



AMDR AUTOMATE AI

STUDY GUIDE · FOR STUDENTS

AI Made Me a Straight-A Student.

Not by writing my essays — by changing how I studied. The five-part system: capture every lecture, turn notes into quizzes, use spaced repetition, get essay feedback before your professor does, and walk into exams already tested.

Use AI as a coach, never a ghostwriter

Here is the honest version: AI that does your work for you makes you worse at the subject and risks your academic standing. AI that **quizzes, explains, and critiques** makes you dramatically better — because it gives you what top students have always had: unlimited practice and instant feedback.

1 Capture everything

After each class, get your notes (typed, photographed, or transcribed) into one document per course. Messy is fine — AI cleans up mess.

2 Turn notes into questions

Reading notes feels like studying but isn't. Answering questions is. Convert every lecture into a quiz the same day.

3 Space the repetition

Re-quiz yourself on old material on a 1-day, 3-day, 7-day, 21-day cycle. AI tracks what you keep missing and drills exactly that.

4 Get critiqued, then write

Draft your own essays — then have AI attack them: weak arguments, missing evidence, unclear sentences. Fix and resubmit until it can't find anything.

5 Simulate the exam

Before every test, sit a full AI-generated practice exam under time pressure. Walk in having already taken the test twice.

Copy these. They are the whole trick.

After every lecture

PROMPT · LECTURE TO QUIZ

Here are my notes from today's [course] lecture: [paste]. First, list the 5 concepts most likely to appear on an exam. Then write 10 questions that test them – mix definitions, applications, and one "explain it to a 12-year-old" question. Quiz me one at a time. When I'm wrong, don't give the answer – give a hint and let me try again.

When a concept will not stick

PROMPT · THREE EXPLANATIONS

Explain [concept] three ways: (1) with a real-world analogy, (2) with a worked example with numbers, (3) as a story. Then ask me to explain it back to you and grade my explanation out of 10, telling me exactly what I missed.

Before submitting any essay you wrote

PROMPT · BRUTAL CRITIQUE

You are a strict grader. Here is the assignment: [paste prompt]. Here is MY draft: [paste]. Do not rewrite it. List: the 3 weakest arguments and why, any claim missing evidence, sentences a tired reader would stumble on, and the one change that would most raise the grade. Then grade it against the rubric.

The week before the exam

PROMPT · MOCK EXAM

Using my notes from these weeks [paste or attach], build a full-length practice exam matching this format: [X multiple choice, Y short answer, Z essay]. Time limit [N] minutes. After I submit answers, grade harshly, show what I missed, and build me a 1-page "study this tonight" sheet from my mistakes.

What a week actually looks like

WHEN	WHAT	TIME
Same day as class	Notes into course doc → generate quiz → take it once	20 min
Every morning	Spaced-repetition round on due material	15 min
Writing days	Outline → draft yourself → AI critique → revise	Your normal time, better spent
Sunday	"What am I weakest on?" review — AI lists your recurring misses	20 min
Exam week	Full mock exam + mistake sheet, two days before	90 min

THE INTEGRITY LINE — READ THIS TWICE

Submitting AI-written work as your own is plagiarism at most schools and can end your enrollment. The line is simple: **AI generates questions, explanations, and feedback. You generate the answers and the essays.** Everything in this guide stays on the right side of that line — and it's also, not coincidentally, the side where you actually learn.

Why this works

Active recall and spaced repetition are the two most evidence-backed study techniques known. They used to require flashcard discipline nobody kept up. AI removes the setup cost — the science finally becomes practical.

Free tools that cover all of it

A general assistant (Claude) for quizzing and critique. Your phone camera for capture. A folder per course. That's the entire stack — the system matters more than the software.

Know someone whose business needs this kind of thinking?

AMDR Automate AI builds autonomous AI systems for organizations — from student workshops to production pipelines.

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