



STUDENT WORKBOOK

Study Smart with AI (Class 9 and 10)

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



AI Coaching India

This workbook belongs to _____

Batch code: _____

Study Smart with AI (Class 9 and 10): Your Workbook

Dear learner, this workbook is yours to keep, and yours to fill. Over the next five afternoons you will build a study system with AI, and every prompt, exercise, and plan you make lands on these pages. Use it during class to copy prompts and scribble answers, and after class as your personal manual for the whole board year. Nothing here is theory. Everything runs on your own notes and your own textbook, whichever board you are on. If a parent is learning with you, share the pages, the prompts work the same for both of you. Write in it, fold it, spill chai on it. It only becomes useful when it looks used.

With you all the way,

Team AI Coaching India

Before day one

- Install the ChatGPT app (free) on your phone, or bookmark chat.openai.com on a laptop.
 - Install the Google Gemini app (free), or bookmark gemini.google.com.
 - Make sure the Google Lens icon works inside your phone camera or the Google app (free).
 - NotebookLM (notebooklm.google.com, free) needs a signed-in Google account. We will use it on a parent's or class account, so nothing to set up alone.
 - Bring one textbook and one notes copy for a subject you find hard. Real pages, not perfect pages.
 - Bring a pen. You will write more than you type this week.
 - One reassurance: you cannot break anything. Every tool we use is free, and every mistake is part of the lesson.
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Day 1: Meet your AI study partner

What today was really about

Today you had your first real conversation with AI about your own syllabus, and you probably noticed something surprising: it answers without judging, without sighing, and without checking the clock. That is the big shift. AI becomes useful the moment you stop asking it random questions and start telling it who you are: your class, your board, your chapter. You also saw it make a mistake live, which is the most important lesson of the week. AI is a brilliant study partner and an unreliable answer key. Your textbook stays the boss.

Prompts we used

1. I am a Class _____ student on the _____ board. Explain the chapter " _____ " from my _____ textbook in simple words, in about 10 lines.
2. Here are my notes on " _____ ". Turn them into 15 question and answer flashcards. Keep each answer under two lines. My notes: _____

3. Ask me 5 quick questions from the chapter " _____ " one at a time. Wait for my answer before showing the correct one.
4. I did not understand this line from my textbook: " _____ ". Explain it with one everyday example from Indian life.
5. Main Class _____ ka student hoon. Chapter " _____ " ko simple Hinglish mein samjhao, jaise ek dost samjhata hai.
6. Make my flashcards on " _____ " harder: change half of them into fill-in-the-blank style.

Now you try

1. Pick one chapter you revised this month. Use prompt 2 with your real notes and write your three favourite flashcards here: _____
2. Ask AI one question from that chapter where you already know the answer. Did it get it fully right, partly right, or wrong? Write what you found: _____
3. Write your personal context line, the sentence you will paste at the start of every study chat (class, board, subject): _____

Watch out

WATCH OUT

AI sounds confident even when it is wrong. Today you saw it slip on a real textbook fact. Rule for the whole course: any fact going into your exam answer gets checked against your textbook first. And never share your full name, school name, address, or marks in a chat.

My notes

Day 2: The patient teacher for weak chapters

What today was really about

Everyone has that one chapter they quietly skip. Today you learned that avoiding it usually means one explanation did not click, and nobody had time to try a second one. AI has unlimited time and zero irritation. You can ask for the same idea simpler, slower, with examples, five times in a row, and it never makes you feel small. You led a full conversation on your weakest chapter and turned it into an explainer sheet in your own words. That last part matters: writing it yourself is what makes it stick.

Prompts we used

1. Explain " _____ " from Class _____ like I am 14 and hearing it for the first time. Short sentences only.

2. I still did not get it. Explain the same idea again, even simpler, using an example from a kitchen or a cricket match.
3. Explain " _____ " in three different ways: one with a story, one with a diagram described in words, one with a solved example.
4. I will explain " _____ " back to you in my own words. Tell me what I got right and what I got wrong. Here is my explanation: _____
5. Yeh topic " _____ " mujhe bilkul samajh nahin aata. Ek dum basic se shuru karo, jaise chhote bhai ko samjha rahe ho.
6. I photographed a diagram from my textbook. Explain what each labelled part does, one by one.

