

COMPANION WORKBOOK

BEYOND *the* PANIC

Screen Time, EdTech, AI and
the Future of Education



TOOL 04 · FOR STUDENTS · PRINTABLE

COGNITIVE OFFLOADING REFLECTION LOG

Essential Question: What did this session build, and what did it cost?

PAIRS WITH CHAPTER 4 · OFFLOADING HAS ALWAYS BEEN PROGRESS

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From the companion workbook to Beyond the Panic: Screen Time, EdTech, AI and the Future of Education. Free to print and share for classroom and non-commercial educational use with this notice intact.

PRINTABLE · ONE LOG PER SESSION

COGNITIVE OFFLOADING REFLECTION LOG

Use this during or after any session with a cognitive tool. One log per session. Keep a stack.

DATE

TOOL USED

TASK / SUBJECT

BEFORE *What was your intention going in?*

What thinking task did you need to complete? (In one sentence)

What part of this were you capable of doing yourself?

Why were you using this tool? (Be honest)

DURING *What actually happened to your thinking?*

Describe one moment where you pushed back on, revised, or rejected what the tool gave you.

Describe one moment where you accepted output without fully evaluating it. (If none, write 'none.')

ZONE *Which zone did you land in? Circle one.*

↑ AMPLIFIED

⊕ AUGMENTED

↓ DIMINISHED

× REPLACED

Evidence for your zone choice: what specifically tells you this is where you landed?

AFTER *What did this session build or cost?*

What can you explain or do now that you couldn't before this session?

What would you do differently if you were going to do this task again tomorrow?

Next time I use this tool for this kind of task, I will...