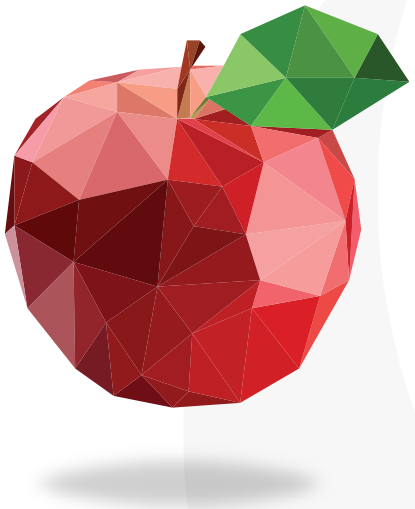
AI as the new AVERAGE

COMMUNICATION & RELATIONSHIPS

CREATIVITY

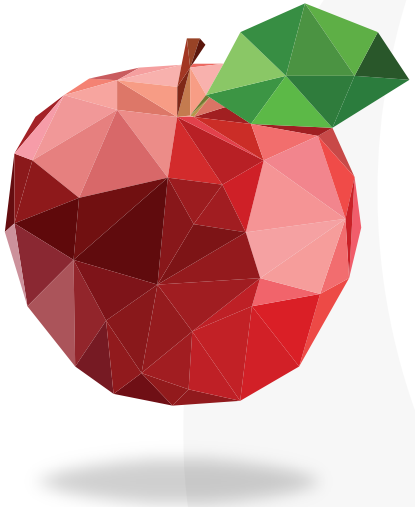
AI as LABOR

AI is Changing
WORKING and **THINKING**



10% of Human Adults (700M) use ChatGPT Weekly

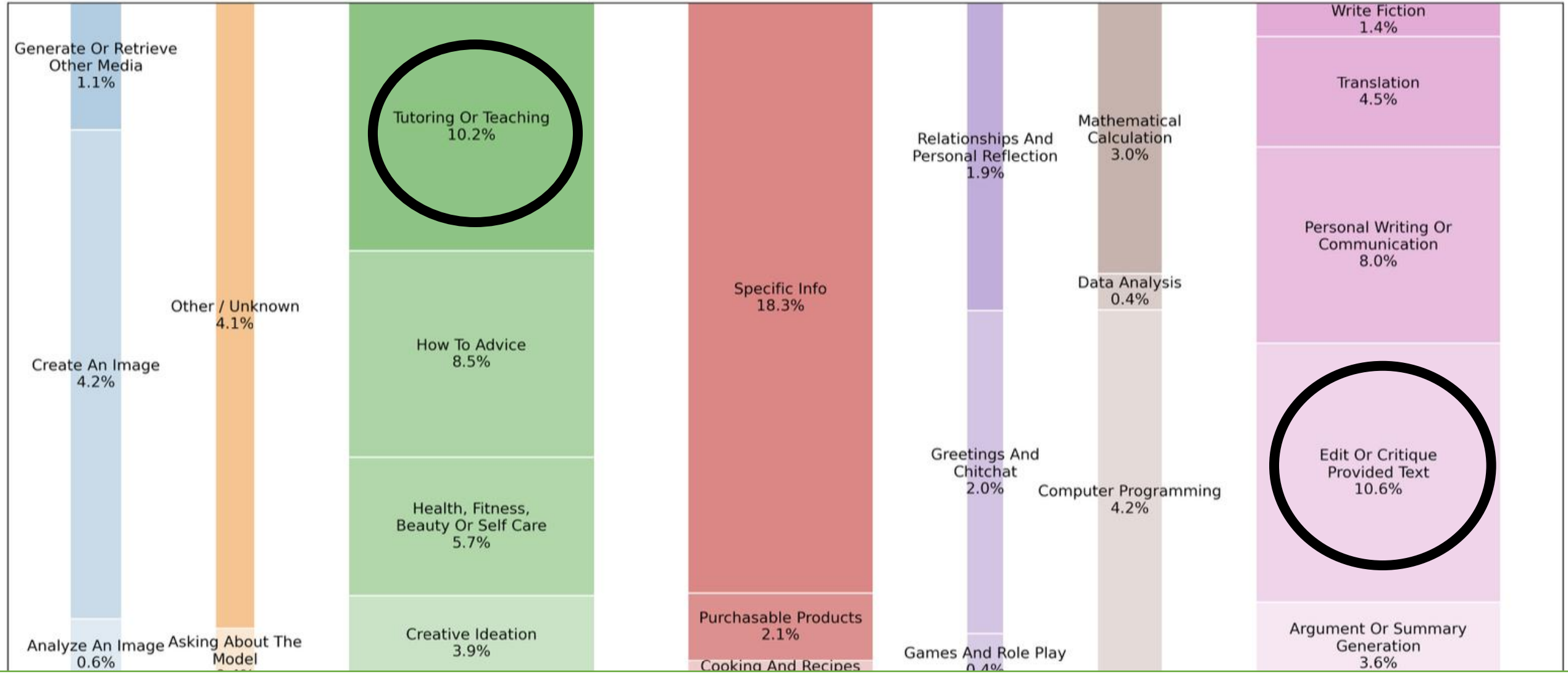
Growing **faster** in lower/middle income countries



52% = Women

10% = Teach me

ChatGPT (July 2024-2025)



Media 6.0%

Guidance 28.3%

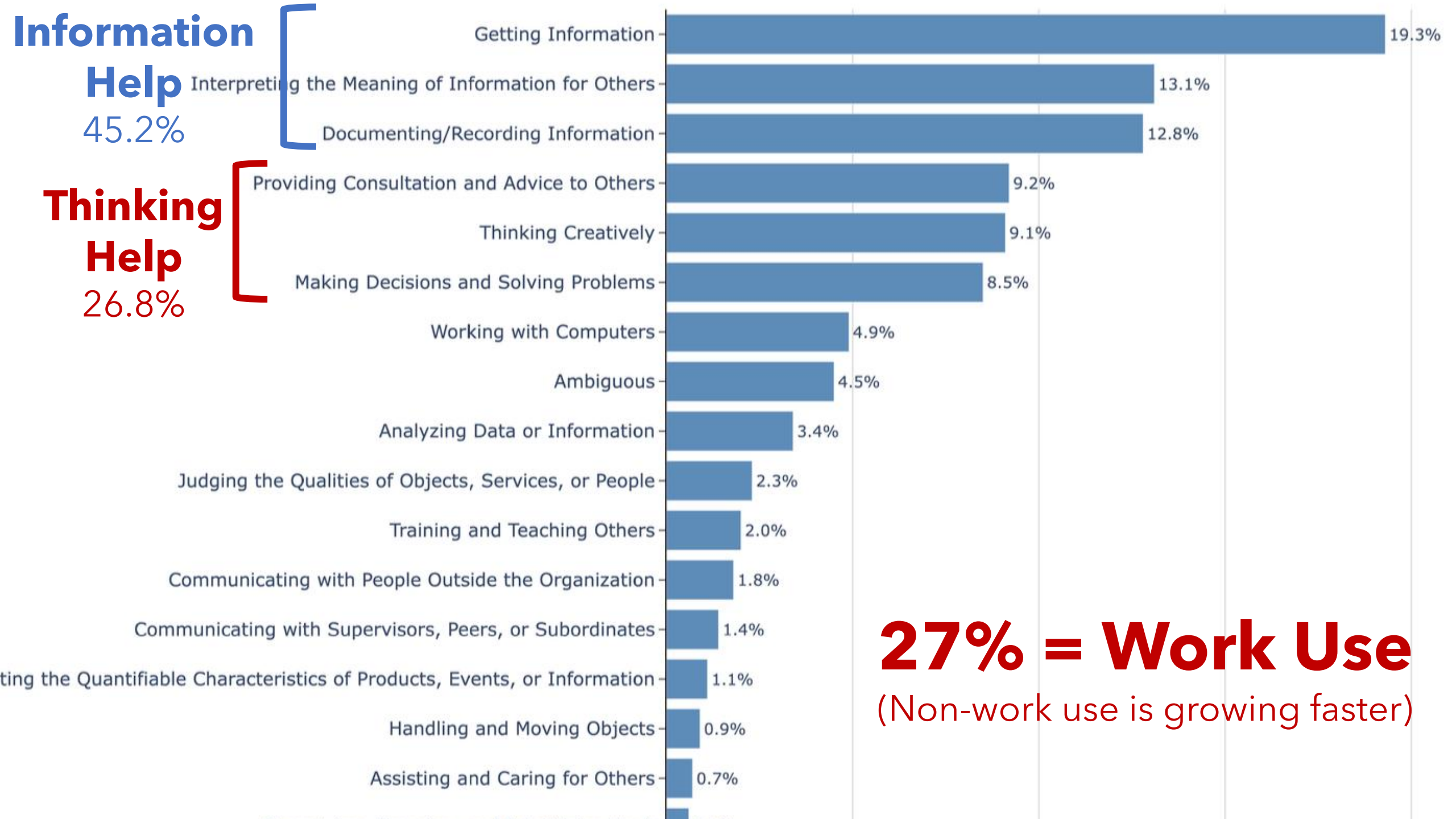
Info 21.3%

Expression Tech Help

Writing 28.1%

Information Help 45.2%

Thinking Help 26.8%



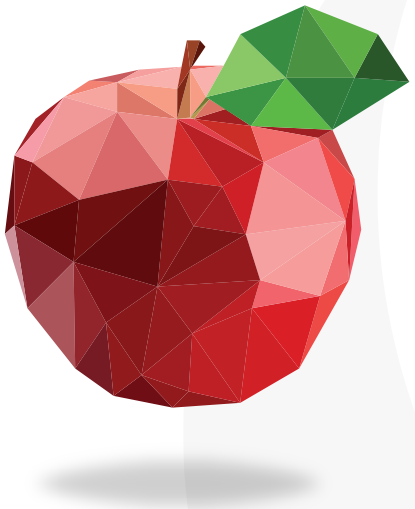
27% = Work Use

(Non-work use is growing faster)

