



How Technology and AI Shapes our Lives

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Artificial Intelligence (AI) has become a growing technological innovation that has begun to shape our daily lives. There has been a surge in the reliance on technology, which is bound to increase as time passes. It has been implemented into school, occupations, and countries as an efficient and effective way to aid different aspects of life. The advancements in AI and technology will continue to grow as time goes on; it is important that humans affected by this grow along with it. The U.S. government should adopt the idea of the use of AI to help its residents and visitors because it is helpful to complete tasks for occupations, the concerns surrounding AI use can be attributed to its false portrayal in media, and the government will be able to regulate technology and AI to ensure it is aiding resident life in a safe and healthy manner for efficiency.

Many people utilize AI and technology as a tool to make their work lives easier. Tucker Cottingham, an attorney and CEO of the company Lawyaw, which creates AI drafting tools for lawyers states, “By leveraging AI, lawyers have the ability to streamline repetitive tasks and reduce errors, which in turn opens up more time to spend with clients and more time for legal work” (Cottingham). This explains how AI is able to benefit lawyers and what tasks it is specifically able to help with such as reducing errors and filling out documents, things that don’t require as much attention as others such as preparing for cases. AI has benefitted lawyers by freeing up crucial time for lawyers to spend with their clients. Similarly, teachers have used AI to check for plagiarism or academic misconduct when students submit work. This reduces the amount of time and allows educators to redirect focus to other tasks. With AI being implemented into occupations for efficiency, it has demonstrated more positive outputs for individuals rather than negative when determining efficiency in certain jobs.

The alarming image of technology use and AI is due to misleading media that portrays a false image. Advertisements from different sources have raised concerns towards technology and AI being implemented into the lives of people, for example, “...published an article titled ‘Artificial Intelligence is Coming for Lawyers’... This is like an accountant being afraid of a calculator” (Cottingham). This statement is an example of an alarming headline that had caused distress for a targeted group, lawyers. The analogy of the accountant being afraid of a calculator helps the reader understand that AI and technology is meant to be a tool to aid and help, not to attack occupations. The same can be said about sci-fi movies which have shown technology as evil and ready to take over the world, when in reality, that is not the intended purpose, the purpose for AI is to make daily tasks and enhance environments that it is being used in.. The use of technology and AI is not to attack humans or fundamental systems, but rather to aid humans, it depends how humans choose to use it, whether it is for betterment or ill intent.

Technology and AI use has been and will continue to be regulated by state governments through laws, regulations, and guidance to ensure it is a positive addition. There have been policies in place for technology and AI such as the the AI Risk Management Framework (AI



RMF) released by the National Institute of Standards and Technology, which works to incorporate the use of technology and AI by incorporating trustworthiness in the design, development, use, and evaluation of AI products and services. Additionally, there are ways to ensure that technology is created with security. According to Lin Yangchen, who is a journalist specialized in the fields of science and technology has stated, "...technology developers should consider security at every stage of development and security measures should not be an afterthought" (Yangchen). This explains one way to allow for technology to be implemented into society if there are regulations ensuring each stage of development is handled with thorough attention to security. The government being involved in this process can create certainty for advancements in technology to be secure and ethical. State governments have begun to introduce AI help into spaces like Microsoft, to ensure academic success and safe AI use. With regulations as such, the government can implement technology for the betterment of people.

When discussing governments, take into account the urgency of government affairs. A case study done on the U.S. military shows striking input. Jim Kelly, who is the Vice President of the Google Public Sector stated here, "the Chief Digital and Artificial Intelligence Office (CDAO) selected Google Cloud's Gemini for Government to serve as the first enterprise AI deployed in the U.S. Department of War (DoW)'s GenAI.mil, helping more than 3 million civilian and military personnel streamline administrative tasks like drafting routine correspondence and summarizing policy handbooks" (Kelly). AI has already been in use and has shown a positive result in many sectors as stated above. Government IT leaders and influencers use AI for multiple things such as document and data processing, workflow and process automation, and in decision support systems. AI allows for efficiency in handling digital trails and paper in the government. It also removes employee capacity in internal operations and with AI, things like fraud detection and resource allocation become efficient to track.

AI has shown positives and negatives in academic institutes with students and scholars. There have been newer AI tools such as Turbolearn, that allows for students to record lectures and creates notes, quizzes, and study materials of the content it consumes. Often, AI tools raise concerns about academic integrity in the institute, hindering one's learning, Turbolearn attempts to find a resolution for this. Instead of giving the answer, it empowers the student to demonstrate their own understanding of the knowledge. Implementations of tools that are designed to aid students in learning rather than giving a direct answer to the question, may show a promising rise in statistics for academic institutes. Students aren't the only ones using AI. According to reports done on Turbolearn institute and other AI platforms, many teachers use AI chat bots to generate lesson plans, save time on grading, and identify student struggles. AI has shown positive feedback in this area.

