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THE STUDENT AI CHARTER

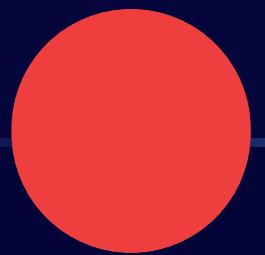
How to Use AI Without Losing Your Soul (or Your Degree)

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PROTOCOL: THE TRAFFIC LIGHT SYSTEM

When to prompt, when to pause, and when to stop

Standard Operating Procedure for the AI-Smart Student.



STOP. (The Danger Zone)

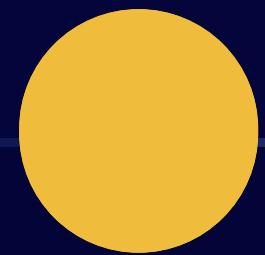
Outsourcing Your Brain: You are asking the AI to do the thinking for you.

Banned Actions:

- Generating the first draft of an essay.
- Creating a thesis statement or main argument.
- Asking for citations (High risk of "hallucinations").
- Copy-pasting assignment or exam questions directly.

The Risk: Plagiarism flags, fake references, and worst of all, you graduate without the skills you paid for.

The Golden Rule: If you can't explain why the answer is correct without looking at the screen, you are in the Red Zone.



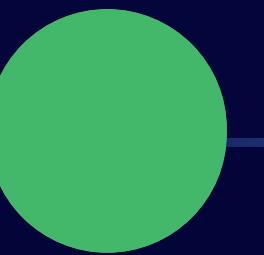
CAUTION. (The Co-Pilot Zone)

Augmenting Your Process: You are the Pilot; AI is the Co-Pilot. You do the thinking; AI helps with the structure.

Approved Actions (Prompting):

- "Roast my draft for logical gaps."
- "Explain this complex theory like I'm 12."
- "Suggest synonyms for these repetitive words."
- "Turn my messy notes into a structured outline."

The Requirement: You must verify every prompt output. Never trust; always check.



GO. (The Efficiency Zone)

Automating the Grunt Work: Admin, formatting, and low-level tasks that don't require critical thinking.

Safe Actions:

- Formatting references (e.g., IEEE, APA, Harvard style).
- Checking grammar and spelling (Grammarly style).
- Generating flashcards for revision.
- Creating a study schedule/timetable.

The Benefit: Use AI here to buy back time for the deep work in the Amber Zone.

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Five Ethical Prompts to Upgrade Your Thinking (Not Replace It)

Copy these exact prompts into ChatGPT, Claude, or Gemini

Prompt 01: The Concept Decoder

- **Use when:** You are drowning in complex academic reading and don't understand the theory.
- **The Goal:** Comprehension.

The prompt:

"I am struggling to understand the concept of [Insert Concept/Theory].

Explain it to me in three levels:

1. Like I am 12 years old (Simple analogy).
2. Like I am an undergraduate student (Academic definition).
3. Give me one real-world example of this concept in action in [Insert Your Region/Context]."

● **Why it's safe:** You are using AI as a tutor, not a writer.

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Prompt 02: The Logic Stress-Test

- **Use when:** You have written a draft but you aren't sure if your argument holds water.
- **The Goal:** Critique and improvement.

The prompt:

“Act as a strict, critical university professor.

I am going to paste my draft argument below. Do not rewrite it. Instead, read it and identify:

1. Three logical fallacies or weak points in my reasoning.
2. One counter-argument I have failed to address.
3. Give me a score out of 10 for clarity only.”

● **Why it's safe:** The AI is acting as a reviewer, forcing you to make the edits.

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Prompt 03: The Structural Architect

- **Use when:** You have done the reading and have lots of notes, but you don't know how to start writing.
- **The Goal:** Organisation.

The prompt:

"Here is a 'brain dump' of my notes and ideas for an essay on [Topic].

Please organise these messy points into a logical structure for an academic essay. Provide a standard outline (Introduction, Body Paragraphs, Conclusion) that creates a coherent flow.

My Notes: [Paste Your Notes Here]."

● **Why it's safe:** The ideas are yours; the AI is just arranging the furniture.

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Prompt 04: The Active Recall Engine

- **Use when:** You are cramming for an exam and simply reading the textbook isn't working.
- **The Goal:** Retention and memory.

The prompt:

"Here is a 'brain dump' of my notes and ideas for an essay on [Topic].

I am studying for an exam on [Subject/Chapter].

Please quiz me. Ask me one question at a time. Wait for my answer.

If I get it right, move to the next question. If I get it wrong, explain the correct answer briefly before moving on. Let's start."

● **Why it's safe:** This is the most effective way to learn. It builds your brain rather than bypassing it.

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Prompt 05: The Devil's Advocate

- **Use when:** You want to turn a C-grade paper into an A-grade paper by showing critical depth.
- **The Goal:** Nuance and depth.

The prompt:

“I am writing a paper arguing that [Insert Your Stance]. Please generate the three strongest, most evidence-based counter-arguments against my position.
I want to challenge my own bias. Tell me why I might be wrong.”

● **Why it's safe:** You are asking for opposition, which helps you write a stronger, more balanced paper yourself.

ACADEMIC INTEGRITY PROTOCOL v2026

THE CREATOR'S CONTRACT

DEFINING THE BOUNDARY BETWEEN TOOL AND MASTER

THE CLAUSES OF COMMITMENT (THE PLEDGE)

I HEREBY AFFIRM:

- The Pilot Principle: I acknowledge that AI is my Co-Pilot, never the Captain. I will use technology to augment my capabilities, but the final judgment, the logic, and the ethical responsibility for my work remain mine alone.
- Respect for the Struggle: I will not outsource my cognitive effort. When an assignment becomes difficult, I recognise that the struggle is where the learning happens. I will not default to the Red Zone just to avoid the work of thinking.
- Transparency as Standard: If I use AI significantly in the Amber Zone to shape my work, I have the integrity to declare it. I hide nothing because my process is sound.
- Consumer vs. Creator: I reject the path of the passive consumer who lets algorithms dictate their output. I commit to the path of the active Creator who uses tools to build the future.

RATIFIED BY THE UNDERSIGNED STUDENT

DATE: / / 2026



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