Public resistance to AI replacing jobs fades as AI capabilities improve

30% ok with AI replacing human jobs

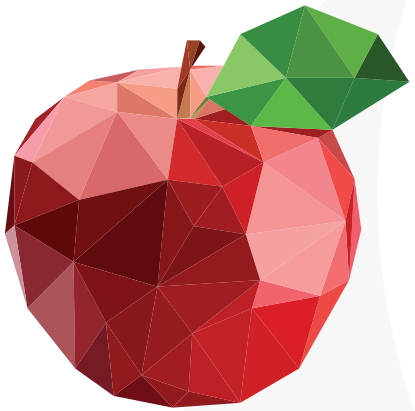
58% when AI is described as outperforming humans at lower cost



12% of jobs (caregiving, therapy, and spiritual leadership) remain as morally off-limits.

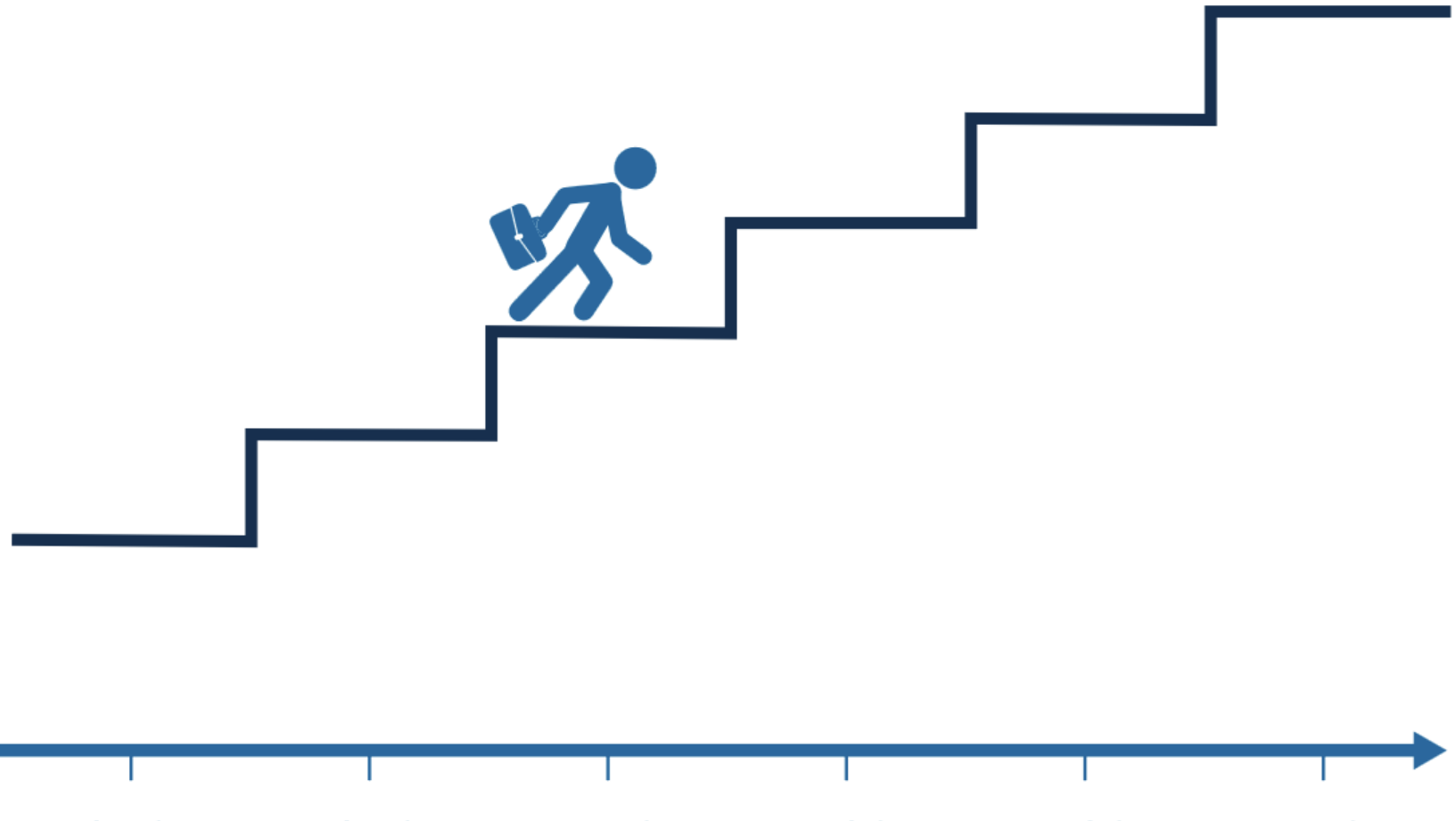
What we call cheating
Business calls progress

AI and Salaries



Salary boost to employees acquiring AI skills, by department[1]

Weighted average percentage increase in salary indicated by employers



AI improves the "clarity, organization, and professionalism of legal work but also the depth and rigor of legal analysis itself."

99.97% reduction in cost

"a seismic shift in legal practice"

	Time (minutes)	**Cost**	**F-Score** Precision + Reliability
Senior	43.46	$75.92	Benchmark
Junior	56.17	$74.26	0.860
LPO	201.00	$36	0.874
GPT4	4.7	**$0.25**	0.871

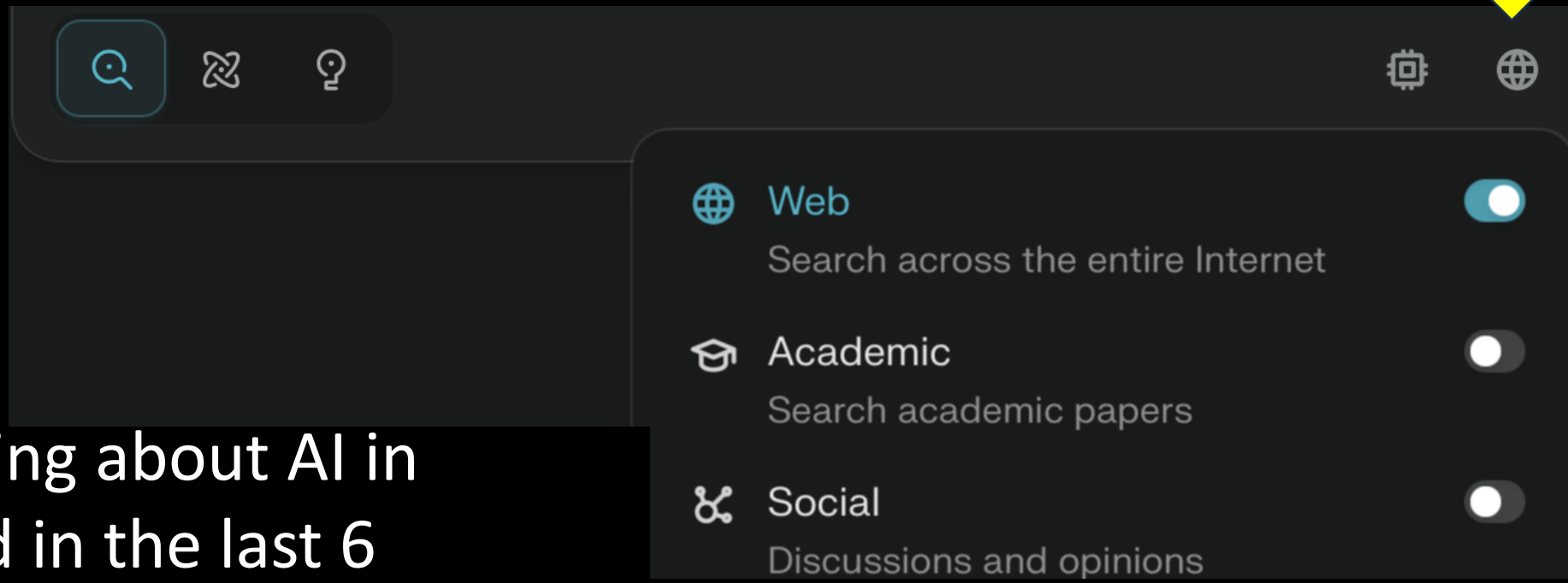
"so you can do more of what AI can't."