Some may say there has been misuse of AI and AI faults in the education system. Turner states, "One of the many problems with kids' overuse of AI is that the technology is inherently sycophantic — it has been designed to reinforce users' beliefs" (Turner). Often AI when used in classrooms does have the threat of students losing their ability to think for themselves which causes a rise in concern. AI is programmed to create an output that benefits the user's thinking

and uses it to reinforce their own beliefs, that may not be factual. Not only that, but AI use has been proven to show a decrease in student learning and harms their cognitive thinking skills when not used correctly. This can be seen here, “Gone already are the days when using AI to write an essay meant copying and pasting its response verbatim. To evade plagiarism detectors, kids now stitch together output from multiple AI models, or ask chatbots to introduce typos to make the writing appear more human” (Shroff). AI does allow for students to have their work done for them and diminishes the purpose of the assignment that they were given, demonstrating how AI can be used for the worst. However, this is true in cases the student themselves makes the choice to hinder academic integrity and not uphold the code of conduct. There will always be ways to bypass AI detectors or have work done for them rather than using their own cognitive thinking but that is more of a reason to educate the youth on AI and why it can and cannot be used so that they can better understand the impact technology has on their brains and take accountability for their own learning.

Another account of AI use in this perspective is that the sector of the police department has seen negative effects. For example, Renee Cummings, an Assistant Professor of Practice in Data Science has stated “In 2020, Detroit police wrongfully arrested Robert Williams, a Black man, due to a faulty facial recognition match, highlighting the technology’s high error rates for people of color and sparking national outrage. Similarly, the LAPD’s use of the predictive policing tool PredPol until 2019 led to the over-surveillance of Black and Latino communities without proven benefits, prompting its cancellation” (Cummings). AI and algorithmic data has had faults in racial recognition and had shown wrongful suspects. The reason for these tools to be implemented was not upheld by AI and had proven to cause more harm and damage than anyone could have thought. When AI was first implemented in the police force, it had broadcasted a history of inequality and went against a multitude of ethical and safety guidelines such as “...the child welfare algorithm in Pennsylvania that assigned risk scores to families. These weren’t technical glitches. They were devastating design decisions and bad algorithmic policy that punished the poor, the marginalized, the historically underserved” (Cummings). Conversely, these technological faults can be fixed or restricted, for what each issue calls for. Each harm that the technology may have caused, there is a fix for it as the technology is adaptable and is able to learn depending on inputs and trial and error experimentation. The more it evolves, the better its ability in the factors of racial recognition, inequality, and ethics can be learned and enhanced to create it to be an inclusive, positive, and unbiased technology if worked on correctly.

AI has the ability to reach a variety of people who are not in the classroom environment and provides access to learning for them. A report done on a study from Brookings Institution's Center for Universal Education stated, “According to the report, one program for Afghan girls “has employed AI to digitize the Afghan curriculum, create lessons based on this curriculum, and disseminate content in Dari, Pashto, and English via WhatsApp lessons” (Turner). In Afghanistan, women are not able to attend school after a certain age so AI generates curriculum and learning tools that are easy for them to reach and utilize. Not only that but AI provides aid

for students who have disabilities such as dyslexia and has been proven to show a better output for them to learn alongside with their classmates.

In conclusion, the government should implement technology and AI use because it is a useful tool, it is not something to be afraid of, and it is able to be controlled into the society by government regulations. Technology and AI innovations have been used thoroughly to make work life easier that creates efficiency in occupations. They have also been misconceived through media and propaganda that show an antagonist version of technology and AI which will be eased away with further implementation to the benefits of AI. The government has had policies and regulations meant to ensure AI is serving residents and visitors to a better extent. Technology and AI use will allow for an easier and efficient lifestyle for residents and visitors, with the government overlooking and balancing the use of technology and AI with other aspects. It is important that people do not fear something that is designed to aid humans if done so correctly. With the shift of a technological society due to many technological advancements, people must be embracing them rather than fearing them.

Although AI is faulty, especially the first versions of it, everything has its faults. Facial recognition, impact on lives, and a lack of empathy have come up time and time again. It is important to hold AI accountable, AI can reach to be a healthier tool if we work to ensure it is, demanding empathy and safe governmental protocols, but first we must understand it and be aware. As time moves forward, technology will continue to advance and it will evolve even further into our day to day lives, we are the ones that have to take initiative and ensure that AI provides benefits and minimizes the harms of AI.

In terms of education, AI has a greater ability to be used for good rather than bad. There are tools that allow for students to use to better understand topics and enhance what they learn efficiently. AI and technology allows for students to be reached in the hardest of geographic locations and makes it easier for students with disabilities to succeed at the same rate. But there are tools that are programmed to be sycophantic, making them unhelpful in cognitive thinking and emotional development. For each problem, there are solutions, such as making AI tools more antagonistic and unwilling to do the work for them. Many people fear that AI is bad but AI is only bad when it is used with ill intentions. It comes down to the user and their incentive to use AI for the betterment of themselves and be mindful of others.



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