

■ How to Use AI as Your Study Buddy

■ Good Ways to Use It

- Ask questions: If you don't get something, ask AI to explain it in simple words.
- Brainstorm: Stuck on an essay or project? Get a list of ideas, then pick the ones you like.
- Review notes: Paste your notes in and ask for a summary or quick quiz.
- Practice: Chat in English (or another subject) to get better at writing and thinking.

■ What Not to Do

- Don't hand in AI's answers as your homework. Teachers want your thinking.
- Don't believe everything. AI can get things wrong — double-check with books or teachers.
- Don't use it as a shortcut. Struggling a bit is part of learning.

■ Remember

AI is like a smart friend sitting next to you:

- It can explain, quiz, and give ideas.
- But the real learning happens when **you** think it through.