Searching for IDEAS

- Find anything **like this..**
- Has anything **similar** ever happened to a previous patient?
- What might be **missing** from this contract.
- Read my book and identify all of the places where I **repeated an idea**.

Massive-Scale Contextual Web Searching

What are experts saying about X?

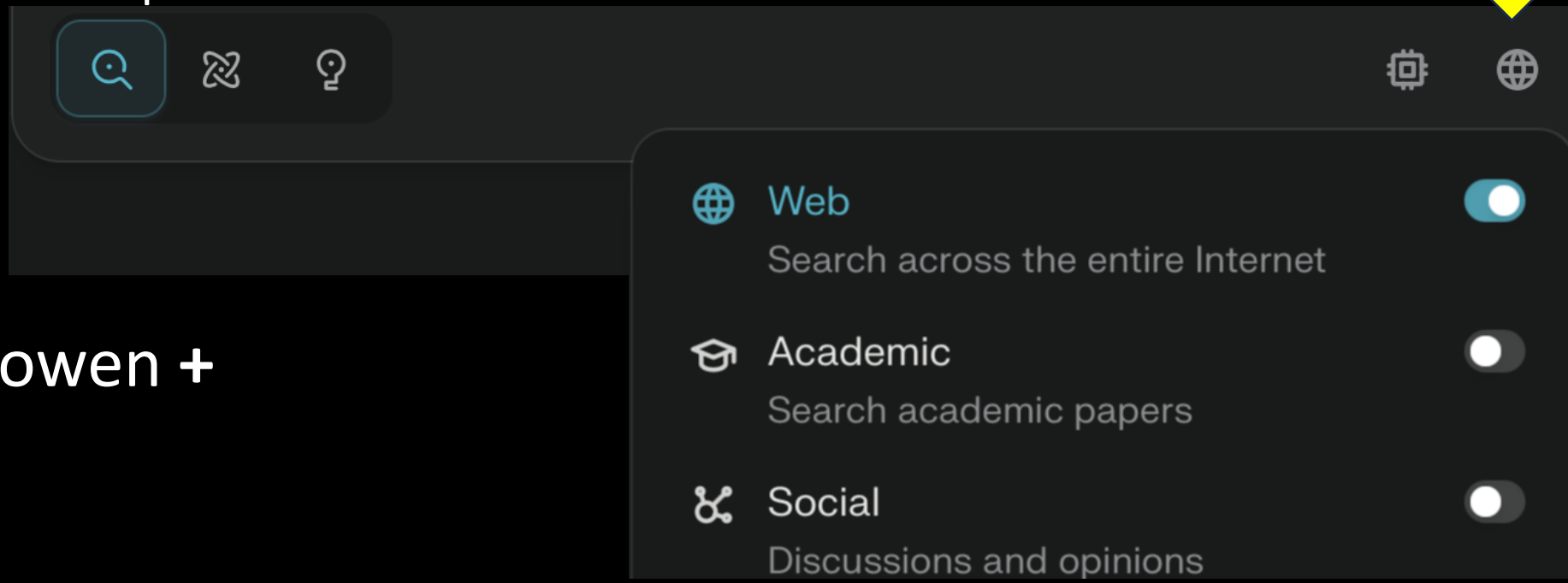


How has the thinking about AI in education changed in the last 6 months?

What are the latest trends in prostate cancer research?

Massive-Scale Contextual Web Searching

Is there anything that Jose Bowen has posted in the last 10 years that is overly political and might have a negative impact if we hired him at X?



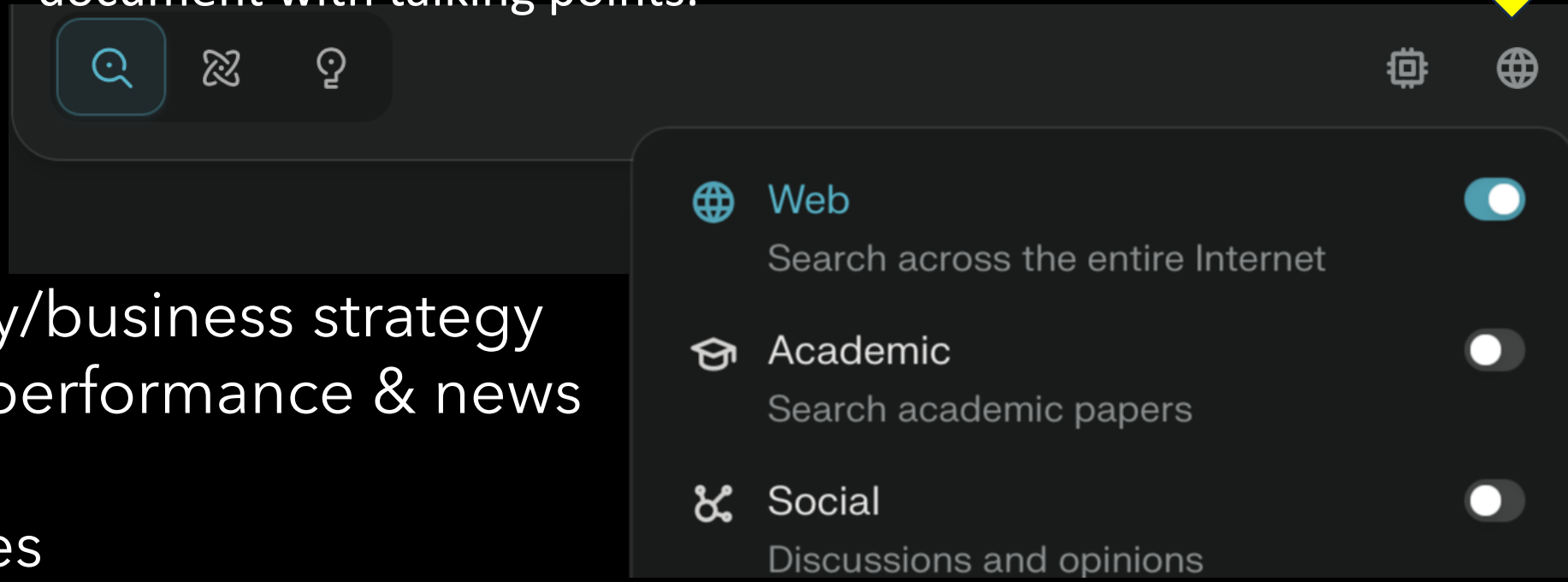
Searching for Jose Bowen +

- Biden
- Trump
- Gaza
- Israel
- Controversy
- Protest
- Politics
- Political Views
- Opinions
- Election…

Also searching for
JB social media sites and activities
Could JB past writing or speeches be considered a hiring risk?
Would JB political activities pose any risks?
JB coverage in media, blogs and websites

Massive-Scale Contextual Web Searching

Search for everything I need to know to prepare for an excellent job interview for position A at B and prepare a briefing document with talking points.



- Current university/business strategy
- Recent financial performance & news
- Major initiatives
- Institutional values
- Market challenges and position
- Industry trends
- Primary competition
- Typical responsibilities
- Required technical skills
- Common interview questions & scenarios

