



I Don't Use AI

Agency in an Age of Intelligent Systems

Jeff Davis | Professor | Communication Design
2026 / AI in Teaching and Learning / Texas State University



The Illusion of Independence

- I control my workflow
- I direct my thinking
- I make my own choices



A Day in the Life of Me

Morning

- Smart alarm
- Weather nudges
- Predictive text

Commute

- Automatic braking
- Traffic rerouting
- Spotify playlists

Workday

- Email filtering
- Smart compose
- Auto summaries

Evening

- Smart doorbell
- Alexa recipes
- Smart thermostat





The Turning Point

I Was Using AI All Along.

Now I know AI is not a tool.

AI is infrastructure.

Ambient. Embedded. Invisible.



The Light Switch

Agency is the ability to decide where the algorithm ends and you begin.

Curiosity + AI = Agency



Students Live Here

Already use AI for:

- Searching
- Drafting
- Summaries
- Translation
- Planning

*The question is not "Should they?"
It is "Do they have agency?"*



The Human Advantage

AI is good at:

- Optimization
- Replication
- Pattern recognition

Humans bring:

- Curiosity
- Intent
- Values

Without curiosity, automation becomes autopilot.



Practice Agency

Teach Agency, Not Avoidance

- Ideas come first
- Use AI second
- Reflect on the outcomes
- Ask what was accepted — and why

Human first. Tool second.



The Educator's Mirror

Are we modeling agency?
Or passive optimization?

We use AI daily.
Yet we adopt zero-tolerance policies.

Are we investing in detection,
or teaching discernment?



Agency Kickstarter

- Nurture and reward curiosity
AI can generate answers — but it does not wonder
- Foster perceptive mindsets
AI can process patterns — but it does not perceive meaning
- Value the iterative process
AI accelerates iteration — but students must decide what is worth refining



The Charge

If educators do not establish AI Agency, students may never learn AI Agency.

- Awareness is power.
- Fluency builds direction.
- Agency preserves authorship.



AI Agency Student Guide



The Pillars of AI Agency



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