



XYZ EDUCATION ORIGINALS

# The AI Study Method for Classes 9–10

Use AI to understand chapters, revise better and  
prepare for exams — without copying

A practical, student-friendly workbook for Indian school  
students, parents and teachers.

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**READ THIS FIRST**

## AI is useful. Copying is not.

AI can explain a chapter, create questions, check your answer and help you revise. That is useful.

But AI can also make you overconfident if you copy without understanding. Then the problem appears later: in class, in an exam, in a viva, or when the teacher asks one follow-up question.

Use AI like a study partner. Do not use it like a replacement brain.

This book will show you how to ask better questions, verify answers, practise smarter and keep the final understanding yours.

### **Do not upload personal data.**

Do not upload your full name, phone number, school ID, report card, private chats, address, passwords, photographs or identity documents into AI tools.

## What comes first?

1. Your teacher's instruction
2. Your prescribed textbook and notebook
3. Your school worksheet or sample paper
4. AI support that you check carefully

That order matters. AI is support. It is not the final authority.

### FOR STUDENTS, PARENTS AND TEACHERS

## How to use this book

You do not have to read this like a normal textbook. Use it when you are stuck, tired, revising or confused about how to use AI without fooling yourself.

**For students:** Start with the TASK Method. Then use the quizmaster prompt, error log and subject cards when exams are near.

**For parents:** This book answers the real worry: "Is my child learning, or just copying?" Use the rules and checklists to create safe study habits early.

**For teachers:** The prompt-repair clinic, verification matrix and One Chapter Rescue Mission are classroom-ready activities.

### **Part of the XYZ ecosystem.**

Use this workbook with school textbooks. Discover teacher-created study material on **XYZ Notes**, practice support through **XYZ Exams**, and guided learning help from **XYZ Classes**.

The tone of this book is simple on purpose. AI terms can become fancy very quickly. We will keep things useful.



## Part 2 — The TASK Method

### THE CORE METHOD

If you remember only one thing from this book, remember TASK.

Letter	Meaning	What it means in real life
<b>T</b>	Try first	Attempt one step before asking AI.
<b>A</b>	Ask clearly	Give class, subject, chapter, source and exact task.
<b>S</b>	Source-check	Compare with textbook, notes, calculation or trusted source.
<b>K</b>	Keep it yours	Rewrite, solve or explain in your own words.



*TASK keeps AI helpful without letting it take over your thinking.*

TASK is simple enough to remember when you are tired. That is the point.

### T — TRY FIRST

#### Try first does not mean suffer forever

Some books say “try first” as if every student has endless time and energy. Real life is not like that. Sometimes you are back from tuition, dinner is late, and tomorrow’s test is staring at you.

So here is the honest version:

**Emergency Try First:** Try for 90 seconds. Write one line, one formula, one doubt, one diagram, one attempted step or one reason you are stuck. That counts.

Why? Because AI needs to see your thinking. If you ask before doing anything, AI cannot diagnose your gap. But if you show even one attempt, it can help better.

#### Weak use

“Solve this.”

#### Better use

“I tried this step and got stuck here. Give me one hint. Do not solve the full question yet.”

That is not weakness. That is smart help-seeking.

## A lazy prompt gives a lazy result

You do not need magic prompts. You need clear instructions.

Use this formula:

**Class + subject + chapter + source + task + limit**



*A good AI instruction gives the tool a small, clear academic job.*

Weak instruction	Improved instruction
Explain this chapter.	I am in Class 10. Use the textbook paragraph below. Explain this topic in 8 simple points and ask me 3 questions.
Solve this numericals.	I tried this Physics numerical. Check my setup first. Do not give the final answer until I attempt the calculation.
Write answer.	Here is my answer. Tell me what is correct, what is missing and how to improve it for a 3-mark board answer.

Clear prompts save time. Vague prompts create more work.

## S — SOURCE-CHECK

### Checking changes by subject

“Check the answer” is not one single thing. Maths checking is different from History checking. Chemistry checking is different from English checking.