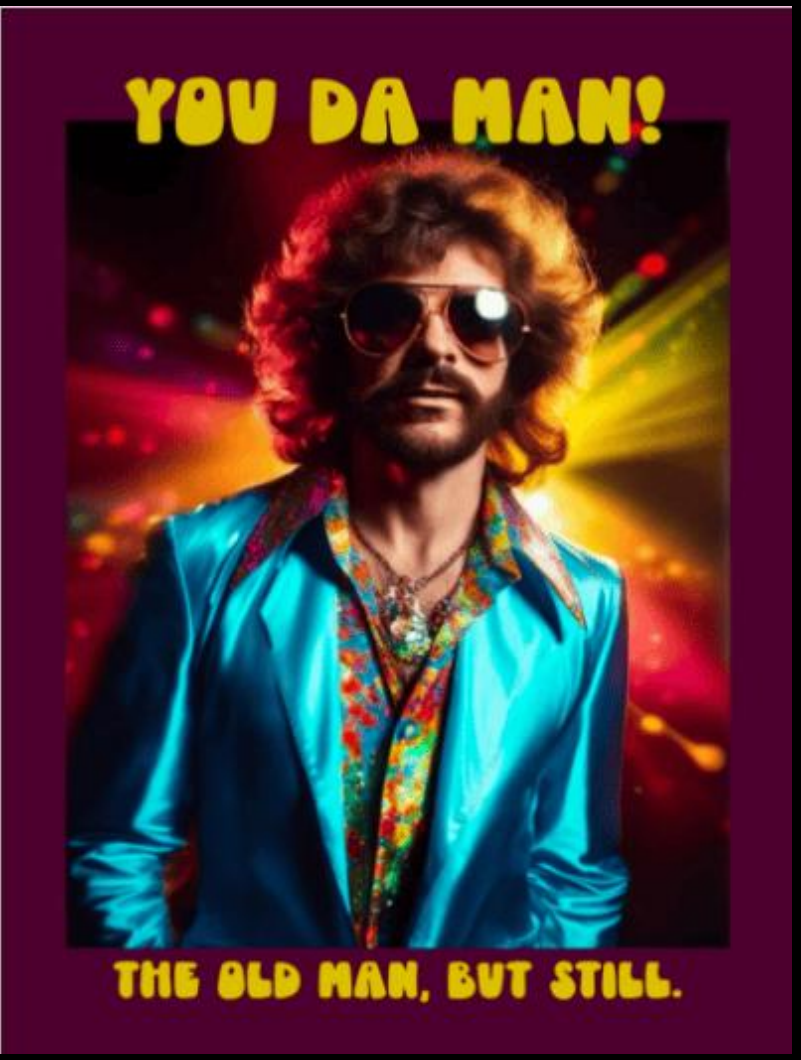
Searching for IDEAS

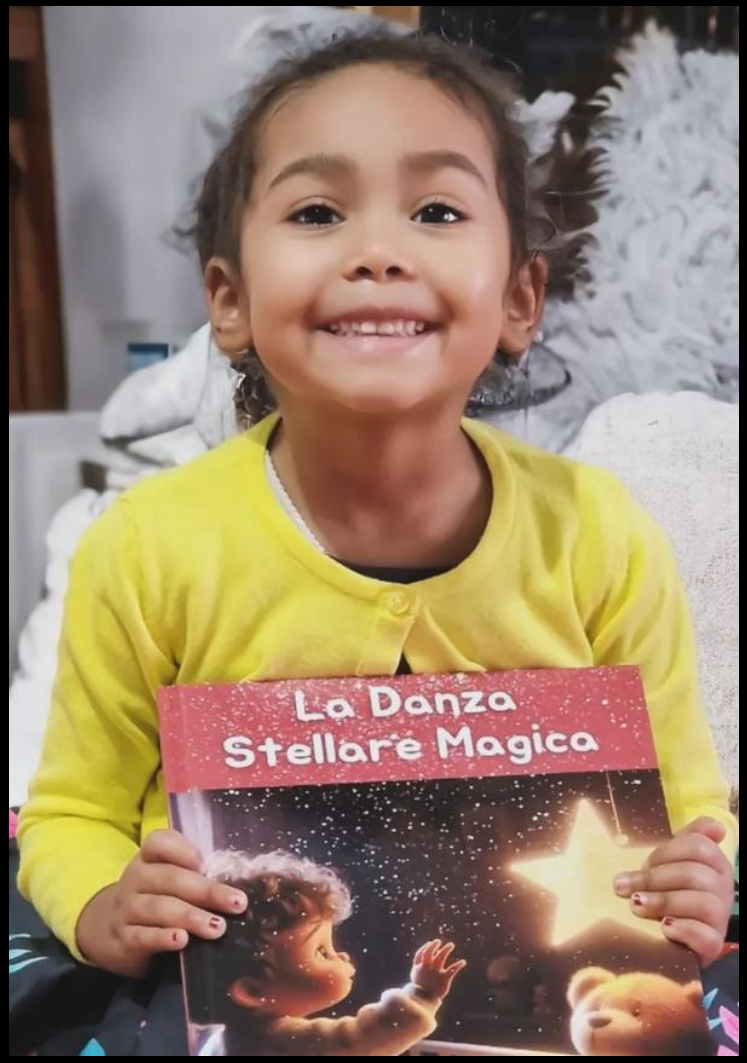
- Search for candidates for our position X.
- Check CVs to make sure…
- Make a list with emails.
- Create a personalized email invitation to apply.
- Look especially for…

Search for reviews of the best vacuum cleaners that can handle LOTS of pet hair and are lightweight. If uncorded, it needs to come with 2 batteries or have enough power to do a house that's 2700 sq feet. $300 max. It would be great if we could reuse some of our old attachments…

Research Websites
Search for reviews
Compare battery life
Summarize findings,
Check for availability
Make recommendation

GENERIC or CUSTOMIZED?





Greeting Cards
Bedtime Stories
Birthday Songs

Treatment Plans
Instructions
Textbooks
Assignments
Exams

Touchnote

Scarlett Panda

LLMs outperform human analysts

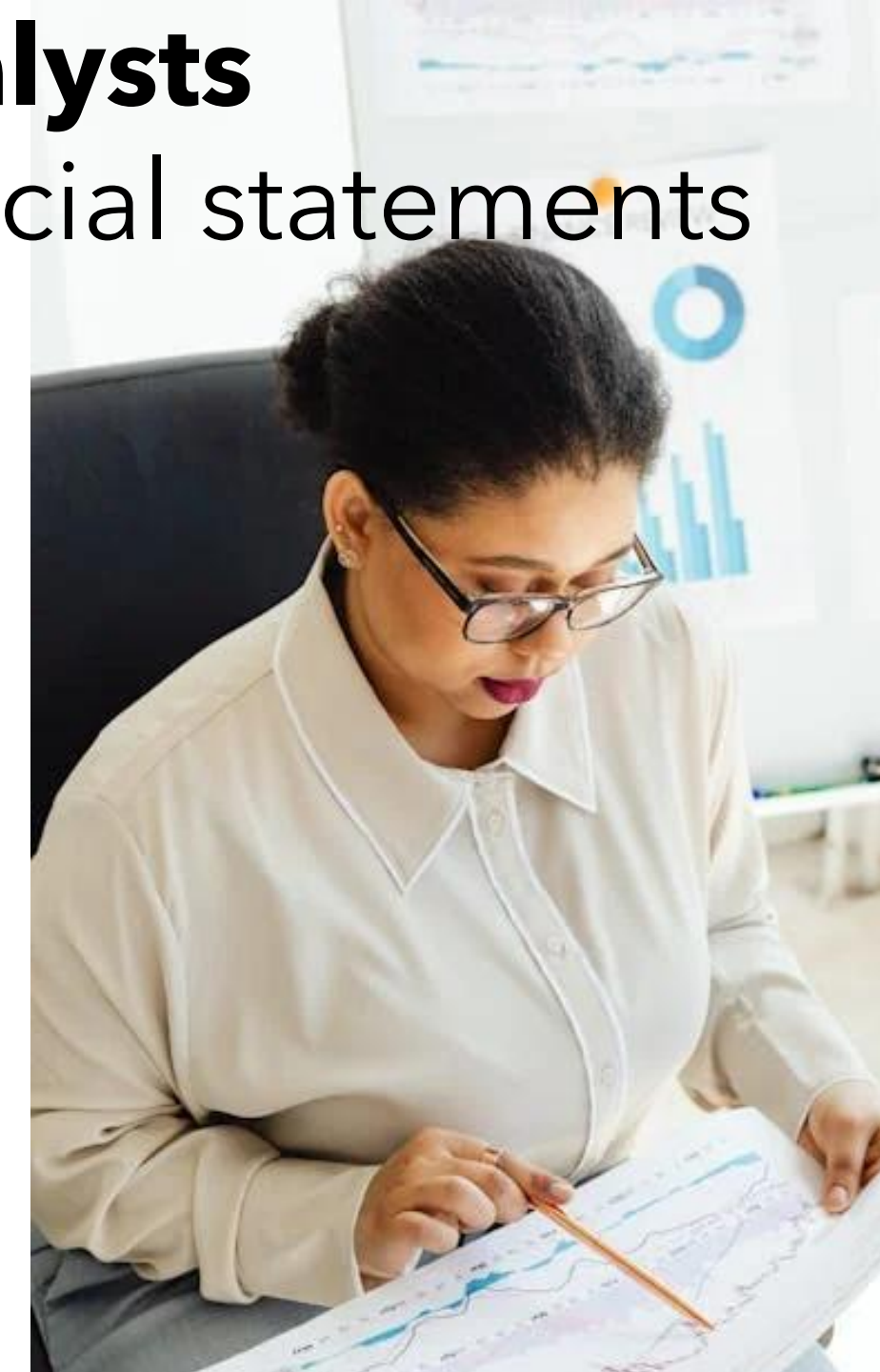
Earning predictions from financial statements

First-month forecast accuracy

Best Humans = **52.71%**

GPT 4 = **60.35%**

Compustat Annual Database 1962-2023



What salary should I request?

