

MODULE 2 · WEEK 2 · LESSON 3

AI for Study & Research: Learn Twice as Fast

Summarise, explain, quiz yourself - ethically

WHAT YOU WILL BE ABLE TO DO

- Use AI to explain concepts at three difficulty levels
- Build self-tests from your own study material
- Apply an academic-integrity line for assessed work

LESSON CONTENT

The explain ladder

Ask for the same concept at three levels: 'explain like I'm 12', 'like a first-year student', 'like a professional'. The gaps between levels reveal exactly what you don't yet understand.

Study from YOUR documents

Upload your lecture notes or textbook chapter to a note-AI (e.g. NotebookLM) and ask questions grounded in that source. Grounded answers cite the source, cutting hallucination and keeping you honest to your syllabus.

The integrity line

AI as tutor, quizzier and editor: excellent. AI as author of submitted assessed work: misconduct at most institutions. Know your institution's policy, declare use where required, and keep authorship yours. Skill grows only where you struggle a little.

KEY TERMS

Grounding	Answers tied to uploaded source documents.
Active recall	Testing yourself instead of re-reading.
Explain ladder	Same concept at rising difficulty levels.
Academic integrity	Honest authorship and declared tool use.

HANDS-ON TASK

Build a 10-question self-test · Tools: NotebookLM / ChatGPT file upload

1. Upload one chapter/notes file to a note-AI.
2. Generate 10 MCQs with answers hidden, then sit it yourself.
3. Ask the AI to explain only the questions you missed.

KEY TAKEAWAYS

- ✓ Before you go, three takeaways from this lesson.
- ✓ One: Use AI to explain concepts at three difficulty levels.
- ✓ Two: Build self-tests from your own study material.
- ✓ Three: Apply an academic-integrity line for assessed work.
- ✓ And your hands-on task: build a 10-question self-test.

- ✓ Upload one chapter/notes file to a note-AI.
- ✓ When it is done, mark the lesson complete on your dashboard, keep the artifact for your portfolio, and step into the next lesson.
- ✓ I will see you there.

Watch the lesson video on your dashboard, complete the task, then mark the lesson complete. Your artifact belongs in your Portfolio of Evidence.