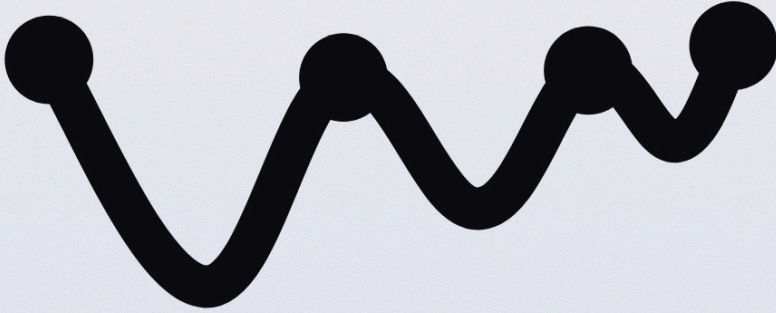




Learn it. Keep it.

The AI study system for board exams.
Understand once. Remember on exam day.

Works with any AI — even free ones

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The AI study system for board exams.

Kanak Raj

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Independent. This book isn't affiliated with or endorsed by CBSE, CISCE, NCERT or any state board. Exam patterns, syllabi and rules change. Always check your board's latest circulars, sample papers and marking schemes. AI tools also make mistakes, and this book shows you how to catch them.

Free updates. If something in here goes out of date, I'll fix it in the file. Download it again from your library link and you'll get the latest version. Found a mistake? hello@avenoric.tech.

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How to use this book

It's short on purpose. You can read the whole thing in an afternoon, and you should start using it tonight.

Chapters 1 to 3 explain why most studying doesn't stick, and the system that fixes it. **Chapters 4 to 8** are the system itself, step by step, with the exact prompts to type. **Chapters 9 to 11** apply it to your subjects, your calendar and your bad days. At the back you'll find **every prompt in one place**, plus **printable templates**.

What you need

- Your textbooks. If you're on CBSE, that means NCERT first, always.
- Past board papers (the last 5 to 10 years) and this year's sample papers *with their marking schemes*. Boards publish these free.
- A notebook and a pen. Yes, really. You'll see why in chapter 6.
- Any AI chatbot: ChatGPT, Gemini, Claude, ExplainMate, whatever you already have. **The free versions are enough**. Nothing in this book needs a paid plan.

How to read the prompts

Prompts sit in blue cards, numbered P1 to P25. Words in **[blue brackets]** are the bits you replace with your own subject, chapter or answer. Everything else you can copy as it is.

ONE RULE BEFORE ANYTHING ELSE

Don't wait for Monday. Read up to chapter 5, then run **one chapter you have to study anyway** through the system, today.

What's inside

1	A note before we start	What AI does for students, and what it quietly ruins
2	Why you forget what you studied	The forgetting curve, and studying that only feels like studying
3	The system on one page	Learn, Lock, Test, Write
4	Set up in fifteen minutes	Five rules and one prompt
5	Learn	Understand a chapter properly, in one sitting
6	Lock	Make it stick until exam day
7	Test	Find your gaps before the exam does
8	Write	Turn what you know into marks
9	Subject playbooks	Maths, sciences, SST and humanities, English, commerce
10	From today to exam day	The calendar, the last week, the night before
11	When things go wrong	Behind, distracted, stressed, or after a bad paper
12	Prompt library	Every prompt in the book, numbered
13	Templates	Print them, or copy them into your notebook

1

A note before we start

AI can be the best tutor you've ever had, or the most convincing way to waste a year. Same tool. Different habits.



I'm Kanak. I build ExplainMate, an AI study partner. Working on it means I spend a lot of time on one question: what does AI actually do for a student, and what does it quietly ruin?

Here's the uncomfortable part. AI makes it very easy to *feel* like you're studying while you learn almost nothing. You ask a question and get a clear, confident, well-formatted answer. You read it, it makes sense, you nod and move on. By tomorrow most of it is gone, because you never had to pull anything out of your own head. The AI did the thinking, and you watched.

Used the other way round, it's the best tutor most of us will ever get. It's patient at 1 a.m. It never makes you feel stupid for asking the same thing four times. It can turn any chapter into questions, explain a derivation one step at a time, and mark your answer the way an examiner would, in seconds and for free.

The difference isn't the tool. It's whether the AI does the thinking, or makes *you* do it.

This book is the "other way round". It's a simple system with four steps, built on how memory actually works, with the exact prompts to type at each step. It's built for board exams, Class 10 and Class 12, because board exams reward one specific thing: remembering a lot of material accurately and writing it down the way examiners want, months after you first learned it.

What this book won't do

- **It won't promise you marks.** Nobody honest can. What it gives you is a way of studying where the hours you put in actually turn into things you remember.
- **It won't help you skip the syllabus.** There's no trick that replaces understanding the chapter. There's just a faster, less painful way to get there.

- **It won't ask you to buy anything.** Every prompt works on free chatbots. I'll mention ExplainMate once at the very end, and you can ignore it completely.