This data reflects the bias in reality

Albania's new anti-corruption minister

AI THREATS To Human Thriving

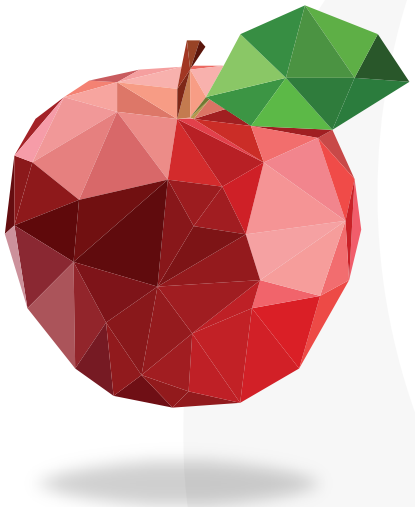
- Academic
- Economic
- Political
- Psychological
- Environmental

AI is Changing
WORKING and
THINKING

For every danger there is also potential

Grandma Daisy
AI bot that wastes phone scammers' time

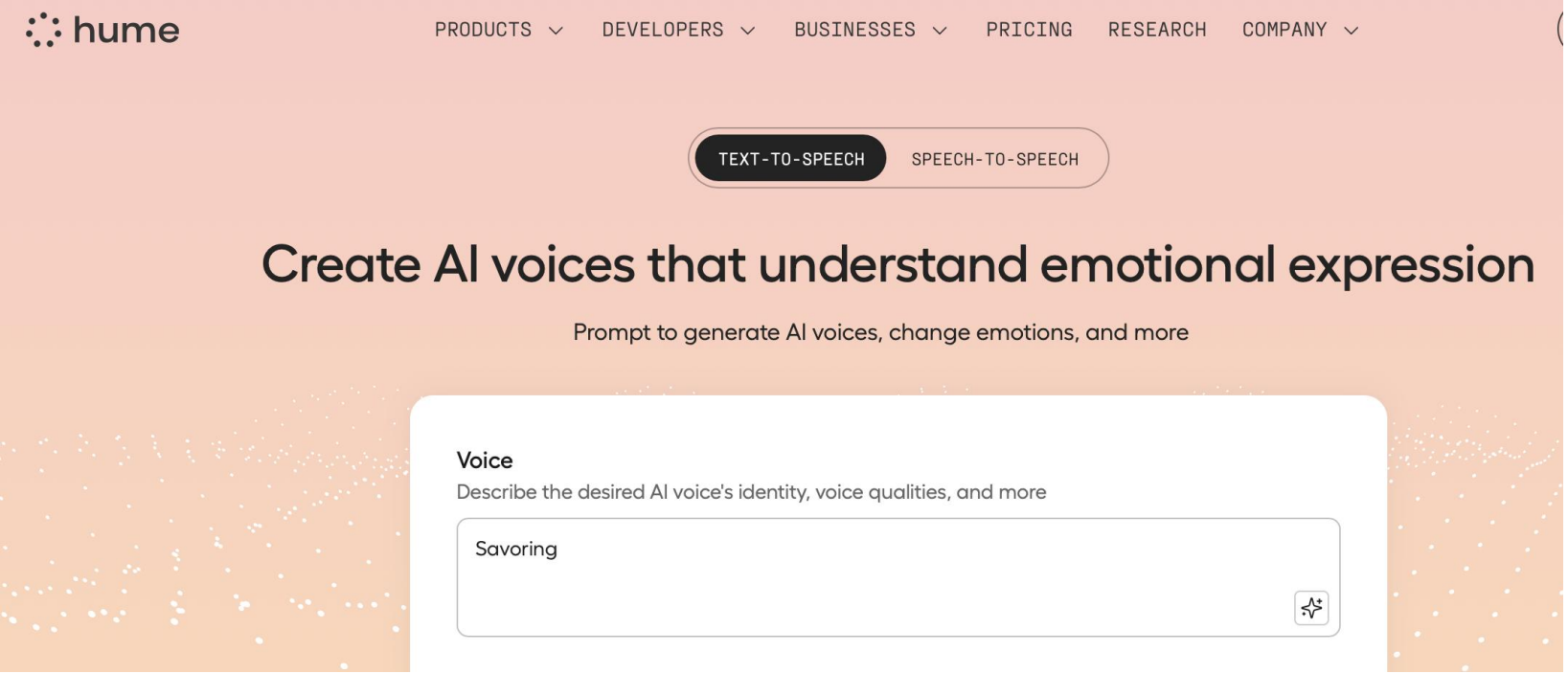
AI is Changing **COMMUNICATION & RELATIONSHIPS**



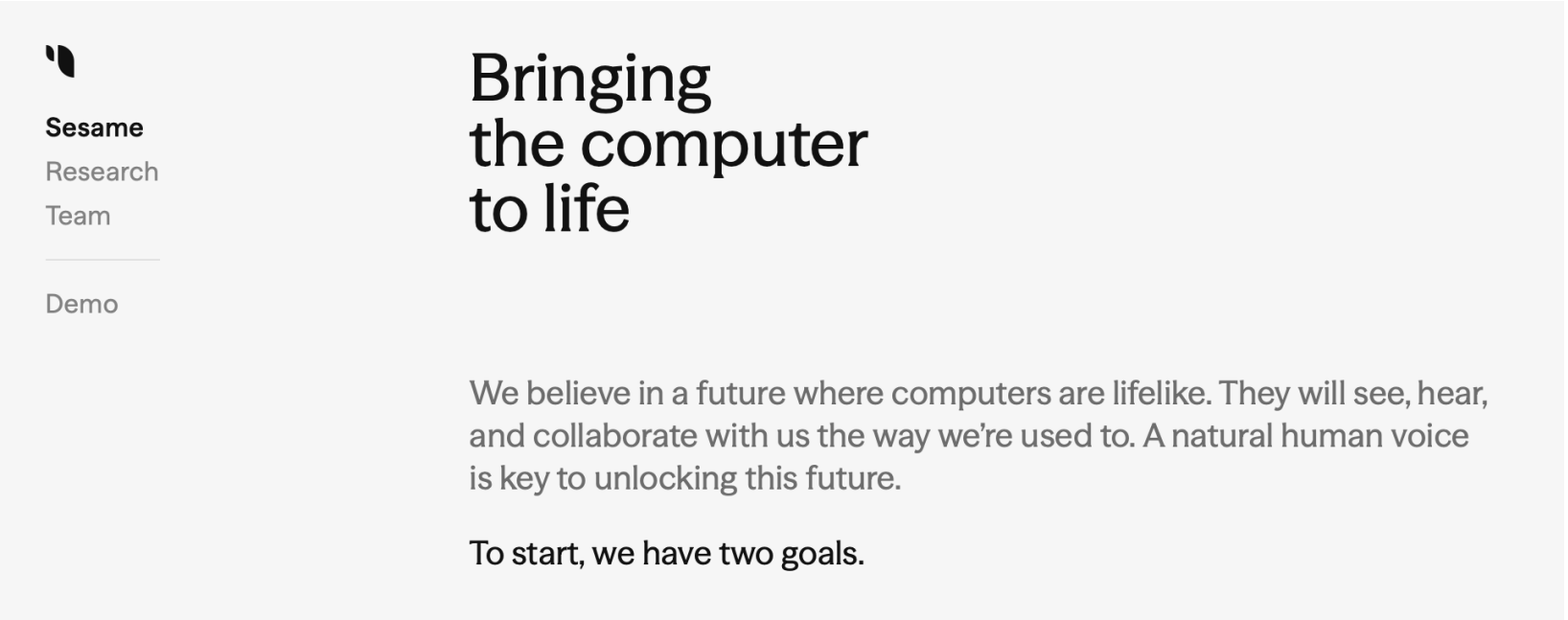
"Like Grammarly for Empathy"

AI is More Persuasive

- 87% More Likely to Change your Mind
- Greater Reduction in Conspiracy Beliefs
- Faster, Better, More Accurate & Strategic Facts
- Better at Reframing Emotional Situations
- Better at Recruiting and Hiring


hume
PRODUCTS
DEVELOPERS
BUSINESSES
PRICING
RESEARCH
COMPANY
TEXT-TO-SPEECH
SPEECH-TO-SPEECH
Create AI voices that understand emotional expression
Prompt to generate AI voices, change emotions, and more
Voice
Describe the desired AI voice's identity, voice qualities, and more
Savoring

Hume

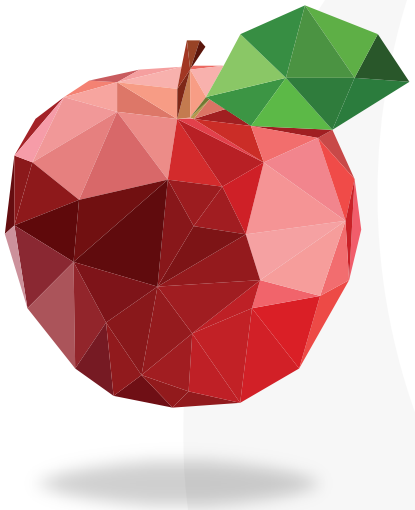

Sesame
Research
Team
Demo
Bringing the computer to life
We believe in a future where computers are lifelike. They will see, hear, and collaborate with us the way we're used to. A natural human voice is key to unlocking this future.
To start, we have two goals.

