

Creative work vs. chores

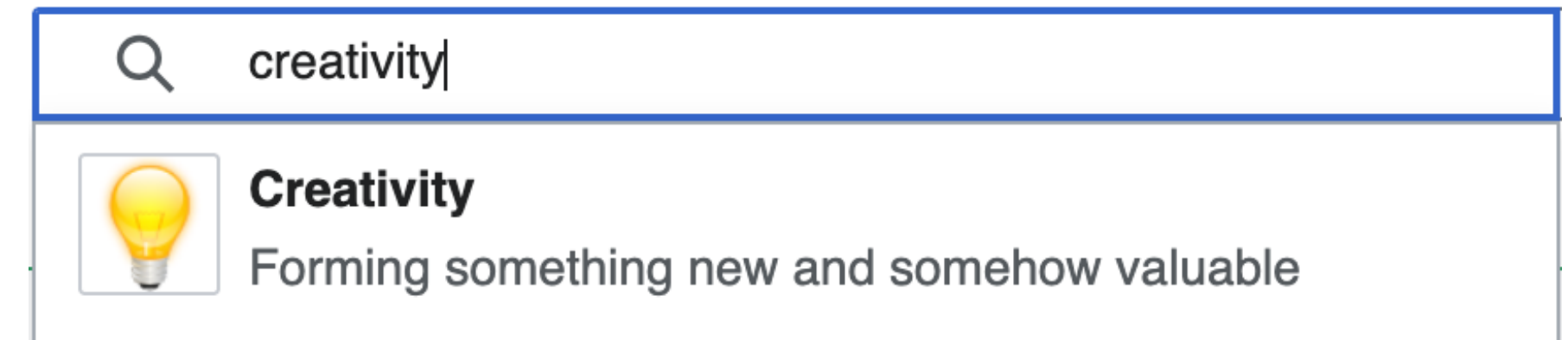
What work can and can you not offload to AI

“You have to do the work”

- Using AI means offloading some work to the machine
- This can have negative effects on:
 - Skill acquisition/retainment, also known as deskilling
 - Creative thought processes such as problem solving
- However, the *real extent* of these effects depends greatly on the *type* of work that is offloaded

What even is creativity

- Wikipedia short description already shows how hard it is to describe



- Article also states that there's over 100 definitions in literature
- What we do “know” about creativity:
 - It's fickle, people often describe having bursts of inspiration
 - Working on a task can both help but also prevent creativity (e.g. being in a flow vs. fixating on the wrong solution attempt)

**What work can you offload
safely?**