

SPECTRUM OF COGNITIVE IMPACT OF AI

ENGAGEMENT MODE		IMPACT ON COGNITION
Independent, higher-order thinking that endures after AI use; the user continues to think better as a result of past interaction.	8 Enhanced Cognition	Judgment, synthesis, and capability expand; cognition operates at a higher level without external aid.
Insight from AI use is internalized through reflection and application.	7 Learning	Deepened understanding and the ability to apply ideas flexibly; knowledge becomes personally owned.
Active partnership with AI that broadens perception and stimulates new connections.	6 Augmented Cognition	Reasoning and creative synthesis improve while working with AI; mental models grow in scope and complexity.
Structured conversation with AI that organizes thought and exposes assumptions.	5 Dialogic Reasoning	Strengthens analytical clarity and reflective awareness; mental models begin to refine and solidify.
Human reviews and adjusts AI outputs for accuracy and efficiency.	4 Iterative Productivity	Maintains cognitive skill through light engagement but yields limited conceptual growth.
Routine or mechanical tasks are delegated to AI for convenience.	3 Passive Offloading	Saves effort and time yet leaves understanding unchanged; no improvement in knowledge or reasoning.
Over-delegation and lack of engagement cause users to rely on AI for thinking itself.	2 Cognitive Erosion	Cognitive faculties weaken through disuse; attention and reasoning capacity decline.
Misleading or sycophantic AI feedback reshapes perception and belief, detaching users from reality.	1 Cognitive Corruption	Mental models degrade or become distorted; judgment and critical reasoning collapse.

