

Stop copying and pasting content from AI; these changes will help you truly learn using AI.

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The difference between passive learning and active learning using AI.

There are two ways to use AI for learning, and only one is effective in the long term:

1. **Passive learning:** You ask the AI to summarize, explain, or simplify something, and then you read what it produces. This feels efficient because you absorb the information quickly. But you're not doing any cognitive work. The AI is thinking, and you're just consuming the results.
2. **Active learning:** You do the work first (reading, taking notes, processing, etc.), then use AI to organize, check, or refine what you've created. You're doing all the thinking yourself. AI just makes that process more efficient.

How to use AI for active rather than passive learning.

Use AI to organize handwritten notes.

First, write your notes by hand. This forces you to process the information and decide what's important. Then, let the AI handle the organization.

Take photos or scan notes and upload them to your chosen AI model, such as ChatGPT, Gemini, or Claude, with the following prompt: "*Please organize these notes properly.*" The AI will convert your handwriting into text and structure it clearly.

Next, extract the key information: "*Create a list of key concepts and a separate vocabulary list with definitions.*" Now you have study material organized based on your own thinking, rather than AI-generated topic summaries.

This saves time without neglecting the cognitive processes that help the brain remember information.

Create flashcards from your documents.

Flashcards are one of the most effective learning tools because they force learners to actively recall information—retrieving information from memory instead of passively reciting it. Artificial intelligence (AI) can take your notes and documents and automatically create flashcards, saving you considerable time.

Upload your assigned notes and/or documents to the AI and provide the following instructions: "*From my notes/documents, create a set of flashcards that match concepts with their explanations and vocabulary with their definitions.*" The AI will generate a structured set of flashcards that you can use for your study sessions.

Review these flashcards over several days or weeks instead of cramming everything at once. Learning information repeatedly with breaks between sessions will strengthen long-term retention.

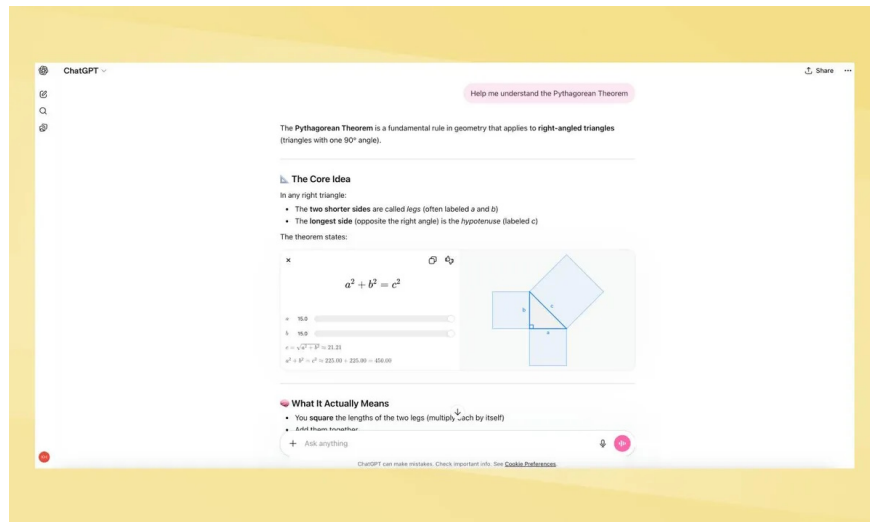
Visualizing mathematical formulas

Mathematical and scientific concepts can seem abstract when you only look at equations on paper. ChatGPT now provides interactive visual explanations for each fundamental mathematical and scientific topic, allowing you to manipulate variables and see how formulas work in real time.

Ask ChatGPT to explain a concept such as: "*Help me understand the Pythagorean Theorem,*" or "*How can I find the area of a circle?*". For supported topics, ChatGPT presents an interactive module where you can adjust variables and immediately see how the change affects the graph and results.

This transforms abstract equations into something you can directly experiment with. Instead of memorizing a formula, you see how it works. You understand why changing a variable affects the result, not just that it does have an effect.

This feature works with dozens of mathematical concepts. If you're struggling with a formula or equation, try asking ChatGPT to show you how it works before moving on to practice exercises.



Let the AI ask and answer questions.

When people struggle with a concept, they often ask AI for an explanation. This forces the AI to think for them. Instead, let the AI ask questions that force you to figure out the concept yourself.

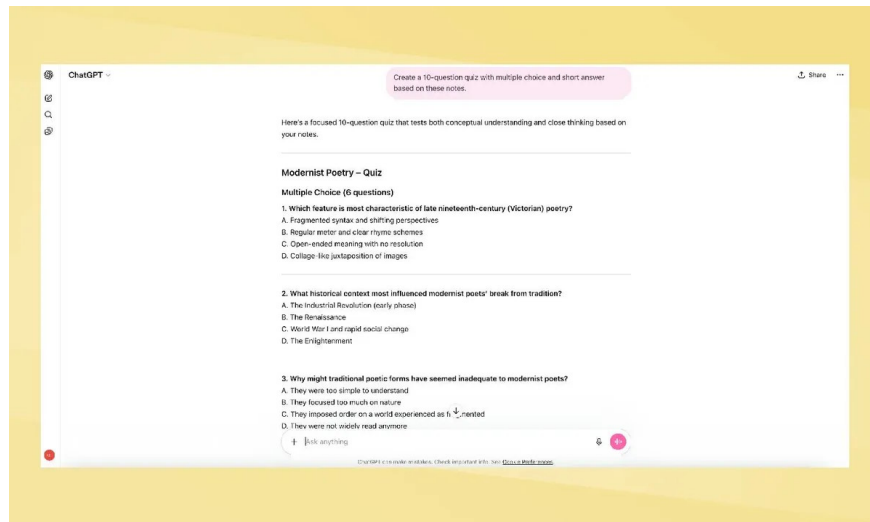
Try this suggestion: *"Act as my classmate on [the topic]. Ask me an open-ended question to help me explore the concept. After I answer, ask a follow-up question based on my answer. Don't give me the answer directly—guide me to find the answer myself."*

This technique, borrowed from the Socratic method, helps build deeper understanding than passive explanations. You are actively constructing knowledge instead of passively receiving it. When you gain knowledge through your own reasoning, you will remember it longer.

Using AI to self-test knowledge and identify gaps.

Self-testing will reveal what you truly know versus what you feel comfortable with. You might read notes ten times and feel confident, but completely forget them when asked to recall the information without prompts. AI-generated tests will detect these gaps before they appear in actual exams.

Upload your notes and take a quiz. You can use the following command: *"Create a quiz of 10 multiple-choice and short-answer questions based on these notes."* Take the quiz without looking at the material. This forces you to recall information, just like taking a real test. Then, submit your answers: *"Rate and explain what is wrong and why."*



You will receive immediate feedback on what needs improvement. Perhaps you have a good grasp of vocabulary but struggle with application questions. Maybe you've confused two similar concepts. This will pinpoint exactly what knowledge gaps you need to focus on and fill those gaps.

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