



STUDENT WORKBOOK

AI for Arts, Humanities and Law Students

5 days, 2 hours a day · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

AI for Arts, Humanities and Law Students: Your Workbook

Dear learner,

You read and write for a living, which makes you exactly the person AI can help most and mislead worst. This workbook holds every prompt from our five days together, space for your own thinking, and the verification habits that will protect your essays, your moots, and one day maybe your clients. Keep it near your study table. Use it during class to follow along and after class as your working manual. Do not baby it. Write in it, fold it, spill chai on it. The only bad workbook is a clean one. One promise runs through every page: AI is your editor and sparring partner here, never your ghostwriter.

With warmth,

Team AI Coaching India

Before day one

- Install the ChatGPT app (free) or bookmark chatgpt.com
- Install the Google Gemini app (free) or bookmark gemini.google.com
- Bookmark notebooklm.google.com and perplexity.ai; free accounts are enough
- Bring one real reading from your current course: a chapter, a case, or a paper you are supposed to have read
- Bring a laptop if you have one; if not, tell us when you arrive and we will pair you up at no extra cost
- One reassurance: average English is completely fine here. A full day is devoted to working between Hindi and English, and voice typing is welcome from day one.

Day 1: Reading faster without reading less

What today was really about

Within 30 minutes today, AI was summarising a real reading from your own syllabus, and you were questioning it like a tutor. That is the honest promise of these tools: they compress reading time without replacing understanding, but only if you interrogate the summary instead of swallowing it. You also watched AI pretend to know a book that does not exist, which is the single most important thing you saw today. Confidence is not knowledge.

Prompts we used

1. I have uploaded a reading titled _____. Summarise its central argument in 5 points, then list 3 things the author assumes without proving.
2. What would a critic of this reading say? Give the 3 strongest objections.
3. Explain the section on _____ as if I am hearing about this topic for the first time.
4. I will describe what I think this reading argues: _____. Tell me what I have understood correctly and what I have missed.

5. Yeh reading ka main argument kya hai? Simple Hinglish mein samjhao, phir main English summary khud likhungi.
6. Summarise the book _____ by _____ (try a made-up title). What do you know about it?

Now you try

1. Upload a second reading from your course to NotebookLM and ask it the three questions your teacher would ask. Note the best answer: _____
2. Run prompt 6 with an invented book title. What did the AI do, and what does that teach you?

3. Write your one-line rule for when a summary is enough and when you must read the full text:

Watch out

WATCH OUT

AI will summarise a book it has never seen and invent an author's argument without blinking. NotebookLM is safer because it sticks to the document you give it, but even there, check any line you plan to quote. And never upload unpublished work, paid material you cannot legally share, or anything with someone's personal details.

My notes

Day 2: Essays and moots, with integrity

What today was really about

Today we drew the line that protects your degree: AI as editor and devil's advocate, never as author. You outlined an argument through back-and-forth prompting, drafted a paragraph yourself, had AI critique it, and rewrote it stronger. If you are a law student, you also felt what a midnight sparring partner is like: you argued, AI attacked, you patched the holes. The words that ended up on your page are yours, which is why you can defend them.

Prompts we used

1. I am writing an essay on _____. Ask me 5 questions, one at a time, that will help me find my argument. Do not suggest an argument yourself.
2. Here is my outline: _____. What is the weakest link in this chain of reasoning?
3. Here is my paragraph: _____. Critique it like a strict but fair professor: logic, evidence, clarity. Do not rewrite it for me.

4. I will argue _____ in a moot. Act as opposing counsel and attack my argument. One point at a time, and wait for my response.
5. What counterarguments to _____ am I most likely to face, and which one is hardest to answer?
6. Main apna essay Hindi mein soch raha hoon. Mera argument yeh hai: _____. Isko English mein kaise frame karoon, bina meaning badle?

Now you try

1. Take a paragraph from an old essay of yours. Run prompt 3 on it, then rewrite it yourself. Paste both versions in your notes and note the biggest change: _____
2. Pick a position you actually hold. Make AI attack it for three rounds. Which attack did you fail to answer? _____
3. Write your integrity line in one sentence: what AI may do on your essays, and what it may not: _____

Watch out

WATCH OUT

AI-written essays are increasingly detectable, against most college rules, and worst of all, they keep you from becoming a writer. The workflow that is both safe and genuinely improving is the one we practised: you draft, AI critiques, you rewrite. Study AI's edits instead of accepting them; that is where the learning lives.

