EXAME DE PROFICIÊNCIA EM LÍNGUA INGLESA

Novembro de 2026

Leia o texto em inglês e responda às questões em português. Baseie todas as respostas apenas no texto. Valor total: 10,0 pontos.

Generative AI and critical thinking at work

Generative artificial intelligence can produce a draft, summarize a document, or suggest an answer in seconds. These abilities may save time, but they also raise a question: what happens to critical thinking when people use AI at work? A research team surveyed 319 knowledge workers who had used generative AI for professional tasks. The participants described 936 examples from their own work and reported how much effort they made to think critically.

The researchers found that the type of task matters. For routine activities with little risk, especially under time pressure, participants often reported spending less effort on critical thinking when they used AI. For tasks in which accuracy was particularly important, some reported spending more effort with AI than they would without it. They needed to check whether a generated answer was correct and suitable for its purpose.

Confidence also played a role. Greater confidence in the AI system was associated with less critical thinking. In contrast, greater confidence in one's own ability was associated with more critical thinking. These are associations in a survey: the findings do not show that using AI caused a permanent change in the brain or a loss of intelligence.

AI did not simply eliminate thinking in the accounts collected by the researchers. It changed where some of the work took place. Participants described checking information against other sources, combining generated material with their own knowledge, and deciding whether the final answer met the task's requirements. The researchers suggest that AI tools should help users notice when careful evaluation is necessary and support them in carrying it out.

The study describes reported practices and perceived effort, not direct measurements of brain activity. Its results therefore help explain how people say they work with AI, but cannot establish long-term effects on memory or cognitive ability. The distinction between a useful aid and an unexamined answer depends partly on the user's actions and the demands of the task.

Texto elaborado para esta prova com base em Lee et al. (2025), The Impact of Generative AI on Critical Thinking, CHI 2025. Estudo original: https://doi.org/10.1145/3706598.3713778

1. Com base somente no texto, responda em português às questões a seguir (1,0 ponto cada):

1) Qual foi o objetivo geral da pesquisa, quantos profissionais participaram e quantos exemplos de uso foram relatados?

2) Como o esforço de pensamento crítico relatado variou entre tarefas rotineiras de baixo risco e tarefas que exigiam maior precisão?

3) Que relações o estudo encontrou entre confiança na IA, autoconfiança e pensamento crítico?

4) Cite três atividades que os participantes descreveram como parte de sua avaliação das respostas geradas por IA.

5) Por que os resultados não permitem afirmar que a IA causa perda permanente de inteligência ou alterações cerebrais?

6) Segundo o texto, o que os pesquisadores sugerem que as ferramentas de IA façam para apoiar os usuários?

2. Retire do texto um exemplo de cada tempo verbal (0,5 ponto cada):

a) Um verbo no simple present: _____

b) Um verbo no simple past: _____

3. Traduza para o português as frases retiradas do texto (0,5 ponto cada):

a) “For routine activities with little risk, especially under time pressure, participants often reported spending less effort on critical thinking when they used AI.”

b) “Greater confidence in the AI system was associated with less critical thinking.”

_____

_____

4. Com base somente no texto, marque V para verdadeiro e F para falso (0,5 ponto cada):

a) A pesquisa reuniu relatos de 319 profissionais e 936 exemplos de uso da IA. ( )

b) Os participantes disseram que dedicavam sempre o mesmo esforço crítico, qualquer que fosse a tarefa. ( )

c) O estudo mediu diretamente a atividade cerebral dos participantes. ( )

d) A verificação de informações pode fazer parte do pensamento crítico ao trabalhar com IA. ( )