One more thing: this book is written for *you*, not for your parents or your teachers. So it's honest about the parts of exam prep that are boring, the parts that are scary, and the parts that don't matter as much as everyone says they do.

Let's start with why you forget things.

2

Why you forget what you studied

You didn't forget because you're bad at studying. You forgot because that's what brains do, unless you give them a reason not to.



The forgetting curve

In the 1880s, a German psychologist called Hermann Ebbinghaus did something very boring and very useful. He memorised long lists of nonsense syllables, then tested himself at different intervals to see how much he still remembered.

The pattern he found has been studied again and again ever since.

Forgetting is **fast at first, then slows down**. A big chunk of what you learn can be gone within a day or two. What survives fades more slowly after that. The exact numbers depend on the person and on what's being learned (meaningful material sticks far better than nonsense). The *shape* doesn't change.

That's why the chapter you "finished" in August feels brand new in January. It isn't laziness. It's the curve.

Studying that only feels like studying

Some of the most popular ways to study barely touch the curve:

- **Re-reading.** The second time through, the page feels familiar. Familiar feels like knowing. It isn't.
- **Highlighting.** You end up with a yellow textbook and the same memory you had before.
- **Watching explainer videos**, especially at 1.5×. Great for understanding. Useless for remembering, unless you do something afterwards.
- **Reading AI answers.** This is the new version of all three, and the most convincing one.

Psychologists call this an *illusion of competence*. Recognising something when you see it is much easier than recalling it from nothing. Your exam paper doesn't show you the answer and ask if it looks familiar. It gives you a blank space.

In 2013, a team of researchers led by John Dunlosky reviewed hundreds of studies on learning techniques. Re-reading and highlighting came out near the bottom. Two techniques came out on top.

The two things that work

1. Retrieval: pulling it out, not putting it in

Every time you force yourself to remember something without looking (answering a question, writing from a blank page, explaining it out loud), you make that memory stronger. This is called the *testing effect*, and it's one of the most reliable findings in learning research. Testing isn't just how you *check* learning. It's how you *do* it.

2. Spacing: coming back just before you'd forget

Studying something five times in one evening is much weaker than studying it five times across a few weeks. Each time you come back to something you'd half-forgotten, the memory gets rebuilt stronger, and the next drop is gentler. That's the line on the cover of this book: **every dot is a revision, and every dip after it is smaller.**

And for boards, a third: writing

Knowing an answer and scoring full marks for it are different skills. Board papers are marked against specific points, keywords and steps. You can understand photosynthesis perfectly and still drop marks because you didn't write the points the examiner was looking for. So the system ends with practising *writing* answers, not just knowing them.

THE TEN-SECOND TEST

Close the book. Explain what you just read, out loud, without looking. If you can't, you didn't learn it. You just *saw* it. Do this after every section for a week and you'll never study the old way again.

3

The system on one page

Four steps. You'll do them for every chapter, and they get faster every time.



1

LEARN

Understand the chapter properly, once. Map it, work through it with AI as a tutor, then teach it back.

2

LOCK

Make it stick. One handwritten page per chapter, then short recall sessions on a schedule.

3

TEST

Find the gaps before the exam does. Past papers, AI as an examiner, and a mistake log.

4

WRITE

Turn knowledge into marks. Answer the way the marking scheme wants, against the clock.

Your daily loop

On a normal school day, the system looks like this. The times are rough, so adjust them to your schedule.

WHAT	STEP	TIME
Revisions due today	Lock	20–40 min
One new topic or chapter section	Learn	60–90 min
Test yesterday's topic	Test	20–30 min
Write or update your one-page note	Lock	15 min

And once a week:

WHAT	STEP	TIME
One timed section of a past paper, by hand	Write	45–60 min
Read your mistake log, plan next week	Test	20 min

Revisions come first. Every day.

This is the one rule people break. New chapters feel like progress, and revision feels like going backwards. But a chapter you learned and never revised is a chapter you'll learn twice. Do the revisions first, while you're fresh, and the new topic after.

Why this works when timetables don't

Most study timetables are a list of chapters with dates. They tell you when to *cover* something, but they never tell you when to come back to it. This loop builds the coming back in. Two months from now you won't have "finished" a pile of chapters you can't remember. You'll have a set of chapters that each got five or six visits, which is what actually survives until March.

END OF THE FREE SAMPLE

That was the why. The rest is the how.

The full book walks you through all four steps, with 25 copy-ready prompts, subject playbooks, a calendar from today to exam day, and printable templates.

- Set up any AI as a tutor in fifteen minutes
- Learn: understand a chapter in one sitting
- Lock: the one-page note and the revision schedule
- Test: past-paper mining, the AI examiner, the mistake log
- Write: how board answers are marked, and how to hit the value points
- Playbooks for maths, physics, chemistry, biology, SST, English and commerce

Get the full book at avenoric.tech/store