SESSION 4 OF 5

Teaching Students to Study With AI

Students are going to study with AI. Show tutors how to steer that toward quizzing, explaining and checking, and away from rereading AI summaries.

TIME	WHO IT'S FOR	YOU'LL NEED
45 minutes	Tutors, SI leaders and academic coaches	This guide, plus one tutor handout per person (separate file on the session page)

By the end, participants can

- Tell the difference between AI study habits that build learning and ones that skip it
- Show a student how to make an AI practice quiz and use it the right way
- Turn on a chatbot's study or learning mode
- Coach students to check AI explanations against course materials

Agenda at a glance

1	Warm-up	**5 min**
2	What makes studying work	**10 min**
3	Live demo: the right way to use an AI quiz	**10 min**
4	Study mode	**5 min**
5	Practice coaching	**10 min**
6	Close	**5 min**
	Total	**45 min**

Before you start

- [ ] Look up which AI tools your campus provides and whether they have a study mode or guided learning setting.
- [ ] Have one tool open that can make a quiz from notes, like your campus chatbot, NotebookLM or Quizlet. See the AI Tools page.
- [ ] Bring a page of real course notes or a textbook section you're allowed to share.

Session plan

1 Warm-up 5 min

Ask tutors to list every way they've seen students study with AI. Sort the list on the board into two columns: "student does the thinking" and "AI does the thinking."

2 What makes studying work 10 min

Two ideas from learning research:

- Retrieval practice: pulling information out of memory beats rereading it.
- Productive struggle: effort on something hard but doable is what makes learning stick.

Most good AI study habits use these. Most bad ones skip them, like reading an AI summary instead of the chapter, which feels easy and teaches little. That's cognitive offloading of the very thinking the course is trying to build.

3 Live demo: the right way to use an AI quiz 10 min

Load the notes into the tool and ask for ten practice questions without answers. Model the routine: answer every question from memory first, then ask for the answers, then mark which ones you missed and go back to the notes for those.

4 Study mode 5 min

Show how to turn on the chatbot's study or learning mode, and how it asks questions instead of giving answers. Point out that students can switch it off just as easily, so the habit matters more than the setting.

5 Practice coaching 10 min

In pairs, one tutor plays a student who "studies" by having AI summarize every chapter. The other coaches them toward a better routine using the handout.

6 Close 5 min

Each tutor picks one AI study routine to show students this week.

Role plays

The summary reader

A student says, "I don't read the chapters anymore. I just have AI summarize them."

Tutor's goal: don't lecture. Ask the student to explain one idea from a summary without looking, then show how a quiz would test that.

Debrief: Did the student leave with one new routine to try?

The answer checker

A student uses AI to check every homework answer before submitting.

Tutor's goal: keep the checking but move it after the student's own attempt, and add "explain why it's right."

Debrief: What changed about when the student uses AI?

Check for understanding: answer key

Ask these out loud or use them as a short quiz at the end.

1 Why is reading an AI summary a weak study habit?

ANSWER It skips retrieval and effort, so it feels easy but teaches little.

2 What's the right order for using an AI practice quiz?

ANSWER Answer from memory first, then check, then review misses.

3 Why isn't study mode enough on its own?

ANSWER Students can turn it off; the habit matters more.

4 What should a student always do with an AI explanation?

ANSWER Check it against course materials.

From the Learning Center AI Tutor Training Kit. Free to copy and adapt for your center. More sessions at learningcenterai.org/tutor-training.