🤖✨ AI + Learning Cheat Sheet

1. 🧠 Active Recall + AI

- **Strategy:** Test yourself *before* asking AI for help.
- **Example:** Try answering a question from memory, then ask AI to check or explain your answer.
- **Tip:** Use prompts like: "Can you explain why my answer is right or wrong?"

2. ⏰ Spaced Repetition + AI

- **Strategy:** Review material over time instead of all at once.
- **Example:** Ask AI to quiz you on older topics every few days.
- **Tip:** Use a reminder app or AI chatbot to schedule short reviews.

3. 🔀 Interleaving + AI

- **Strategy:** Mix different but related topics when studying.
- **Example:** Ask AI to create a mixed practice quiz (e.g., grammar + vocabulary, or theory + examples).
- **Tip:** Mixing forces your brain to switch contexts and build stronger connections.

4. 💬 Reflection + AI

- **Strategy:** Think about *how* you learn, not just *what* you learn.
- **Example:** Ask AI, "What are better ways to study this topic?" or "Why did I find this task hard?"
- **Tip:** Keep a short "AI-assisted learning log" to track insights and progress.

💡 **Pro Tip:** Use AI as a *learning partner*, not a shortcut. Let it guide your thinking — not replace it.