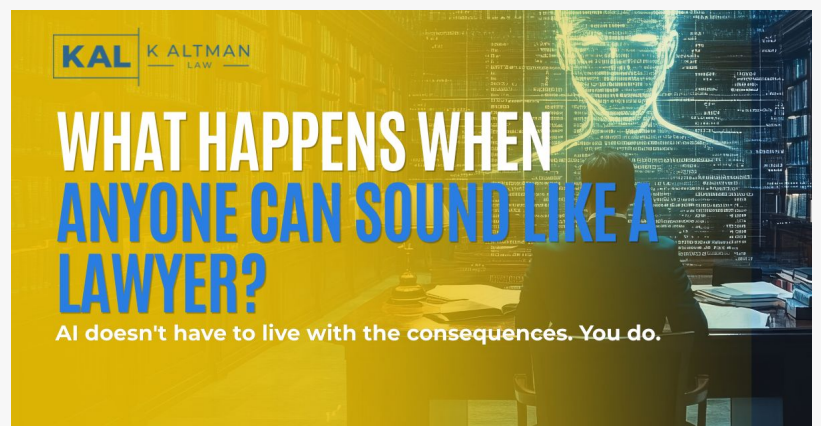


AI Is Sending More People to Court - But New Data Shows It Is Not Helping Them Win

AI is driving more pro se filings, but new research suggests easier legal drafting is not producing better courtroom outcomes.

WASHINGTON, DC, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- Artificial intelligence is helping a rapidly growing number of Americans represent themselves in federal court, but emerging research suggests that easier access to legal drafting tools has not translated into better courtroom results.



AI can make the paperwork look professional. The consequences still depend on whether the strategy is right.

An August 13 report from [Law360 Pulse](#), “AI Drives Spike In Pro Se Filings But Not Courtroom Success,” examines research showing a dramatic increase in federal lawsuits filed without attorneys since generative AI became widely available.

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Keith Altman

According to research discussed by Law360, self-represented litigants filed an average of approximately 23,000 new federal lawsuits annually between 2005 and 2022. That number increased to 27,370 in 2023, 31,478 in 2024 and 41,490 in 2025.

At the same time, the research suggests that increased access to AI-assisted drafting has not materially improved outcomes for self-represented litigants.

One study cited by Law360 found that complaints displaying indicators of AI-generated text were dismissed

61.1% of the time, compared with 53.6% for complaints that were not flagged for AI use. AI-flagged cases also terminated before a defendant answered more frequently and produced a lower plaintiff win rate.

For K Altman Law, the findings illustrate an increasingly important distinction between access to legal information and access to legal judgment.

“AI can be extremely useful for helping someone understand terminology, organize a chronology, summarize a document or identify questions they should be asking,” Altman said. “The problem begins when people assume that because AI can produce something that looks like a lawyer’s work product, it is actually making the strategic judgments a lawyer would make.”

The Risk Goes Beyond the Courtroom

The federal litigation data does not specifically measure student disciplinary proceedings, Title IX matters, special education disputes or other education-related proceedings. But K Altman Law believes the underlying issue has significant implications for students and families navigating those systems.

Students and parents increasingly have access to AI tools capable of drafting demand letters, grievance responses, appeals, Title IX submissions, school disciplinary responses and other legal communications within seconds.

The resulting document may appear polished while overlooking procedural deadlines, evidentiary problems, jurisdictional issues, institutional policies or strategic considerations that can significantly affect an individual’s rights.

In some cases, an unnecessary allegation, premature argument or poorly framed written submission can become part of the permanent record and make a later legal strategy more difficult.

How Students and Families Can Use AI More Effectively

K Altman Law encourages individuals to view AI as a support tool rather than a substitute for professional judgment, particularly when the matter could affect a student’s education, reputation, eligibility, financial future or legal rights.

AI can be useful for:

- Organizing documents and developing a chronology;
- Summarizing policies, correspondence or other materials;
- Generating questions to discuss with an attorney;



Keith Altman

- Helping users understand unfamiliar legal terminology; and
- Identifying issues that may warrant further investigation.

But determining whether a claim is legally viable, which arguments should be advanced, what evidence matters, how institutional procedures interact with applicable law and when a particular strategy should be used generally requires individualized legal analysis.

“The most sophisticated use of AI is not asking it to replace your lawyer,” Altman said. “It is using technology to become better organized and better informed while making sure that important legal and strategic decisions are being evaluated by someone who understands the law, the process and the consequences.”

Technology Is Changing Access to Justice - Not Eliminating the Need for Counsel

K Altman Law believes generative AI will continue to play an increasingly significant role in the legal system.

Used responsibly, the technology has the potential to make legal information more understandable, reduce administrative burdens and help individuals recognize legal issues they otherwise might overlook.

The latest research, however, suggests that eliminating the difficulty of producing a legal document does not eliminate the difficulty of successfully navigating a legal dispute.

For students and families facing serious school disciplinary proceedings, Title IX allegations or investigations, special education disputes, civil-rights matters or related litigation, K Altman Law recommends obtaining an individualized legal assessment before relying on an AI-generated strategy or submission.

Learn more at www.kaltmanlaw.com.

About K Altman Law

K Altman Law is a national law firm representing students, families and individuals in complex litigation, civil rights, education and related matters. The firm represents clients nationwide and is committed to holding institutions and corporations accountable when their conduct causes significant harm.

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