

1 The 5 Learning Methods — what to use when

✓ Active Recall Retrieve from memory — don't re-read. Trigger: 5 min Free recall after every topic block	✓ Spaced Repetition Repetition with Anki at increasing intervals. Plan: today · tomorrow · 3 days · 1 week · 2 weeks	✓ Feynman Technique Explain it to a 12-year-old. What you can't explain, you haven't understood it.	✓ Brain Dump Write everything that comes to mind on a topic. Make gaps visible — before and after study sessions	✓ Interleaving Topic change after 20–25 minutes. Mixing beats blocking — don't block one topic
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2 The 3-Question Self-Diagnosis

Have you really understood it? Three hard tests:

- 1 **Reproduce from memory?**
no book, no notes
- 2 **Explain in your own words?**
as if to a beginner (Feynman)
- 3 **Apply it to a new problem?**
use it transferably

All three yes → **understood.**

One no → back to the method (Block 1).

3 The Golden Rule of AI Use

“Let AI question you, not give you the answers.”

Socratic mode

Instead of asking for solutions, let AI guide you step by step to the answer yourself.

If you ask directly for a solution:

→ Stop. First make your own attempt, then use AI.

4 Learning Tutor Prompt — the 8 components

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|-------------------------------|---|
| 1 Reaction Rules | IF-THEN for 7 typical learning situations |
| 2 Control Rules | first own attempt, then understanding, then explain |
| 3 Session Procedure | Task → attempt → feedback → WHY → transfer |
| 4 3-Question Test | from memory · own words · new problem |
| 5 Emergency Brake | after 3× solution-asking: Brain Dump |
| 6 What you don't do | no solution without own attempt, no inventions |
| 7 End of every session | what practiced · what open · when to repeat |
| 8 Start | asks: “What do you want to learn?” |

■ **Download the complete standard prompt:**
foundic.org/en/free-ai-training-learn-better-with-ai-download

5 Hallucination Check

Before accepting an AI answer:

- **Source known?**
Is this from a source I know and can verify?
- **Too specific?**
Sounds too concrete — numbers, names, dates — to be true?
- **Temptation?**
Am I tempted to accept it unverified because it seems to fit?

Rule of thumb: For knowledge topics, ask the AI for the source — and look it up yourself.

6 My 48h Commitment

In 48 hours I will concretely learn this — with the If-Then rule:

Subject:

Topic:

Method:

Active Recall · Feynman · Brain Dump · _____

When (If-Then):

If I _____, then I will study _____.

Fill in today · visible on the screen · follow through in 48h.

7 Minimum Content for a Learning Prompt

Without the complete standard prompt — write at least these seven points in your chat:

1. **Role:**
“You are my learning tutor for [SUBJECT].”
2. **Learning goal:**
“My goal: be able to explain [TOPIC] in my own words.”
3. **Prohibition:**
“Don't give me solutions — even if I ask for them.”
4. **Method:**
“Ask me questions, let me answer first, then give feedback.”
5. **Small steps:**
“Work in small steps — no page-long answers.”
6. **Pacing:**
“Stop after every step. Only continue when I say “continue”.”
7. **No unsolicited help:**
“Only help me get going when I explicitly ask.”