Sesame

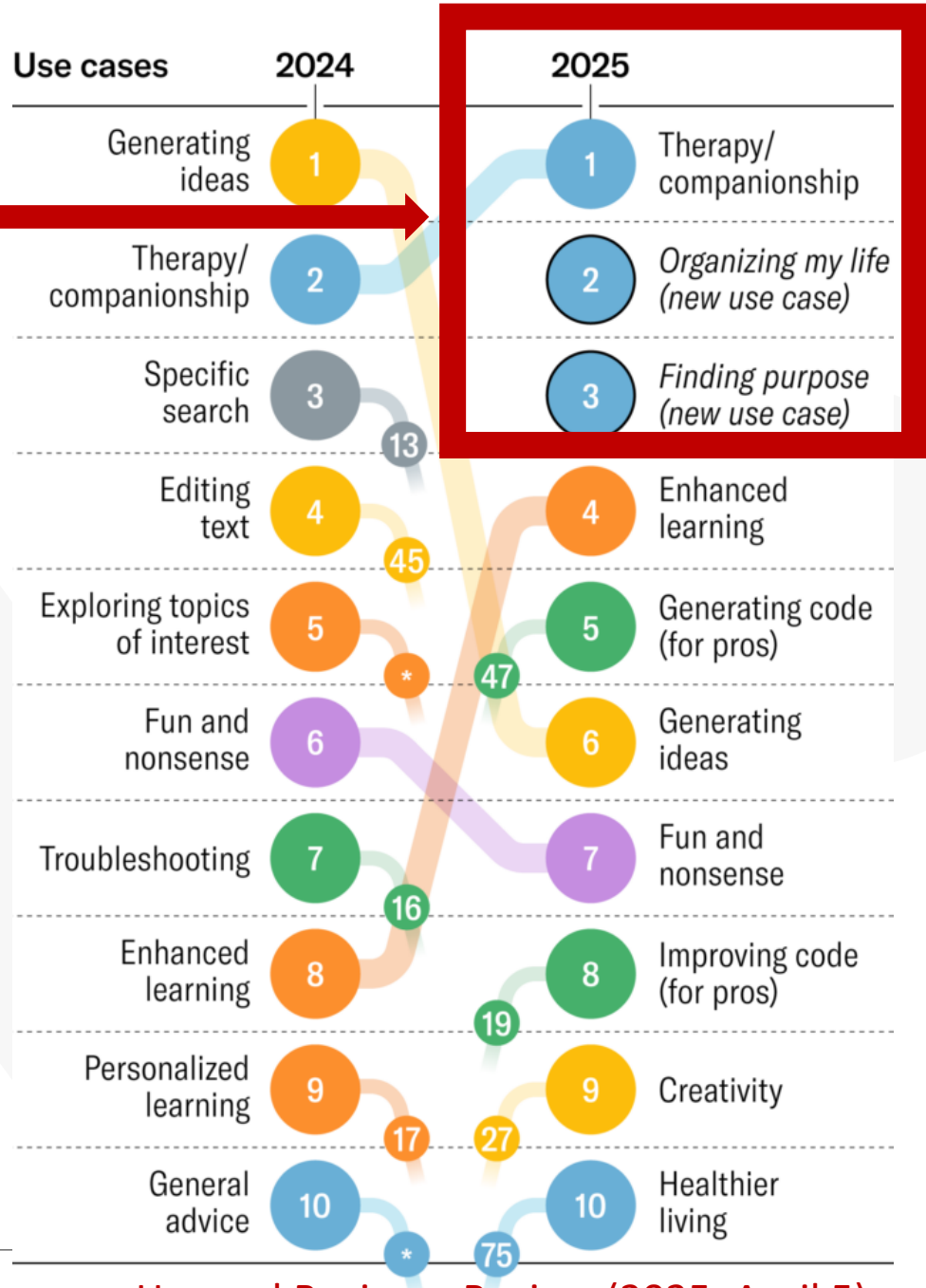
ChatGPT 4o launched May 12, 2024

From Technical Use to Emotional Use

Use case #33 = Talk to the deceased
"Grief-Bots"



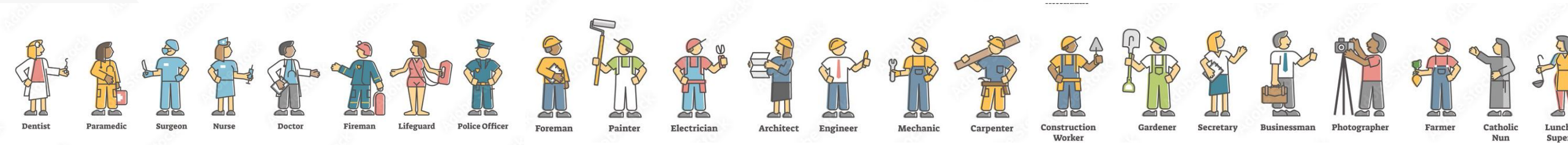
Character AI
200M/month
25-45m per session



Harvard Business Review (2025, April 5)

EVERY Job is Going to Change

100% of jobs
have at least one task that AI can do better **TODAY**



WHICH TASKS!?!

66% physicians use AI in their practice

An AI scribe IMPROVED

- Cognitive task load,
- Time spent documenting after hours,
- Focused attention on patients, and
- Urgent access to care

Burnout DECREASED

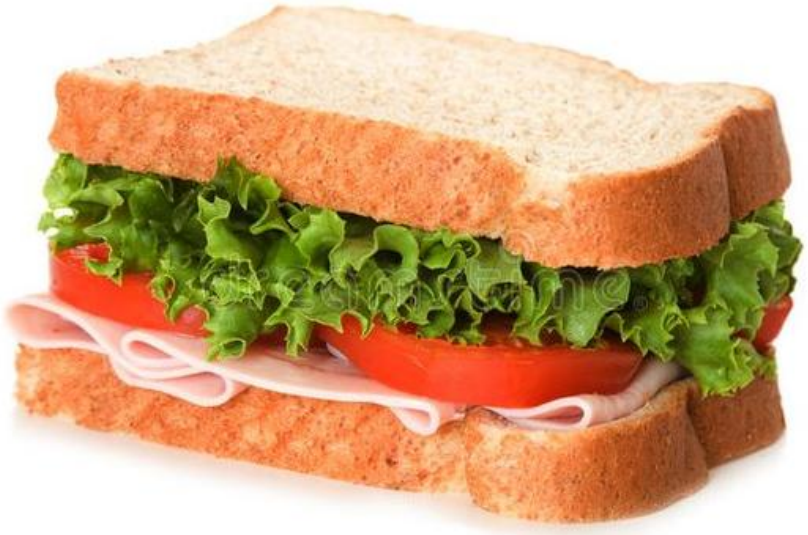
- From 51.9% to 38.8%.

New Work Flows for EXPERTS

Ideas

Drafts

Sounding Board



Editing

Feedback

Analysis

AI **When, Where** and **How?**

Where AI is good:

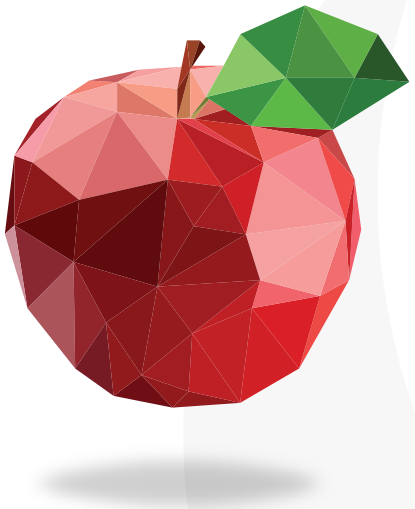
- Patient & Persuasive
- Finding Patterns
- Large Data Sets
- Sensitive to Context
- Customizable
- Multiple Perspectives

Where AI is bad:

- Judging quality
- Asking the right question
- Understanding cause
- Determining the right perspective

AI is a new form of

LABOR



Everyone is now an AI boss.

Writing

AN ONLINE COURSE

WITH Agatha Christie

BBC MAESTRO

AI is Changing
WORKING and **THINKING**

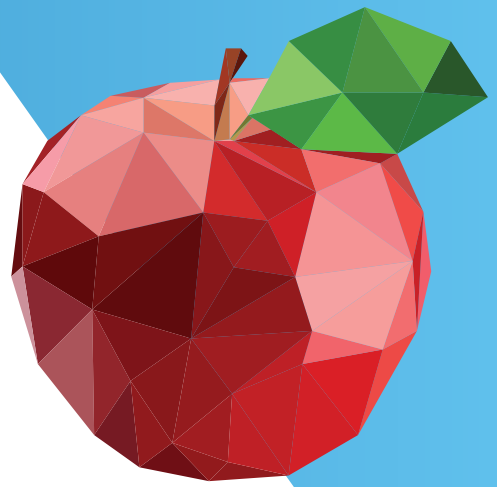
AI Is Changing
AVERAGE

AI is Changing **CREATIVITY**

"Weird & Cheap Halloween Costumes"
Ethan Mollick, Oct 31, 2025

“It’s like collaborating with an alien.”
Ryan McClelland, NASA research engineer

Quality from Quantity



In order to have good ideas, you need a lot of ideas.

