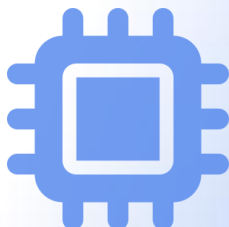




A SOCRATIC APPROACH TO USING ARTIFICIAL INTELLIGENCE:

The Socratic guidance approach moves AI use away from an **answer-focused** process, turning it into a **question-based** learning experience that **deepens thinking**.



Imagine an Assistant That Doesn't Answer

Reaching information in seconds may look like efficiency, but real learning happens in those “slow” moments when the mind meets a challenge and makes a conscious effort to overcome it. The excessive speed AI offers erases cognitive friction, making the learning process superficial.

Socratic Guidance: A Thinking Partner

AI can be positioned not merely as an “answer machine” but as a mentor. Rather than asking AI for the result directly, the Socratic approach means requesting the strategic questions and hints that guide the user toward sound reasoning. This method is a pedagogical choice that preserves the learner's cognitive engagement.

Socratic Guidance: A Thinking Partner

“Slow Use” means deliberately slowing down AI's processing speed and pushing the mind into an analytical process. This approach adds the following new “building blocks” — not yet fully codified in the dictionary — to the digital learning universe:

Socratic Guidance: A Thinking Partner

- **Deliberate Pausing:** Allowing time to evaluate the output instead of accepting it immediately
- **Iterative Inquiry:** Focusing on analyzing the source of an error rather than the correct answer itself
- **Cognitive Strain:** Creating controlled difficulty that pushes the individual outside their comfort zone
- **Incremental Validation:** Breaking the process into small steps to ensure systematic checking at every stage
- **Deep Prompting:** Building guidance-based, contextual interaction instead of surface-level commands

Why Does This Methodology Matter?

Content that AI generates in seconds can lower a student's motivation to “put in effort.” Socratic and slow use turns the technology from a copying tool into a curriculum-aligned “private tutor.” This offers a scientific framework for teacher roles to evolve from knowledge transmitters into process managers.

Lasting Learning Takes Time!

No matter how fast technology becomes, cognitive development needs its own natural rhythm. Deliberately slowing down AI is, in fact, a way of building the learning process on far more solid foundations.

Source:

Khan, S. (2024). Brave New Words: How AI Will Revolutionize Education (and Why That's a Good Thing). Viking.

Mollick, E. (2025). Cognitive Friction: Strategies for Deep Learning in the Age of AI. Journal of Learning and Instruction.