



AI Disclosure Statement Examples

Free templates and checklist for students, October 2026

A sample AI disclosure statement

AI Disclosure Statement: I used ChatGPT (OpenAI) between October 3 and October 6, 2026, to brainstorm possible topics and to suggest a rough outline. I chose the final topic myself and changed the outline to fit my own argument. I also used it to check grammar in my introduction and conclusion, and I accepted only the suggestions that kept my meaning. All research, analysis and writing are my own, and I take full responsibility for this work.

What to include

- The AI tool, and the model if you know it
- The date or dates you used it
- What you used it for (brainstorming, outlining, editing, summarizing)
- Which parts of your work it affected
- What you did yourself: what you changed, checked or rejected
- Your prompts, if your teacher asks for them

Six copy-ready templates

Replace everything in square brackets and match the wording to what you actually did.

BRAINSTORMING ONLY

I used [tool name] on [date] to brainstorm possible topics for this essay. I chose the final topic myself, and I did all the research, outlining and writing without AI.

OUTLINE AND STRUCTURE HELP

I used [tool name] on [date] to suggest an outline for this paper. I changed the order of sections and added my own points. All the writing in the final paper is my own.

GRAMMAR AND EDITING

I used [tool name] on [date] to check grammar and suggest clearer wording in sections [section names]. I reviewed each suggestion and accepted only the ones that kept my meaning and voice.

RESEARCH AND SUMMARIES

I used [tool name] on [date] to summarize [number] readings and explain [concept]. I checked every summary against the original sources, and all quotes and citations come from the sources themselves.

CODING OR DATA HELP

I used [tool name] on [date] to help debug the code in [file or section]. I tested and edited the code myself and can explain how each part works.

NO AI USED

I did not use any generative AI tools to research, plan, write or edit this assignment.

Where to put it

Follow your teacher's instructions first. If there are none, place it on its own page after the title page, in your method section, in an author note, or at the end of the paper before the references.

Before you submit

- Check your course policy. A disclosure does not make banned AI use allowed.
- Keep your prompts, chat links and drafts as a record.
- If you quote AI output, cite it in APA, MLA or Chicago style as your course requires.

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