Linus Pauling

Quantity of ideas
is the greatest predictor of innovative success

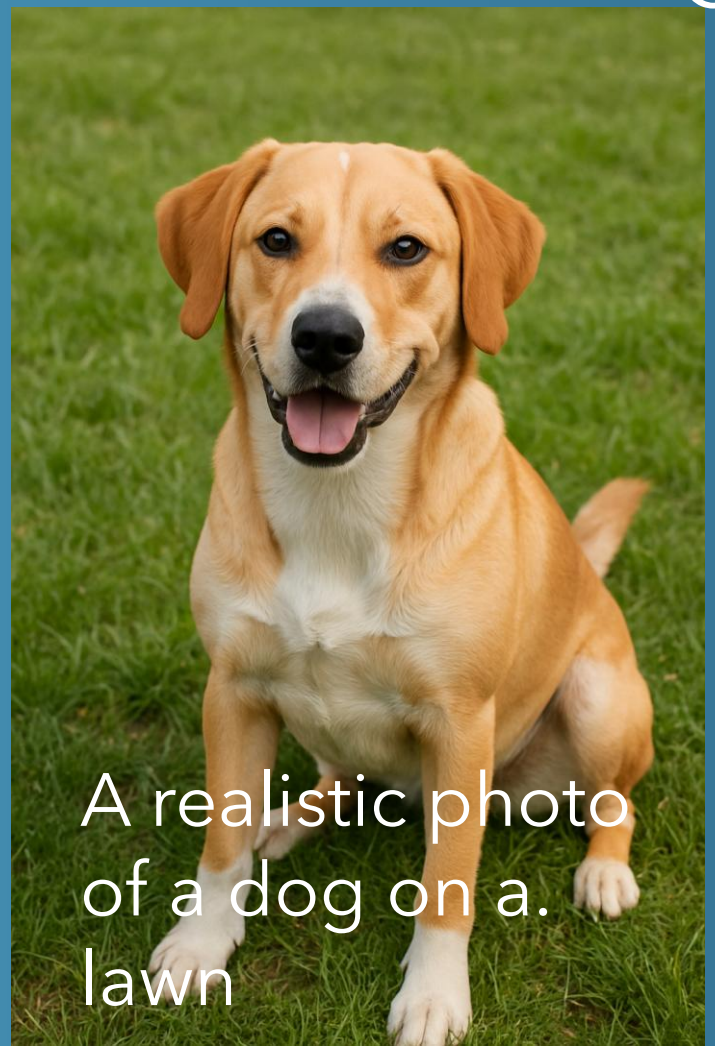
Testing Ideas

Testing Ideas
What if...

Using AI to Think Visually

Aashish Kumar Film and Media @ Hofstra University

- Practice making your visual intentions clear



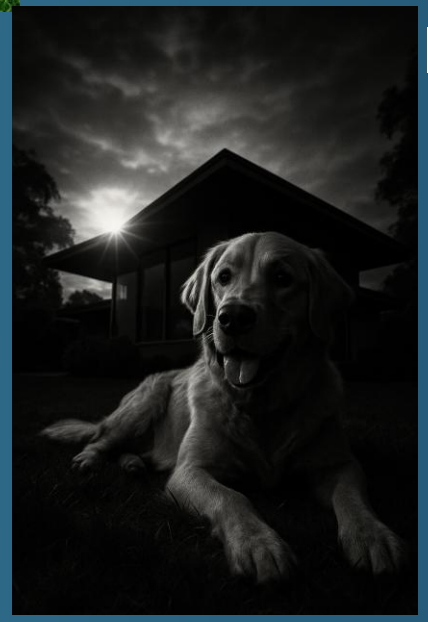
Knowledge of Styles is Critical

Assignment from Aashish Kumar Film and Media @ Hofstra University

Art Deco

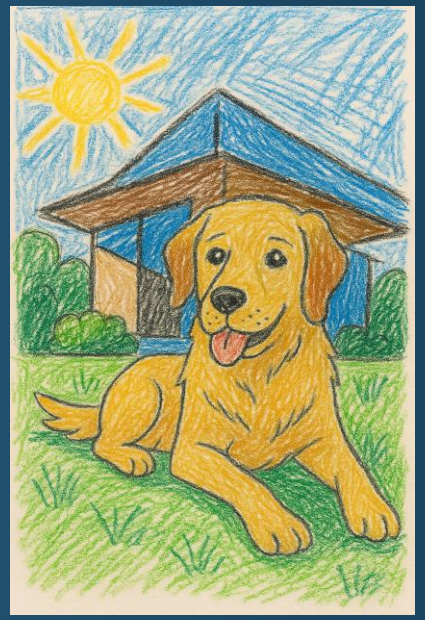
Early Cubism

Origami 3D



Film Noir

Impressionism



Crayon

Film Project Pitch Assignment

Adapted from Aashish Kumar Film and Media @ Hofstra University

Create a pitch for a new film project demonstrating your understanding of the vocabulary:

- Title and Logline
- Genre
- Setting
- Mood & Lighting
- Color Palette
- Character Studies
- Sample Scene

Pupprami

Could an AI INCREASE

Reflection?

Multiple Perspectives Prompt

Respond as a panel of radically different types of thinkers

- with a variety of historical, cultural & political perspectives
- who ask thought-provoking questions and
- deepen my insight
- by providing simultaneous and contrasting opinions
- and feedback about this work/idea/goal/challenge.

Critical Thinking Support Bot

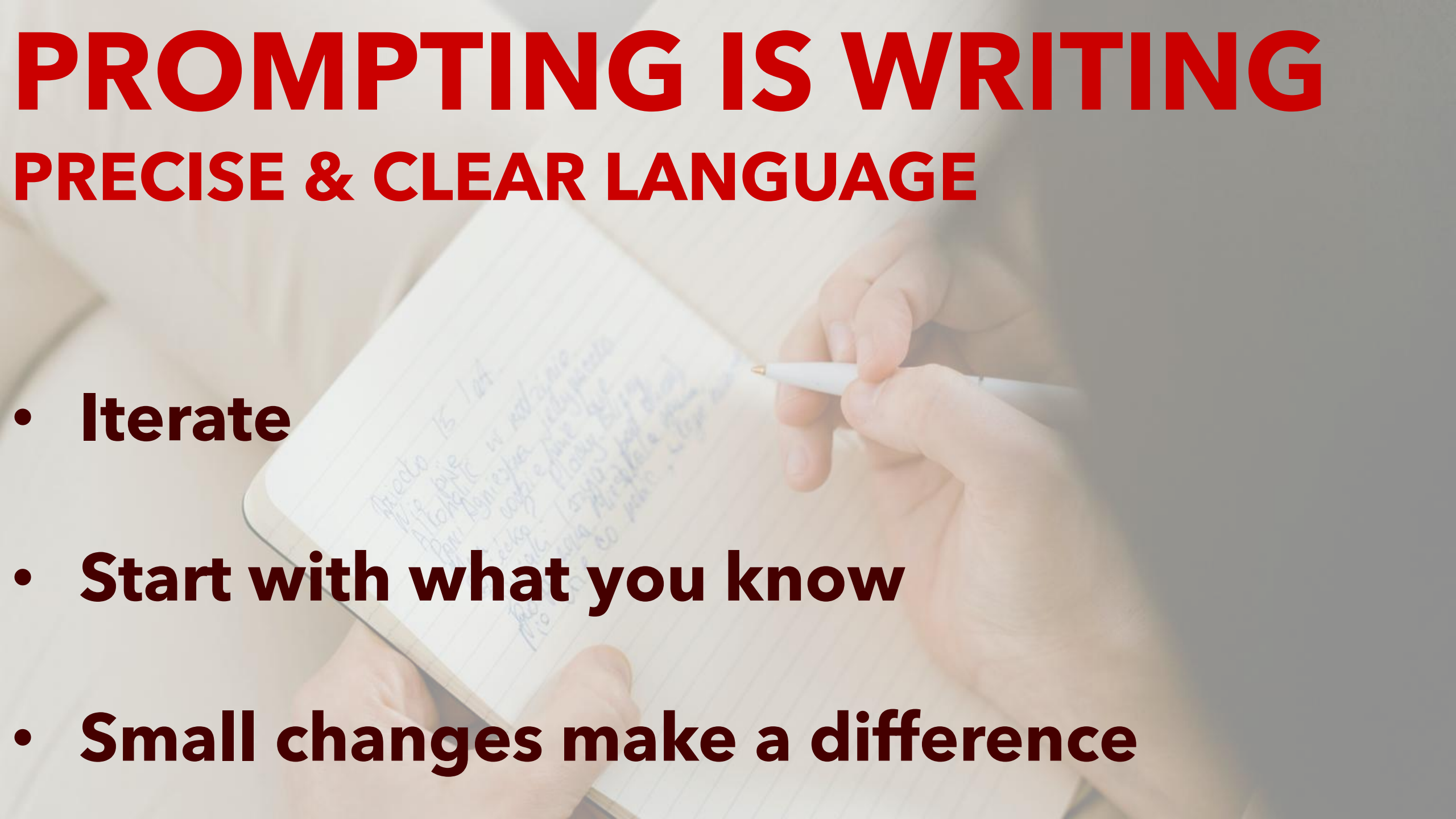
Prompts for Learning

- Encourage me to become a broader and more critical thinker.
- Provide fresh insights, multiple perspectives, thought experiments, second opinions, and alternative views.

