Study with AI, not instead of studying

From the training session “Teaching Students to Study With AI”

GOOD HABITS (YOU DO THE THINKING)

- Ask AI for practice questions without answers. Answer from memory first.
- Explain a concept to the AI and ask what you got wrong.
- Use study or learning mode so it asks you questions.
- Have AI make a schedule, then fill it with practice, not rereading.

HABITS TO DROP (AI DOES THE THINKING)

- Reading AI summaries instead of the reading.
- Asking for the answer before you try.
- Copying AI explanations into your notes without checking them.

ALWAYS CHECK

Compare AI explanations with your notes, textbook or a worked example. AI can be wrong and still sound sure.

THE 3-STEP QUIZ ROUTINE

1. Get questions, no answers.
2. Answer from memory.
3. Check, then study what you missed.

MY NOTES

Free to copy and adapt for your center