JUPREP · FREE GUIDE FOR FAMILIES

AI and College Applications: Do's and Don'ts

For students applying to US colleges in the 2026-27 cycle and beyond

The Common App and most top colleges treat essay content written by AI as **application fraud**. Every school sets its own rules, but the safe path is the same everywhere: **AI can help you research and proofread. It can never write for you.**

DO

- ✓ Use AI to research colleges, majors, and programs.
- ✓ Use spelling and grammar checks.
  Allowed at Brown, Yale, Caltech, Northwestern, and others.
- ✓ Write every draft yourself in Google Docs.
  The version history shows the work is yours.
- ✓ Get feedback on your ideas from a trusted adult, teacher, or counselor.
- ✓ Read each school's AI policy before you apply.

DON'T

- ✗ Paste AI-written sentences into any essay or short answer.
- ✗ Ask AI to outline or draft your essay.
  Caltech and Cornell name this as not allowed.
- ✗ Use AI to translate an essay you wrote in Chinese.
  Caltech, Cornell, and Northwestern list translation as not allowed.
- ✗ Let AI rewrite your tone or "polish" your voice.
- ✗ Trust "AI detector" scores.
  They can be wrong; colleges say they rely on human readers.

It depends on the school: brainstorming with AI is allowed at Caltech and Vanderbilt, and Yale permits topic suggestions at the start. Brown does not allow AI except for spelling and grammar. Caltech requires every applicant to review its AI guidelines before submitting. **When in doubt, don't.**

FOR PARENTS: THREE QUESTIONS TO ASK THIS WEEK

1. "Which AI tools do you use for school, and how?"
2. "Can you show me the version history of your essay?"
3. "Have you read the AI rules for the schools on your list?"

JUPREP · 家長免費指南

AI 與美國大學申請：可以做與不可以做的事

適用於 2026-27 申請季及之後申請美國大學的學生

Common App 與大多數頂尖大學將由 AI 撰寫的文書內容視為**申請造假**。各校規定不同，但最安全的原則是一樣的：**AI 可以幫忙查資料和校對，但絕不能代替學生寫作。**

可以做

- ✓ 用 AI 研究大學、科系與課程。
- ✓ 使用拼字與文法檢查。
  Brown、Yale、Caltech、Northwestern 等校允許。
- ✓ 每一份草稿都親自在 Google 文件中撰寫。
  版本紀錄能證明是孩子自己的作品。
- ✓ 請信任的大人、老師或輔導老師對想法給予回饋。
- ✓ 申請前閱讀每所學校的 AI 規定。

不可以做

- ✗ 將 AI 寫的句子貼進任何文書或簡答。
- ✗ 請 AI 列大綱或寫草稿。
  Caltech 與 Cornell 明確禁止。
- ✗ 用 AI 把中文寫的文書翻譯成英文。
  Caltech、Cornell、Northwestern 明確禁止翻譯。
- ✗ 讓 AI 改寫語氣或「潤飾」孩子的聲音。
- ✗ 相信「AI 偵測器」的分數。
  偵測器可能出錯，各大學表示主要依靠人工審閱。

視學校而定：Caltech 與 Vanderbilt 允許用 AI 發想主題，Yale 允許在開始寫作時參考主題建議。Brown 除了拼字與文法檢查外，不允許使用 AI。Caltech 要求所有申請者在提交前閱讀其 AI 使用規範。**不確定時，就不要用。**

給家長：本週可以問孩子的三個問題

1. 「你在學校用哪些 AI 工具？怎麼用？」
2. 「可以給我看你文書的版本紀錄嗎？」
3. 「你讀過申請學校的 AI 規定了嗎？」

資料來源：各大學招生網站，2026年10月查證。規定每年都可能更改，申請前請至各校網站確認。

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