Example of AI prompt log

Name:

Student ID:

Course and assignment:

Date (of current log version):

Date	AI-tool	Aim	Prompt input	Output	Reflection
10-05-2026	ChatGPT GPT-5.5 (OpenAI)	Brainstorming about possible angles for my chapter on [chapter topic]	"Provide five different ways in which [chapter topic] is relevant to [research area]"	ChatGPT generated a list of five potential angles, from which I chose [angle]	ChatGPT helped me think outside the box. I hadn't come up with these angles on my own, and they turned out to be highly relevant after further research. I critically evaluated the output and adopted only the useful suggestions.
21-05-2026	Consensus 2.0 (Consensus)	Searching for relevant literature on [specific biomedical concept]	"I'm looking for relevant scientific articles on [specific biomedical concept]"	Consensus provided me with a list of relevant scientific articles such as [article titles]	Consensus helped me find relevant sources quickly and efficiently. I filtered the output based on relevance and scientific value and independently assessed and selected the sources found.

11-06-2026	Grammarly Version 14.1304.0 (Grammarly Inc.)	Grammar checking	“Check the grammar of my introduction” with the text of the introduction attached	Grammarly identified a few grammar errors, such as [list examples]	Grammarly helped me improve the readability and clarity of my text. I used the tool as an aid, but the final decisions regarding changes to the text were mine. I evaluated all suggestions individually and implemented most of them.

This example of an AI prompt log was created by the Department of Law (UU) and adapted for the bachelor program Biomedical Sciences.

Save the chat history for up to two months after the resit exam for every AI tool you used so you can submit it when requested.

Example Reflection on AI Use

1. Briefly describe (max. 10 lines) whether (and if so, how) you used AI during this assignment and explain your reasons for using it or not.

2. Explain to what extent the submitted work is truly your own.

During this assignment, I used ChatGPT to detect errors in the code I wrote myself. I only did this when I couldn't figure it out on my own. I asked ChatGPT to detect and point out the errors so that I could then decide for myself what changes to make. Only when I couldn't figure it out on my own did I ask ChatGPT to suggest a solution for that specific error, which I always critically evaluated before implementing it. I think that, in this way, I used ChatGPT as a kind of mentor who didn't just give me the answer right away, but did help me throughout the process. This allowed me to continue working independently at home and meant I didn't have to wait for the seminar to ask the instructor. Since ChatGPT only served a supportive role, the result of the assignment is still my own.