

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