Now you try

1. Name the chapter you have been avoiding this term: _____
2. Run prompts 1 and 2 on it. Write the one sentence from AI's explanation that finally made sense: _____
3. Now open your textbook to that chapter. Find one place where the book says it differently or more precisely than AI did, and note it: _____

Watch out

WATCH OUT

When AI explains something three ways, it may quietly change a detail between versions. Cross-check the final version against the textbook paragraph before it goes on your explainer sheet. Understanding comes from AI, accuracy comes from the book.

My notes

Day 3: Practice questions from your textbook

What today was really about

Toppers do not read more, they test themselves more. Today you turned AI into a question paper machine for your own chapters: 1-mark, 3-mark, and 5-mark questions on demand, in any mix you want. Then came the honest part: checking AI's answer key against the textbook, and catching the places it was wrong. You also tried NotebookLM, which answers only from the notes you give it, so it stays inside your syllabus. By the end you owned a 30-question bank that no guidebook sells, because it was built from your own material.

Prompts we used

1. From the chapter " _____ " in Class _____ , make 10 one-mark questions, 5 three-mark questions, and 3 five-mark questions, in my board's exam style.
2. Now give the answer key. Keep 1-mark answers to one line and mention which part of the chapter each answer comes from.
3. Make 10 MCQs from " _____ " with four options each. Mark the correct option at the end, not next to each question.
4. Mix it up: give me 5 questions from " _____ " where two are easy, two are medium, and one is a tough application question.
5. Chapter " _____ " se 10 sawaal banao, board exam jaise. Answers abhi mat dikhana, main pehle khud try karunga.
6. I answered question _____ like this: _____. Check my answer against the marking style of a board examiner and tell me what a full-marks answer needs.

Now you try

1. Build a 10-question mini test from one chapter using prompt 1. Attempt it without the key, then check. Your score: _____ out of _____
2. Find at least one answer in AI's key that your textbook words differently or contradicts. Write what AI said and what the book says: _____
3. In NotebookLM, on a parent's or class account, upload one chapter of your notes and ask it three questions. Write the question where its answer was closest to your notes: _____

Watch out

WATCH OUT

An answer key you have not verified is a rumour, not a key. Today you saw AI mark its own wrong answer as correct. Before any AI question bank enters your revision, check every answer against the textbook once. It takes ten minutes and saves marks.

My notes

Day 4: Better answers, stronger memory

What today was really about

Two quiet skills decide board marks: how you write an answer and how long you remember it. Today AI became your answer checker: you wrote a board-style answer, got specific feedback on structure and keywords, rewrote it, and watched it improve in one sitting. Then you used AI to build memory

hooks: mnemonics, silly stories, and a spaced revision rhythm. One caution came with all of it: AI is often too generous a marker. Your teacher and the sample papers stay the real standard.

Prompts we used

1. Here is my 5-mark answer for the question " _____ " in Class _____. Check it like a strict board examiner: structure, keywords, missing points. My answer: _____
2. Rewrite nothing for me. Instead, list exactly what I should add or change so this becomes a full-marks answer. I will rewrite it myself.
3. Make a mnemonic in Hinglish to remember this list from " _____ ": _____
4. Turn these five formulas from " _____ " into one revision cheat sheet, each formula with one line saying when to use it: _____
5. Build me a spaced revision plan for the chapter " _____ ": what to revise after 1 day, 3 days, 7 days, and 21 days.
6. Yeh answer maine likha hai: _____. Ek line mein batao iski sabse badi kami kya hai, phir teen chhote sudhaar suggest karo.

Now you try

1. Write one 3-mark answer from memory here, then run prompt 1 on it: _____
2. Write your improved version after feedback. Which two things did you change? _____
3. Ask for a mnemonic for the list you always forget. Write the one you will actually use: _____

Watch out

WATCH OUT

AI praised almost every answer today until we asked it to be strict. It also cannot see your board's marking scheme this year. Use its feedback to improve structure and keywords, then compare against solved sample papers. And remember: an answer AI wrote for you teaches you nothing in the exam hall, where you sit alone.

My notes

Day 5: Your personal study timetable

What today was really about

Techniques fail without a rhythm, so today everything became a plan. You built a weekly timetable with AI around your real life: school, tuition, meals, sleep, and rest, then adjusted it by hand, because you

know your evenings better than any tool. You set up a daily 20-minute AI study routine that is small enough to survive exam season. And you had the family conversation that matters: AI helps you study, it does not do your homework, and everyone at home now knows the difference.

