



AI Literacy and Critical Thinking Self-Assessment Rubric

Self-evaluation promotes critical thinking and allows for deeper reflection and goal setting. This rubric is designed to help you evaluate your engagement with AI, reframing your AI journey as a student-driven, human-centred process.

Use this resource to guide you to ethical and effective use of AI tools. Self-assessments can additionally help you determine where to go next in your learning.

Category	Emerging	Developing	Proficient	Advanced
Understanding AI (Mechanisms and capabilities)	I do not yet understand how AI generates outputs; I see AI as a 'black box.'	I know AI generates texts/images based on training data but cannot explain processes (predictive modeling).	I can explain how AI tools work (predictive modeling, training data, bias) and recognize their capabilities.	I can explain AI to others, and I can integrate AI literacy into educational or research purposes to deepen learning.
Recognizing Limitations (Bias, Hallucinations, Misinformation)	I often accept AI outputs uncritically and am unaware of the risks.	I know AI can be 'wrong,' but I struggle to identify errors or biases.	I routinely check for hallucinations, fact-check sources, and identify bias in AI outputs.	I understand how to evaluate outputs and integrate structured fact-checking processes for ethical use.
Critical Thinking (Engagement vs. Offloading)	I mostly use AI to complete tasks with minimal personal input.	I use AI as a helper but sometimes offload too much cognitive work.	I use AI to extend my thinking, asking questions and identifying gaps and counterarguments.	I consistently frame AI as a helper, ensuring that my own judgment, creativity, and thinking remain central.

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Ethical Awareness & Responsible Use	I am unaware of ethical implications and may use AI inappropriately.	I recognize some risks (privacy, bias, plagiarism) but apply safeguards inconsistently.	I consider ethical implications in my regular practice (equity, access, bias, mitigation).	I understand, research, or design frameworks for ethical AI use (e.g. CLEAR, ROBOT).
Pedagogical / Professional Application	I use AI only for personal convenience, not in professional or academic settings.	I experiment with AI in academic/professional work but without much structure.	I integrate AI purposefully in learning, research, or administrative tasks while modeling responsible use.	I continuously develop my own AI literacy while mentoring others in critical and ethical AI adoption.