

The Confession Moment Checklist

Three moves to turn AI use from a discipline event into a teaching moment.

*When a student tells you they used AI, the next 30 seconds matter.
Read the moment as diagnosis, not discipline. Use these three moves this week.*

1

Run the 10-Minute Handwritten Diagnostic

5-15 minutes · Run once this week

SEED

Tell students to put devices away. Pass out blank paper. Give them a real prompt connected to the course. Set a 10-minute timer. You are not policing. You are diagnosing what they can actually do.

- Pick the prompt before class. Make it specific, not generic.
- Open the activity with 'I am not collecting these for a grade.'
- Read the work later. Notice where struggle happens. That is the data.

2

Add an AI-Use Reflection to Every Assignment

15-20 minutes setup · Permanent change

SPROUT

End every major assignment with a short reflection. The student names the AI tools they used and the decisions they made about what to keep. This builds the metacognition AI most threatens to atrophy.

- Add 3-5 reflection questions to your existing assignment template.
- Frame it as workflow transparency, not as a gotcha.
- Read reflections alongside the work. Grade the thinking, not the tool.

3

Convert One Assignment from Deliverable to Process

20-30 minutes redesign · Highest leverage

GROW

Pick one paper in your syllabus. Instead of grading the final essay, grade the four drafts that produced it. Bring back the messy middle. Show students the value lives in revision, not polish.

- Choose one paper. Make it the one that already has the most depth.
- Build a draft schedule. Set milestone dates, not just a final due date.
- Weight grading toward the drafts. Final draft is 30%, not 100%.

Want the full breakdown?

The article gives you the what. The community gives you the how.

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