

RETAIN *Overview*

Empowering Students to Navigate AI While Preserving Learning



Presented by:
Allison Kim

Phone:
+213-774-7103

Email:
info@retainai.org

2026

Who We Are



RETAIN is a university student-led nonprofit. We offer free workshops teaching students the basics of AI literacy and responsible learning.

Our mission: Empower young students to preserve cognitive autonomy and career readiness in an AI-driven world.

Our team is a diverse group of engineers, educators, and public administrators.

We took our experience in technical and policy research to develop our evidence-based curriculum.

- Experience: UNESCO; California Congress; Research with Harvard Medical School

LETS GET STARTED



The Challenge We're Addressing

The Reality of AI

Students today face unprecedented access to AI tools that can:

- Complete assignments instantly
- Solve problems without understanding
- Create the illusion of learning without building actual skills

The question isn't whether students use AI: it's whether they use it strategically and responsibly.



The Challenge We're Addressing

Why It Matters Now

AI tools are evolving faster than educational responses.

Students need frameworks for strategic use now

The skills students build (or don't build) will impact:

- Academic performance
- College readiness
- Career competitiveness
- Lifelong learning capacity

Early intervention creates lasting impact.

Our Approach



We don't shame students for using AI, but instead:

We explain:

- How AI affects cognitive learning processes
- When AI helps vs. when it hinders understanding
- Strategic frameworks for responsible AI usage
- Why this matters for their future





Our Workshops (In-person & Virtual Available)



Target Audience

Middle School (Grades 7-8)

- Foundation for AI literacy
- Age-appropriate consequences
- Simplified learning concepts

High School (Grades 9-12)

- Full curriculum complexity
- Career and college readiness focus
- Advanced strategic frameworks



Our Workshops (In-person & Virtual Available)



Implementation Options: (Flexible)

One-Time Workshop (60-90 minutes)

- Seminar-style with interactive elements
- Ideal for assemblies, classrooms

Multi-Week Program (5 sessions)

- In-depth curriculum complexity
- Potential career and college readiness focus

Curriculum Overview



Modules

Module 1: Introduction

Module 2: Understanding AI & the Learning Process

Module 3: Stakes & Consequences: Career and Academic Implications

Module 4: Building Cognitive Resilience: Practical Strategies & Healthy AI Usage

Module 5: Integration & Commitment: Creating Personal Protocols

Educational Foundation

Cognitive Load Theory

Desirable Difficulties

Metacognitive Development

Neuroplasticity

Memory consolidation

Learning Objectives

Students will be able to:

- Assess their personal AI usage patterns
- Determine appropriate AI usage for different contexts
- Create personalized protocols for strategic AI use
- Articulate AI's impact on learning and career readiness



Module 1

Introduction

- Understanding AI's role in education and society today
- Defining shared vocabulary and values
- Establishing importance of AI literacy
- Setting workshop goals

Creating foundation for honest, judgment-free exploration





Module 2

Understanding Learning

- Introduce learning topics
 - Memory retention, cognitive offloading, trust transfer
 - Desirable difficulties: how practice rewires the brain
 - Bloom's Taxonomy in practice
- Identify the mechanisms through which AI tools can interfere with these processes

Students compare firsthand AI-assisted and independent learning.





Module 3A

Stakes & Consequences

- Discuss academic & cognitive consequences
 - Performance decline in unassisted contexts
 - Difficulty with complex problem-solving
- Discuss career readiness implications
 - Gap between AI-assisted and independent capability
 - Employer expectations for foundational skills
 - Work scenarios requiring real-time thinking

Real case studies of students facing these challenges





Module 3B (Extended for 9-12)

AI in College & Careers

- Understand how AI is currently integrated in higher education and professional environments
- Recognize what colleges and employers value in AI-literate applicants
- Explore specific career pathways in AI and related fields
 - AI safety, AI-integrated careers, AI policy

Students explore opportunities in an AI-integrated world.





Module 4

Practical Strategies & Healthy AI Usage

- Strategic Use Guidelines
 - Appropriate vs problematic use cases
 - The "struggle threshold": Recognizing productive vs. unproductive difficulty
- The AI Augmentation Ladder
 - Learn with minimal AI assistance, increase use for collaborative and advanced applications of knowledge





Module 5

Personal Protocols: Accountability & Reflection

- Synthesize workshop learning into actionable personal commitments
- Create individualized AI usage protocols aligned with learning goals
- Encourage metacognitive check-ins and accountability structures

Outcome: Actionable changes every student can implement immediately



Measurable Outcomes



Behavior Changes

- 30–50% reduction in immediate AI usage for initial learning
- Increased independent problem-solving attempts
- Improved willingness to interact with AI on more complex level

Learning Improvements

- Long-term improvements on understanding and comprehension
- Enhanced metacognitive skills

Attitudinal Shifts

- Increased confidence in independent abilities
- More positive relationship with academic challenges and struggles
- Reduced anxiety: AI unavailability & AI impact on career readiness



Our Value

For Students, By Students

We are a team of university students and recent graduates, with fresh insight on the workforce. We resonate with younger students as their more experienced peers. We understand the youth perspective.

Flexible Implementation

We have experience tailoring our content and implementation options for the unique needs of every school. We also have experience collaborating with schools on long-term AI literacy and learning goals.

Student and Educator Resources

We invite students to join a **RETAIN** chapter, join projects with mentors and industry professionals. Educators and parents can receive regular updates on AI news, fact sheets, other support materials.

Completely Free

We began this project out of concern for our younger siblings, friends, and mentees. We do not take a fee. All complete curriculum guide, presentation material, facilitation scripts, pre/post assessment tools, student handouts are also provided.

Next Steps

*Interested in bringing
RETAIN to your school?*



www.retainai.org



info@retainai.org



[@retainai_org](https://www.instagram.com/retainai_org)

