How to Learn with AI | Free guide

How to Learn with AI

Ask, practise, check and stay safe



Made for

You

Your workbook online, prompts for every task, and where to hand it in:

growthgoal.in/learn/

Hello You

Namaste! This small book will make AI your study friend. You will learn to ask clearly, practise with examples and quizzes, and use AI honestly and safely for everyday learning in India.

How to use this workbook

- Work 15 minutes a day on paper in this workbook.
- Read the short lesson, then look at the worked example.
- Write your answers in the lines under each task and take a phone photo of the page to share.

Your plan · about 75 minutes in all

Day	What	Minutes
1	Chapter 1: Let AI Teach You	15
2	Chapter 2: Ask Clear Questions	15
3	Chapter 3: Learn with Examples and Quizzes	15
4	Chapter 4: Check Well and Stay Safe	15
5	Final task	15

Chapter 1

Let AI Teach You

Ask AI to explain instead of just giving the answer.

AI can answer very fast, but if it only gives the answer, you learn nothing. Think of AI like a friendly tutor in your mohalla who explains slowly.

Instead of asking What is the answer?, ask Explain this to me step by step. Ask it to use simple words for your class level.

When AI explains, you can ask again: Please explain that last step again. That is how you really learn.

Worked example: Explain, please, not just answer

1. Ravi needs help with homework: Find the cost of 3 kg tomatoes at Rs 40 per kg.
2. Bad ask: What is the answer to 3 x 40?
3. Good ask: I am in Class 8. Explain step by step how to find cost of 3 kg at Rs 40 per kg. Do not give only the answer.

1.1 Think of one school topic you find hard. Write what you would say to AI to ask for an explanation, not the answer.

Hint: Think of words like explain, step by step, simple words.

Stuck? Open task 1.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

1.2 Riya asks AI: Write my essay on Diwali for me. Rewrite her request so AI explains how to write it instead.

Hint: Compare giving the answer with teaching the method.

Stuck? Open task 1.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

1.3 Write about your own life: one subject or work you want to understand better, and how you will ask AI to explain it to you.

Hint: Pick something from your own school or daily life in India.
Stuck? Open task 1.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** You can ask AI to teach you in steps, not just give the final answer.

Chapter 2

Ask Clear Questions

Write good questions called prompts for AI.

A prompt is just the question or instruction you give to AI. A clear prompt gives a clear answer. A vague prompt gives a confusing answer.

A good basic prompt has three parts: your topic, who you are, and what you need. Example: I am in Class 7, explain fractions with roti pieces, in short steps.

You do not need big English. Short and clear is best. Always add what you want: in simple words, in points, for Class 6.

Worked example: A good question gets a good answer

1. Weak prompt: Tell me about rice.
2. Strong prompt has 3 parts: Topic + Who I am + What I need.
3. Strong prompt: I am in Class 9. Topic is types of rice grown in India. Explain in 5 simple points for my revision.

2.1 Read these two prompts. Write which one is better and why in one or two lines. A: Photosynthesis. B: I am in Class 7. Explain photosynthesis in simple words with a mango tree example.

Hint: Look for topic, who you are, and what you need.

Stuck? Open task 2.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

2.2 This prompt is weak: Tell me about cricket. Rewrite it as a strong prompt with topic, who you are, and what you need.

Hint: Add your class or age, and how you want the answer.

Stuck? Open task 2.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

2.3 Write your own strong prompt about something you love, like food, festival, sport or studies, using the 3 parts.

Hint: Choose a topic you really like from everyday life in India.

Stuck? Open task 2.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** You can write a clear, complete question that AI can understand.

Chapter 3

Learn with Examples and Quizzes

Ask AI for examples and quizzes to learn better.

We remember better with examples from our own life. Ask AI: Give an example from Indian market, kitchen or cricket. You will understand faster.

A quiz helps you check yourself. After learning, say: Ask me 3 easy questions on this and wait for my answers. Then answer yourself first.

Do not let AI answer its own quiz. You answer, then AI checks. That is real practice, like a friend testing you.

