

AI Tool/Platform	Model Used	Purpose	Description of usage	Outputs used in my work	Checks I did
<div>ChatGPT (Open AI)</div> <div>https://chat.openai.com/</div>	<div>GPT-5.2 Thinking</div>	Literature understanding (summarisation)	Summarised academic readings to quickly grasp key arguments/structure and identify relevant sections for my research question.	Reading notes; shortlist of key points to revisit in the original text.	Returned to original papers to confirm meaning; used the source text for any quotations and Harvard references.
		Literature discovery	Explore related keywords, authors, and topic-adjacent readings to expand my literature search (e.g., UDL in HE, interviews as interaction).	Search terms and a candidate reading list.	Verified suggestions using library/Google Scholar; removed anything I could not locate or confirm.
		Writing support (sense-check)	Sense-checked sentence structure, grammar, and the logic/flow of paragraphs to improve clarity and avoid over-claiming.	Revised drafts (blog + slides) with improved coherence.	Reviewed changes manually and kept final decisions; ensured claims matched my data and references.
		Language refinement	Refined language for tone, concision, and academic style (e.g., rephrasing methods and findings statements for clarity).	Final wording options; selected phrasing for blog/presentation.	Chose between options and edited further so the meaning remained accurate and in my own voice.

AI Usage Log for Action Research Project, Rebekah Guo, 2026