

AI & THE ENVIRONMENT:

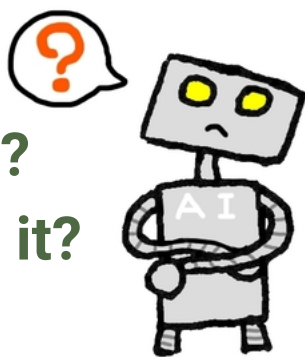
Making Smarter Choices at Carleton



PAUSE AND THINK!

Before using AI, ask:

- Do I actually need AI?
- Can I do this without it?
- Am I overusing it?



Don't use AI automatically

USE LESS

- Keep prompts short & clear
- Avoid repeating the same question
- Combine tasks into one prompt
- Limit unnecessary back-and-forth

Fewer prompts = less energy

CHOOSE SMARTER TOOLS

- Use simpler tools when possible
- Not every task needs powerful AI
- Use AI only for high-value tasks

Match the tool to the need

REDUCE OTHER DIGITAL IMPACT

- Limit long video calls
- Reduce background streaming
- Be mindful of overall tech use

AI is part of a bigger digital footprint



DON'T USE AI AUTOMATICALLY,
USE IT INTENTIONALLY.