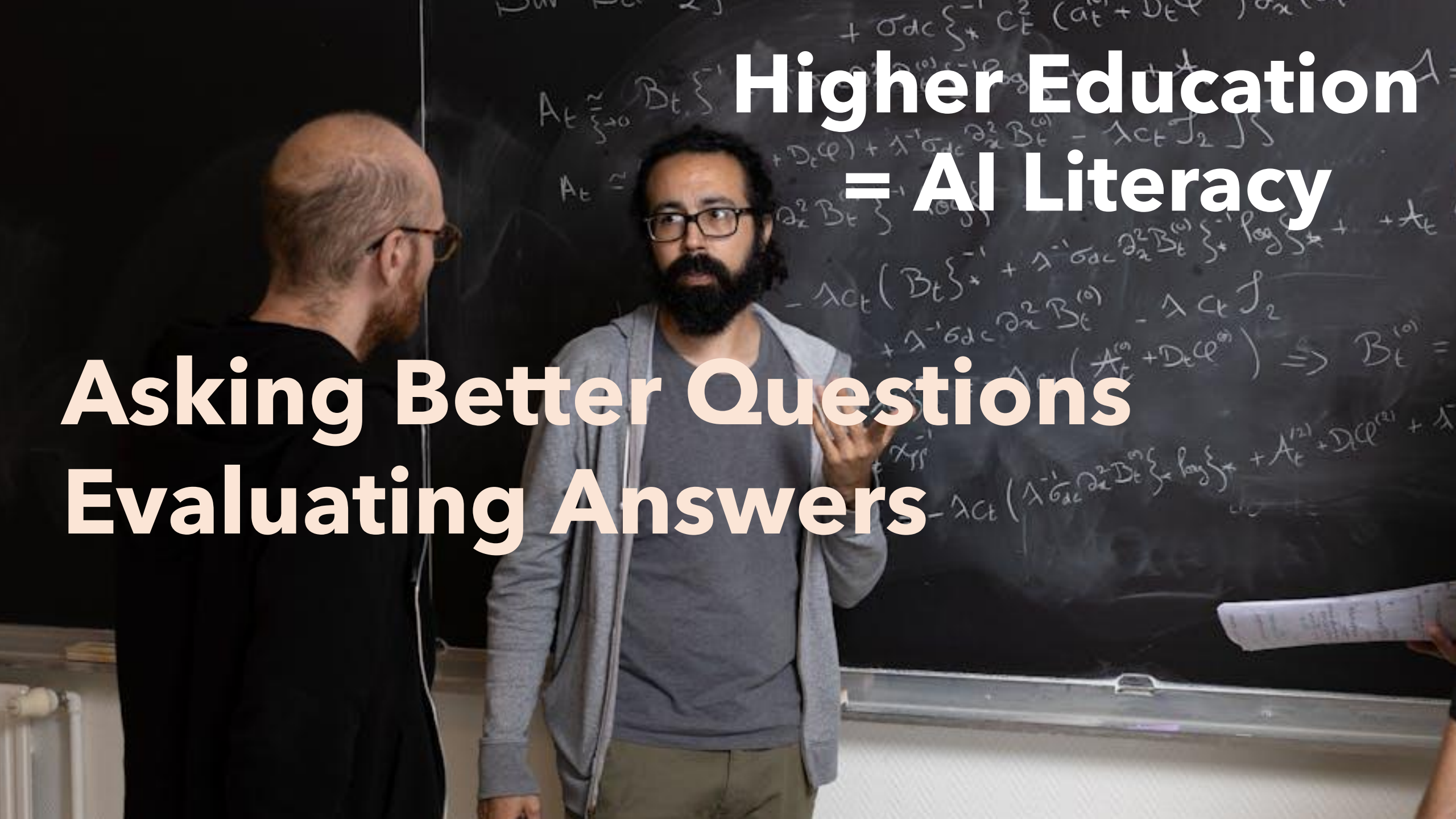
Can we adapt to AI
to improve human thriving?

PROMPTING IS WRITING

PRECISE & CLEAR LANGUAGE



- Iterate
- Start with what you know
- Small changes make a difference



Higher Education = AI Literacy

Asking Better Questions
Evaluating Answers

A CLEAR AI Strategy

Controls — Build trust with safe tools and data, governance and guardrails.

Learning — Train for experimentation, curiosity, limits and ethics.

Examples — Share ideas and department-specific work-flow trials.

Adoption — Support a culture of feedback, failure, and change.

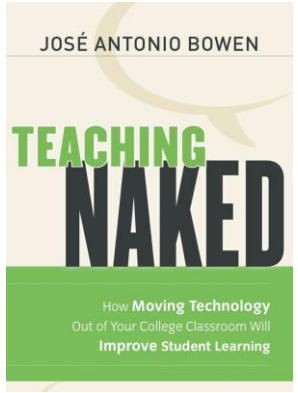
Reviews — Test for benefits and harm with mechanisms for reporting and iteration.

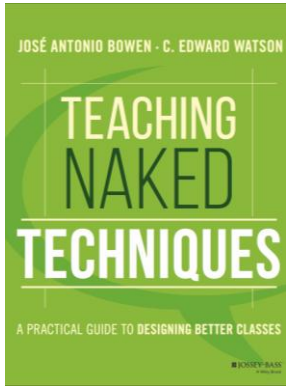
Technology is neither good nor bad; nor is it neutral.

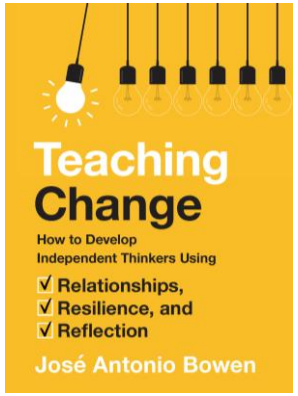
Melvin Kranzberg (1917-1995) Professor of the History of Technology

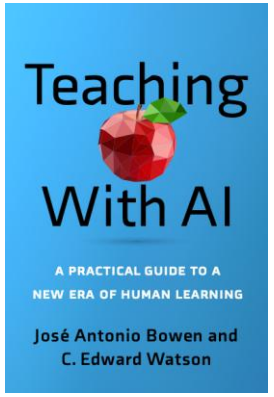
Which tasks should you do?

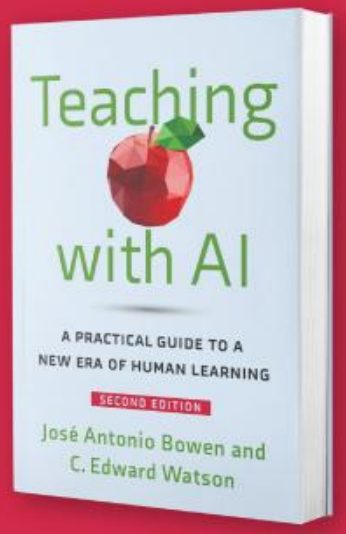
José Antonio Bowen











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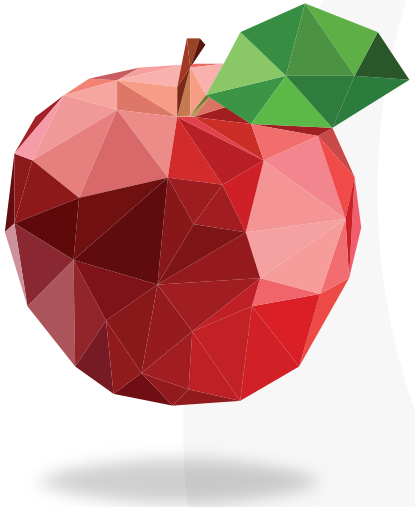
Citations & Resources

https://weteachwithai.com

What Uses More?

Jon Ippolito, University of Maine

Compare the environmental footprint of digital tasks



https://what-uses-more.com