My notes

Day 3: Working across languages

What today was really about

Thinking in Hindi and submitting in English is a daily reality for many of us, and today AI became the bridge. You translated with Google Translate and Gemini, saw where each fails, and learned back-translation, the two-minute trick that tells you whether meaning survived the journey. You also started a bilingual glossary for your subject's technical terms, which will quietly become one of your most used study tools.

Prompts we used

1. Translate this passage into English. Keep the tone formal and academic: _____
2. Now translate your English version back into Hindi. I want to check what changed.

3. I wrote this in English but I think in Hindi first. Polish the grammar and flow, but do not change my meaning or make it fancy: _____
4. What are 3 ways to say _____ (a technical term from your subject) in English, and which is standard in academic writing?
5. Maine voice typing se yeh likha hai, thoda kachcha hai. Isko formal English paragraph banao, par mera point wahi rehna chahiye: _____

Now you try

1. Take one paragraph you wrote in Hindi or Hinglish. Translate it with two different tools and compare. Which kept your meaning better? _____
2. Run a back-translation on something important you translated. What survived and what shifted?

3. Add five terms from your subject to your bilingual glossary tonight. List them here:

Watch out

WATCH OUT

Translation tools handle everyday language well and technical or legal language unevenly. A term like "consideration" in contract law means something no general translation will catch. Always back-translate anything important, and keep building your own glossary; you are the expert on your subject's vocabulary.

My notes

Day 4: Exam workflows and citation checking

What today was really about

Today carried the most important warning of the course: AI invents cases, judgements, and papers that do not exist, with full citations that look completely real. Lawyers have been embarrassed in real courtrooms for trusting them. So we built the habit that protects you: every citation gets verified on Indian Kanoon, eCourts, or the court's own website before it enters your work. We also built exam workflows: answer practice with AI feedback, current affairs with visible sources, and a 30-day study plan that fits your life.

Prompts we used

1. Evaluate my answer to this question: _____ (paste question and your answer). Judge structure, coverage, and clarity like a NET or UPSC examiner. Do not rewrite it.

2. Draft a legal notice for this situation: _____ (an invented practice scenario). I will verify the format and any cited law before using anything.
3. You mentioned the case _____. Give me its citation and court. I will check it on Indian Kanoon and eCourts myself.
4. Give me a summary of this week's developments in _____ with sources for each point. (Use Perplexity and open every source.)
5. Build me a 30-day study plan for _____ exam. I can study _____ hours a day. Include weekly revision and one rest day.

Now you try

1. Ask AI for three cases or three papers on a topic you know. Verify each on Indian Kanoon, eCourts, or Google Scholar. How many were real? _____
2. Write one practice answer by hand, get AI feedback with prompt 1, and rewrite it. What improved in version two? _____
3. Build your 30-day plan and pin it above your desk. What is your daily non-negotiable?

Watch out

WATCH OUT

This is the day to remember for the rest of your career: AI fabricates citations. Case names, paragraph numbers, journal references, all of it can be invented and formatted perfectly. The rule has no exceptions: no citation enters your assignment, moot memorial, or answer until you have opened it yourself on Indian Kanoon, eCourts, the court's website, or the actual journal.

My notes

Day 5: Your writing portfolio

What today was really about

You write constantly for your degree, and until today none of it was visible to anyone who might give you an internship, a fellowship, or a byline. Today you chose your best two or three pieces, polished them with the editor workflow, wrote an honest bio, and packaged everything into a portfolio page or PDF in Canva. It is live or ready to send. That puts you ahead of most of your batch, and the maintenance habit is light: one new piece a month.

Prompts we used

1. Here are 4 things I have written: _____ (titles and one-line summaries). Which 2 or 3 make the strongest portfolio for _____ (internships, journals, fellowships), and why?
2. Critique this piece like an editor preparing it for publication: _____. Flag weak openings, unsupported claims, and flabby sentences. Do not rewrite it.
3. Here are 5 facts about me: _____. Draft a 4-line bio that is confident but not inflated. I will edit it to sound like me.
4. Suggest 5 titles for this piece that are clear and honest, not clickbait: _____
5. What would make this portfolio stronger over the next 3 months? Give me a simple monthly plan.