Prompts we used

1. I am a Class _____ student. School runs _____ to _____, tuition on _____ days from _____ to _____. I sleep by _____. Build a weekly study timetable with subjects _____, including breaks and one free evening.
2. This plan gives too little time to _____. Rebalance it without cutting sleep or the free evening.
3. Design a daily 20-minute AI study routine I can do after dinner: what to do on Monday to Saturday, using flashcards, self-tests, and one weak-chapter session.
4. Make a 4-week revision rotation for these chapters before my exam on _____: _____
5. Mera schedule bahut tight hai: school, tuition, aur homework. Ek realistic timetable banao jismein Sunday ko aadha din free ho.

Now you try

1. Build your timetable with prompt 1, then change at least two slots by hand to match reality. Which two did you change and why? _____
2. Write your daily 20-minute routine in one line, so simple you cannot skip it: _____
3. Agree one AI rule at home this week (for example: AI explains, I write). Write it here and get a parent to sign next to it: _____

Watch out

WATCH OUT

A timetable made by AI is a suggestion, not a schedule, until you edit it by hand and show it to your family. And a final honest word for the year: AI can explain, question, and plan, but marks come from your own writing practice. Nothing replaces solving papers with a pen.

My notes

Your complete prompt library

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2. Now give the answer key. Keep 1-mark answers to one line and mention which part of the chapter each answer comes from.
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2. Rewrite nothing for me. Instead, list exactly what I should add or change so this becomes a full-marks answer. I will rewrite it myself.
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4. Make a 4-week revision rotation for these chapters before my exam on _____: _____
5. Mera schedule bahut tight hai: school, tuition, aur homework. Ek realistic timetable banao jismein Sunday ko aadha din free ho.

Your safety card

- Never share in any AI chat: your full name, school name, home address, phone number, marks, or photos of yourself or family.
- Any fact heading for an exam answer gets verified against your textbook first. No exceptions, even when AI sounds sure.
- AI-written homework submitted as your own is cheating, and it leaves you helpless in the exam hall where AI cannot come.
- Use AI on a parent's account where a tool requires sign-in, and keep a parent in the loop about what you use it for.

- If any chat or message online asks for money, OTPs, or personal details, stop and tell a parent. For online fraud, the national cyber helpline is 1930.
 - Balance rule: AI study time is study time, not extra screen time. When the session ends, close the app.
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Keep going: your 30-day plan

- Week 1: Run your daily 20-minute routine every day. Turn one chapter per subject into flashcards.
 - Week 2: Build a 30-question bank for your two weakest chapters. Verify every answer against the textbook.
 - Week 3: Write two board-style answers per subject and improve each one using examiner-style feedback.
 - Week 4: Do a full self-test week from your own question banks, update your timetable for the next month, and show a parent what you built.
 - Every Sunday: ten minutes to review the week, mark what worked in this workbook, and pick next week's weak chapter.
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Plain-words glossary

- **AI:** computer software that answers questions and writes text by learning patterns from huge amounts of reading.
- **Chatbot:** an app like ChatGPT or Gemini where you type or speak and it replies in a conversation.
- **Prompt:** the message you type to AI. Better prompts, with class, board, and chapter, get better answers.
- **Hallucination:** when AI states something false with full confidence. The reason we always verify.
- **Flashcard:** a small card with a question on one side and the answer on the other, used for quick self-testing.
- **MCQ:** a multiple choice question, one correct option among several.
- **Mnemonic:** a memory trick, like a funny sentence, that helps you recall a list or sequence.
- **Spaced revision:** revising the same topic after growing gaps (1 day, 3 days, 7 days) so it enters long-term memory.
- **Active recall:** testing yourself from memory instead of rereading. Harder, and far more effective.
- **NotebookLM:** a free Google tool that answers questions only from notes you upload, used here on a parent's or class account.
- **Google Lens:** a tool that reads text and diagrams through your camera so you can ask AI about them.
- **Free plan:** the no-cost version of a tool. Everything in this course runs on free plans.
- **Verify:** check an AI answer against your textbook or teacher before trusting it. The habit of this whole course.