

Parker Rayfield

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The Future of AI in the Workforce

Journal - - Day 293:

I begin my day with a brisk glass of water. Once I arrived at the lab, I used our latest software "A.D.P" or "Artificial Data Processor " to obtain the company's carbon footprint statistics. The software indexed things such as chemical tests, purchases, and even our electricity usage. With the information, I began to brainstorm on how we can make changes to reduce that. It really isn't the best look when a company pertaining to science isn't caring for the Earth, right? Anyways...The reason I'm working so hard lately is that I'm attempting to finally earn the raise I deserve. After being at this company for years, it's time I got my recognition. Ever since this "AI" stuff was implemented, it seems that they (the executives) have decided that the best way to make budget cuts for Artificial Intelligence was to reduce our pay rate. Of course, it makes the job easier, but it's made providing for family more difficult. 10 years ago, when I applied for this job, I imagined I'd be filthy rich sitting in a corporate office sitting in a big chair. I was terribly mistaken. It isn't just STEM that has been enveloped with the effects of Artificial Intelligence, but also more common careers. While the ease of tasks that Artificial Intelligence brings, one can only notice the significant changes in the career world. What's next, mental health work? Soon enough these pieces of metal will be telling people how to deal with their HUMAN emotions. Our society can only pray that such a tragedy doesn't become a reality. If we continue to put our lives in the hands of robots, unemployment rates will skyrocket, and mental health will pummel. This epidemic (yes, epidemic) is taking a huge toll on people like me, and people won't continue

to live this way for much longer. Our once-pure world is slowly losing its humanity and way of life. I can't help but be angry.

Day 294: As I sit alone in this office I can only focus on the end of the day. Work isn't work anymore. It's just sitting at a screen and watching. Watch the computer do the work. A long process. I'm paid to sit here and watch a screen do everything.. Thank God things like schools still have their humanity. The highlight of my day is going through a fast-food line and being able to experience the rare occurrence of speaking to a real person instead of an automated message. Sometimes I even think about vacationing somewhere that hasn't been hit by the ripple effect of new-age technology. As I prepared to leave the lab for the day, I couldn't escape the feeling that our society was headed towards a future where machines dictated not only our work but our emotions and humanity as well. It was an unsettling thought, and I couldn't help but wonder if there was a way to stop this wave of automation before it swallowed us whole.

Journal: THE WEEKEND

Finally, the weekend's here, and I can relax a bit after a week of work. But you know what? Even when I'm away from the lab, I can't stop thinking about how much technology's taken over our lives. It's getting frustrating.

Today, I decided to hang out in the city and see if I could find some real human interaction. But guess what? Most people I saw were busy staring at their screens. It's like we're all glued to our devices.

As I walked around, I couldn't help but notice how things have changed. Those old-school cashier lanes are almost gone, replaced by self-checkout machines. I miss the days when I'd chat with a cashier while they scanned my groceries, but now, it's just me and the machines.

It's not just about cashiers, though. Even tech support isn't the same anymore. Remember when you'd call for tech help and talk to a real person? Now, it's all automated messages and buttons to press. I think back to when talking to a real human still meant something.

Sometimes, I daydream about taking a vacation somewhere that hasn't been taken over by technology. A place where people still do things the old-fashioned way, without relying on machines for everything. But those places are getting harder to find, and it's kind of sad to see our world losing its personal touch.

Journal - Day 298:

The weekend flew by, and it's back to the lab with all its machines and computer stuff. But today, I'm feeling a bit different. Instead of feeling down, I'm ready to tackle the challenges that technology brings. The anger and frustration I felt before have turned into determination. We can't stop technology, but we can make sure it's working for us and the planet. It's about finding a balance between moving forward and keeping what makes us human.

As I dig into my work, I keep thinking about the big picture. The choices we make, both as individuals and as a group, will shape our future. We've got a duty to use technology wisely, to keep our human side while embracing progress.

The challenges ahead are tough, and the road is a bit unclear. But I'm not giving up. Whether it's in the lab, on the streets, or just chatting with someone, I'm going to keep looking for ways to hang on to our humanity in this age of technology. When I go home tonight, I'm going to throw on some jazz and celebrate the wins. Yeah, work is boring as can be, but at least I have my life back. The lab, which used to be all about high-tech stuff, has become a place where I try to figure out what tech means for us. The A.D.P software, which once showed how much

we depend on machines, has turned into a tool for doing good things with tech. It's a reminder that tech can be both good and bad.

The big problems we're dealing with won't go away easily. Tech is here to stay, but maybe, by being smart about it and using it the right way, we can make it work better for us.

As I get ready to leave the lab for the day, I know the fight for getting paid fairly and getting recognized isn't finished. But it's worth fighting for, not just for me but for everyone dealing with job worries because of AI.

The world is changing, and we must change with it, not by giving up to the machines but by using them in a good way. The path ahead is a bit fuzzy, but one thing's clear – we're going to keep trying to keep our human side in this tech-filled world, one day at a time.