Subject type	How to source-check
Maths	Recalculate. Substitute the answer. Check steps.
Physics	Check formula, units, assumptions and final value.
Chemistry	Check equation balance, conditions, exceptions and textbook wording.
Biology	Check diagram labels, sequence, definitions and key terms.
History	Check dates, sequence, causes and textbook evidence.
Geography	Check map, diagram, location, data source and process.
Civics/Economics	Check terms, institutions, definitions, graphs and examples.
English	Check meaning, grammar, tone, format and whether the writing is yours.

This table is one of the most important pages in the book. Use it whenever AI gives an answer that sounds too smooth.



## The final answer must sound like you

Keeping it yours means you can explain the answer without the AI chat open.

After AI helps, do this:

1. Close the AI response.
2. Say the idea aloud in your own words.
3. Open your textbook and check the terms.
4. Write the final answer yourself.
5. Ask one last question: "Can I defend this?"

**Board exam test:** If the answer has words you cannot pronounce, explain or use in a sentence, it is probably not yours yet.

AI writing often sounds older than you. That is not always good. A clear Class 10 answer is better than a fancy answer that feels fake.

### Small rewrite habit

Write once badly. Improve once. Then stop. Do not keep polishing until your answer no longer sounds like a student.

#### TASK IN ONE MINUTE

### Quick TASK quiz

Try this quickly. No marks. Just honesty.

Situation	Best TASK move
You do not understand a paragraph.	Try to underline the confusing line first, then ask AI to explain only that part.
AI gives a Physics answer with a new formula.	Source-check with textbook and class notes before using it.
Your English essay sounds like a corporate speech.	Keep it yours. Rewrite in your own voice.
You are too tired to try properly.	Use Emergency Try First: one line, one doubt or one attempted step.

**Reflection:** Which letter of TASK do you usually skip? That is your danger zone.

Most students do not need more motivation. They need one small method that survives a bad day. TASK is that method.



## SCENARIO CHECK

### Responsible AI quiz

Choose the safer option.

Situation	Responsible move
You have not started a homework answer.	Write a rough attempt first, then ask AI for feedback.
AI gives a History date you do not remember seeing.	Check the textbook before using it.
Your answer is grammatically weak.	Ask AI to point out errors, then correct it yourself.
You copied an AI answer and cannot explain it.	Do not submit yet. Learn it, rewrite it and keep it yours.
AI and teacher method differ.	Follow teacher/textbook for school exams.

AI should make you more prepared, not more helpless.

## FINAL WORKFLOW

### One Chapter Rescue Mission

This is not a "final project." That sounds like extra schoolwork. This is a rescue mission for one chapter you are scared of.

#### Deliverables

1. One chapter map
2. Three good AI prompts
3. One verification log
4. Ten flashcards
5. Five practice questions
6. One improved answer
7. One no-AI mini-test

If you do this for one difficult chapter, that chapter will stop being a monster. It will become work. Work can be handled.

**Emergency version:** Do only chapter map + quizmaster mode + error log. That is still a strong start.

No long reflection required. Just write one line: "The thing I understand better now is \_\_\_." Enough.

## REUSABLE PROMPTS

### Prompt library

#### Understand

I am in Class \_\_. Use only this textbook extract. Explain the confusing part in simple language and ask me three questions.

#### Hint first

I tried this question and got stuck at \_\_. Give me one hint only. Do not solve the full answer.

#### Quizmaster

Ask one question at a time from this chapter. Wait for my answer. Then tell me what is correct, what is missing and the next question.

#### Error log

Group my mistakes into concept, memory, calculation, wording and time-management. Suggest what I should fix first.

#### Board answer check

Here is my answer to a \_\_-mark question. Tell me what is correct, what is missing and how to improve it for board style. Do not rewrite the full answer.

#### Viva practice

Ask me one viva question at a time about my project or chapter. Wait for my answer. Then tell me whether I sound clear and what to improve.



Reusable prompts are useful only when you adapt them to your textbook and attempt.