

We know that many people are using tools like ChatGPT or other AI programs to help with projects, especially writing. These tools can be powerful when used the right way, but your scholarship answers must still reflect your own voice, ideas, and experiences. Here we have some suggestions on how it is acceptable to use it.

Do's: How to Use AI Responsibly

- Brainstorming: Use AI to generate ideas, questions to consider, or possible topics.
- Outlining: Ask AI to help structure your thoughts into an outline.
- Clarity checks: Run your draft through AI to suggest clearer wording or fix grammar.
- Practice prompts: Take the time to think through and carefully write your prompts to AI, as you may not get great results. It will require practice and patience to get better results. The results from AI will be as good as the prompt you provide it.
- Use AI to practice answering sample questions before you write your real response.

Don'ts: How NOT to Use AI

- Don't copy-paste: Submitting an essay written entirely by AI is plagiarism. Reviewers can spot it, and it may disqualify your application. There's also software that identifies AI-generated work.
- Don't skip reflection: AI can't describe your personal growth, challenges, history or goals; only you can.
- Don't over-polish: Essays that sound too perfect may feel less authentic. Keep your own voice.
- Don't ignore word count: AI often writes too much or too little. Always adjust to meet the 300+ word requirement.

Plagiarism, Honesty, and Ethics

- Be honest: Your story, experiences, and reflections should come from you.
- Avoid plagiarism: Copying AI text or someone else's work without adding your own voice is dishonest and can hurt your chances. Always remember to acknowledge when you've used AI in your work.
- Be ethical: Think of AI as a helper, not a substitute. It can support your writing process, but it should never replace your ideas.
- Stay authentic: Reviewers want to know who you are including your goals, values, and experiences that matter most.

Tips for Keeping Your Voice

- Start with your own notes or bullet points before using AI.
- After AI suggests wording, read it out loud — if it doesn't sound like you, rewrite it.
- Share your draft with a teacher, advisor, or mentor for feedback.
- Remember: Reviewers want to get to know YOU, not a robot.

Want to learn more?

[Home - Using AI for Students - Library Guides at University of Washington Libraries](#)

[Ethically Using AI Generative Tools - Purdue University Global Academic Success Center](#)

[Generative AI in Academic Writing – The Writing Center • University of North Carolina at Chapel Hill](#)

[Student Guide to AI Literacy | MLA Style Center](#)