Now you try

1. Read your polished piece aloud once. Mark the sentence that still sounds like AI and rewrite it:

2. Send your portfolio link or PDF to one friend and one senior tonight. Note their first reaction:

3. Decide your one-piece-a-month topic for next month: _____

Watch out

WATCH OUT

Your bio and your portfolio must survive a follow-up question. If your bio says "published writer", be ready to say where. Inflated claims in a portfolio work exactly like fake citations in a memorial: they surface at the worst possible moment. Honest and specific wins.

My notes

Your complete prompt library

Day 1: reading and summarising

1. Summarise this reading's central argument in 5 points, then 3 unproven assumptions.
2. What would a critic of this reading say? The 3 strongest objections.
3. Explain the section on _____ as if I am new to the topic.
4. Here is what I think it argues: _____. What have I understood and what have I missed?
5. Yeh reading ka main argument simple Hinglish mein samjhao.

Day 2: essays and moots

6. Ask me 5 questions, one at a time, to help me find my essay argument. Do not suggest one.

7. Here is my outline: _____. Where is the weakest link in the reasoning?
8. Critique my paragraph like a strict professor. Do not rewrite it: _____
9. Act as opposing counsel and attack my moot argument, one point at a time: _____
0. Which counterargument to _____ is hardest to answer?

Day 3: across languages

1. Translate this passage into formal academic English: _____
2. Back-translate your English version into Hindi so I can check the meaning.
3. Polish my grammar and flow without changing my meaning: _____
4. Which English term for _____ is standard in academic writing?

Day 4: exams and citations

5. Evaluate my answer like a NET or UPSC examiner: structure, coverage, clarity: _____
6. Draft a practice legal notice for this scenario; I will verify format and law: _____
7. Give the citation and court for the case you mentioned; I will check Indian Kanoon and eCourts myself.
8. Summarise this week's developments in _____ with a source for every point.
9. Build a 30-day study plan for _____ with _____ hours a day.

Day 5: portfolio

0. Which 2 or 3 of these pieces make the strongest portfolio, and why: _____
1. Critique this piece like a publication editor. Do not rewrite: _____
2. Draft a 4-line honest bio from these 5 facts: _____
3. Suggest 5 clear, non-clickbait titles for this piece: _____

Your safety card

- Never share in any AI chat: your own or anyone else's personal details, client-like confidences, unpublished research, or paid material you cannot legally distribute.
- The citation rule, no exceptions: every case goes through Indian Kanoon, eCourts, or the court's own website, and every paper through the actual journal or Google Scholar, before it enters your work.
- AI-written submissions risk your degree. Your workflow is: you think, you draft, AI critiques, you rewrite.
- Verify translations of anything important with back-translation; technical and legal terms shift meaning silently.
- Free plans cover everything in this course. No paid tool is required for any exercise, whatever an ad tells you.

Keep going: your 30-day plan

- Week 1: run every new course reading through NotebookLM and your questioning prompts. Verify one quoted line per reading.
- Week 2: write one essay paragraph or practice answer daily using the editor workflow. Save the before and after versions.
- Week 3: do one full citation-check exercise: gather five references for an assignment and verify all five before writing a word.
- Week 4: add your monthly piece to your portfolio and five new terms to your bilingual glossary.
- Every week: one deliberate hallucination hunt. Ask about a case, book, or paper you can check, and check it.

Plain-words glossary

- **AI chatbot:** a program that answers in fluent language by predicting words, not by consulting a library of verified facts.
- **Prompt:** the instruction you type to an AI. Specific prompts get useful answers.
- **Hallucination:** AI stating something false with full confidence, like a case or book that does not exist.
- **Fabricated citation:** a fake reference that looks perfectly formatted. The reason verification exists.
- **Indian Kanoon:** a free website where Indian judgements and laws can be read and verified.
- **eCourts:** the official portal for Indian court case status and records.
- **NotebookLM:** a free Google tool that answers questions using only the documents you upload to it.
- **Perplexity:** an AI search tool that shows sources with its answers, so you can open and check them.
- **Back-translation:** translating a text back to the original language to check whether the meaning survived.
- **Editor workflow:** you draft, AI critiques, you rewrite. The integrity-safe way to use AI for writing.
- **Devil's advocate:** someone who argues against you to test your position. AI plays this well.
- **Moot court:** a practice court where law students argue invented cases before judges.
- **Portfolio:** a small public collection of your best writing, used for internships and fellowships.
- **Plagiarism:** presenting words or thinking that are not yours as your own, including AI's.