

EM LYON – MAKERS LAB

Learn with AI

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Easy to read. Hard to remember.

The illusion

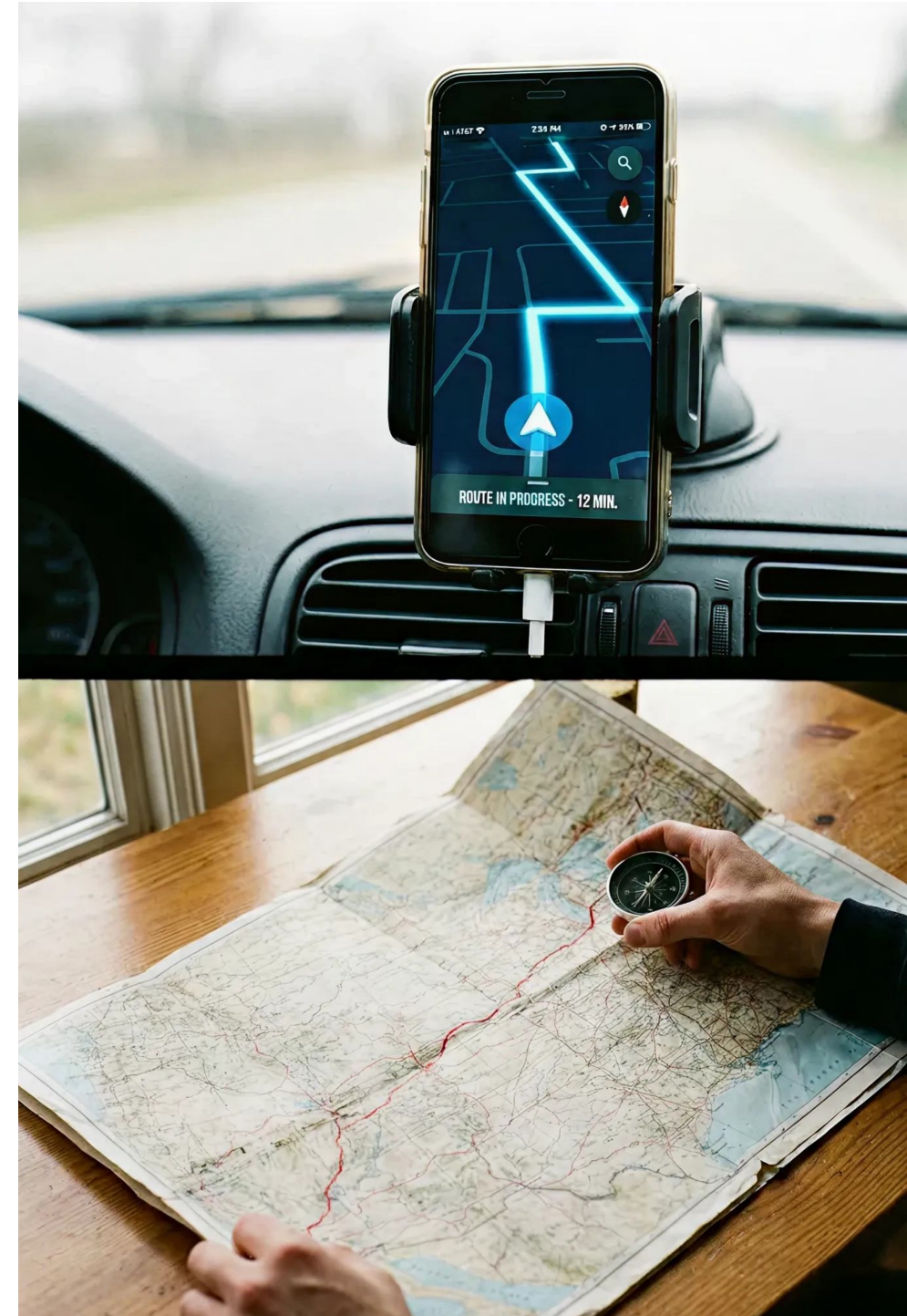
A text feels clear while you read it. That feeling tells you little about what you'll remember.

What works

Pulling information out of your head, without looking. It's called retrieval practice.

