



 **TheUpshot**

# 21 Ways People Are Using A.I. at Work

By [Larry Buchanan](#) and [Francesca Paris](#) Aug. 11, 2025

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A [burst of experimentation](#) followed ChatGPT's release to the public in late 2022. Now many people are integrating the newest models and custom systems into what they do all day: their work.

Chefs are using A.I. to [invent recipes](#); doctors are using it to [read M.R.I. and CT scans](#); scientists are [unlocking discoveries](#). It's helping workers with their day-to-day tasks: writing code, summarizing emails, creating ideas, generating curricula — even as it still makes plenty of mistakes.

[Recent surveys](#) have found that almost one in five U.S. workers say they use it at least semi-regularly for work. Twenty-one people told us how.

## People are using A.I. to ...

### 7. As a ‘muse’

**Marya Triandafellos**  
Visual artist

Ms. Triandafellos uses A.I. as inspiration for her art practice. She uploads dozens of images of her artwork to get the A.I. model to understand her style, then guides the model with prompts to generate new works based on her style. What she gets back are hundreds of abstract images in a grid:



Marya Triandafellos

She studies them the way a psychiatric patient interprets an inkblot test.

“I looked at each image and wondered what it reminded me of, reaching my subconscious,” she said.

From there, she sorts them into themes and uses them as a base for a more fully finished work. She also asks the model to be her critic:

Please act as an art critic and evaluate this piece based on its subject, themes, how it makes you feel, and historic connections. Consider how it may be connected to science or math. Then, provide me with an appropriate title.

“It may not be as nuanced as a human art critic,” she said, “but it does decipher key aspects of the work which I refine further.”

She doesn’t use A.I. to create final pieces, though: “I tried — and was bored and frustrated.”