Worked example: Examples and quiz help you remember

1. Start with your strong prompt: I am in Class 8. Explain fractions simply.
2. Add: Give 2 examples from Indian life, like samosa pieces or train seats.
3. Add: Then ask me 3 short quiz questions and wait for my answers.

3.1 You are learning percentages. Write one line asking AI for two everyday Indian examples of percentages.

Hint: Think market, kitchen, bus, cricket or festival.

Stuck? Open task 3.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.2 Write a short prompt asking AI to quiz you with 3 questions on multiplication tables, one by one.

Hint: Ask AI to wait so you can answer first.

Stuck? Open task 3.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.3 For your own studies or interest, write a prompt asking AI for one simple example and one quiz question on that topic.

Hint: Pick a topic you are studying now.

Stuck? Open task 3.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** You can ask AI for everyday examples and a short quiz to practise.

Chapter 4

Check Well and Stay Safe

Check AI answers, never copy homework, and stay safe.

AI sometimes gives wrong answers with full confidence. Always check important facts in your textbook or with a teacher or parent. If two sources say the same, it is safer.

Copying homework from AI is cheating and you will not learn. Use AI to understand, then close it and write in your own words. Teachers want your work.

Keep your personal information safe. Never share your full name, home address, phone number, OTP, passwords, or live location with AI. Use general words like a student in Pune.

Worked example: Check it, do not copy, stay safe

1. Amit asks AI: When is Republic Day of India? AI says 15th August. That is wrong.
2. Check rule: AI can make mistakes. Check with book, teacher, or Google.
3. Safe rule: Never type full name, address, phone, OTP or school name. Do your homework yourself, use AI only to understand.

4.1 AI says: The Taj Mahal is in Delhi. Write in two lines how you will check if this is correct.

Hint: Remember AI can be wrong, so check with a book or teacher.

Stuck? Open task 4.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

4.2 Circle or write SAFE or UNSAFE for each: A) My name is Aarav Sharma, my phone is 98765 43210, help me. B) I am a Class 9 student in Jaipur, explain bus timetable.

Hint: One shares personal details, the other is safe and general.

Stuck? Open task 4.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

4.3 Write your own honest plan: when you do homework, how will you use AI to learn but still do the work yourself?

Hint: Think of a time you wanted to copy quickly.

Stuck? Open task 4.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** You can check AI, do your own work, and keep personal details safe.

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Worked example: Examples and quiz help you remember

1. Start with your strong prompt: I am in Class 8. Explain step by step how to find cost of 3 kg at Rs 40 per kg.
2. Add: Give 2 examples from Indian life, like samosa pieces or train seats.
3. Add: Then ask me 3 short quiz questions and wait for my answers.

3.1 You are learning percentages. Write one line asking AI for two everyday Indian examples of percentages.

Hint: Think market, kitchen, bus, cricket or festival.

Stuck? Open task 3.1 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.2 Write a short prompt asking AI to quiz you with 3 questions on multiplication tables, one by one.

Hint: Ask AI to wait so you can answer first.

Stuck? Open task 3.2 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

3.3 For your own studies or interest, write a prompt asking AI for one simple example and one quiz question on that topic.

Hint: Pick a topic you are studying now.

Stuck? Open task 3.3 online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

> **Check yourself:** You can check it, do not copy, stay safe.

Final task

Put it all together

Final task Choose one real topic you want to learn, like fractions, photosynthesis or bus fare change. On this page write your full Smart Learning Prompt: who you are, ask AI to explain step by step, ask for 2 Indian examples, ask for a 2-question quiz, and write one line on how you will check AI and do the work yourself without sharing personal details.

Hint: Use topic, who you are, explain, example, quiz, and safe honest use.
Stuck? Open task final online and copy the ready prompt into ChatGPT, Gemini, Claude or our AI teacher.

What next?

Now learn any skill: an AI teacher writes a workbook just for you, helps when you are stuck, checks your work and gives you a skill badge.

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