The risk with AI

It answers before you try. In a 2025 study, students who practised with a standard GPT-4 chat scored 17% lower on the exam than students with no AI.



Setup

THE SETUP

Put the AI on rails



tinyurl.com/lwa26

PRO TIP

Grounding reduces hallucinations. It doesn't remove them. That's why Phase 3 exists.

TASK

1. Open the link
2. In the AI of your choice, upload "Study Smarter" and paste Prompt 1 in the same message
3. File won't upload? Paste the text of the document into Prompt 1

THE PROMPT

You are a study tutor for a university student.

YOUR ONLY SOURCE

Use the document attached to this message, or pasted at the end, and nothing else.

- Answer only from this document. Do not search the web and do not add outside knowledge.

Full prompt: tinyurl.com/lwa26

TEST IT

Ask: "What does the document say about learning styles?" Correct answer: it's not in the document.

Exercise 1

PHASE 1: THE SOCRATIC TUTOR

Explain it before you're told

MINDSET SHIFT

Struggle helps when you eventually get there. Stuck for 2 minutes?
Ask for a hint.

GOAL

Define interleaving, and explain how it differs from spaced practice.

THE PROMPT

EXERCISE: SOCRATIC TUTOR

Topic: "Interleaving" (Section 3 of the document).

My goal: define interleaving in my own words and explain how it differs from spaced practice.

HOW YOU TEACH

1. Start by asking me what I think interleaving means. Ask one question at a time, then wait.

2. Do not give the definition before my

Full prompt: tinyurl.com/lwa26

TASK

1. Read Section 3 of the document (2 min)
2. Close the document
3. Paste Prompt 2 and explain interleaving to the AI (6 min)

Exercise 2

PHASE 2: DEEP WORK

Disconnect

WHY PAPER?

No tab to switch to. No AI to ask. Paper removes the escape route.

GOAL

Lower your screens. Pen and paper.

TASK (4 MIN, NO AI, NO DOCUMENT)

1. In 1 or 2 sentences: what is interleaving, and how is it different from spaced practice?
2. Write a 3-line study plan for a real course you have this month, using interleaving.



Exercise 3

PHASE 3: VERIFICATION

Catch the AI

THE TRUTH CHECK

The AI gives feedback. The document decides.

TASK 1

Type what you wrote on paper into Prompt 3. Exactly as written.

THE PROMPT

EXERCISE: EXAMINER

I wrote the text below from memory, without looking at the document.

MY TEXT

[paste your definition and your study plan here]

YOUR TASK

Judge my text against the document "Study Smarter" and nothing else. Do not search the web.

1. Split my text into separate claims.

Label each one CORRECT, PARTLY

Full prompt: tinyurl.com/lwa26

TASK 2

For each quote, press Ctrl+F and search 3 or 4 words in the document. Is the sentence there? Does it say what the AI claims?

YOUR TURN

Use it on your own course

1. Open a document from a course you have this month
2. Upload it and paste Prompt 1
3. Pick one mode below. Exchange at least 3 messages with the AI.
4. Write the prompt you'll reuse on a post-it

1

Explain it back

Complex theory

"I'll explain [concept] as if to a 12-year-old. Point out every gap or error in my explanation. Don't rewrite it for me."

2

Attack my argument

Essays and case answers

"Here is my argument: [...]. List the flaws you actually find, ranked by severity. If it holds, say so."

3

The simulator

Oral exams, interviews, negotiations

"Roleplay as [a difficult client / an examiner / the opposing lawyer]. Open the scene and stay in role. No feedback, no corrections and no answers until I type the single word: debrief. If I ask before that, reply 'Debrief when you are ready.' and carry on with the scene."

4

Break my analogy

Checking you really understand

"I'll explain [concept] with an analogy from my own life. Tell me where my analogy breaks."

5

Quiz me

Reviewing facts before an exam

"Quiz me on the document. One question at a time. Wait for my answer, then tell me if I'm right and why."



AI is the gym. You lift the weights.

| Tomorrow: close your notes and write down what you remember from today.

| In 3 days: do it again.



Everything from today stays here.

tinyurl.com/lwa26

