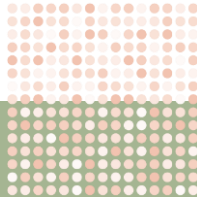




GLION SELF-HELP SERIES

Learning Support



AI use for studying and revision

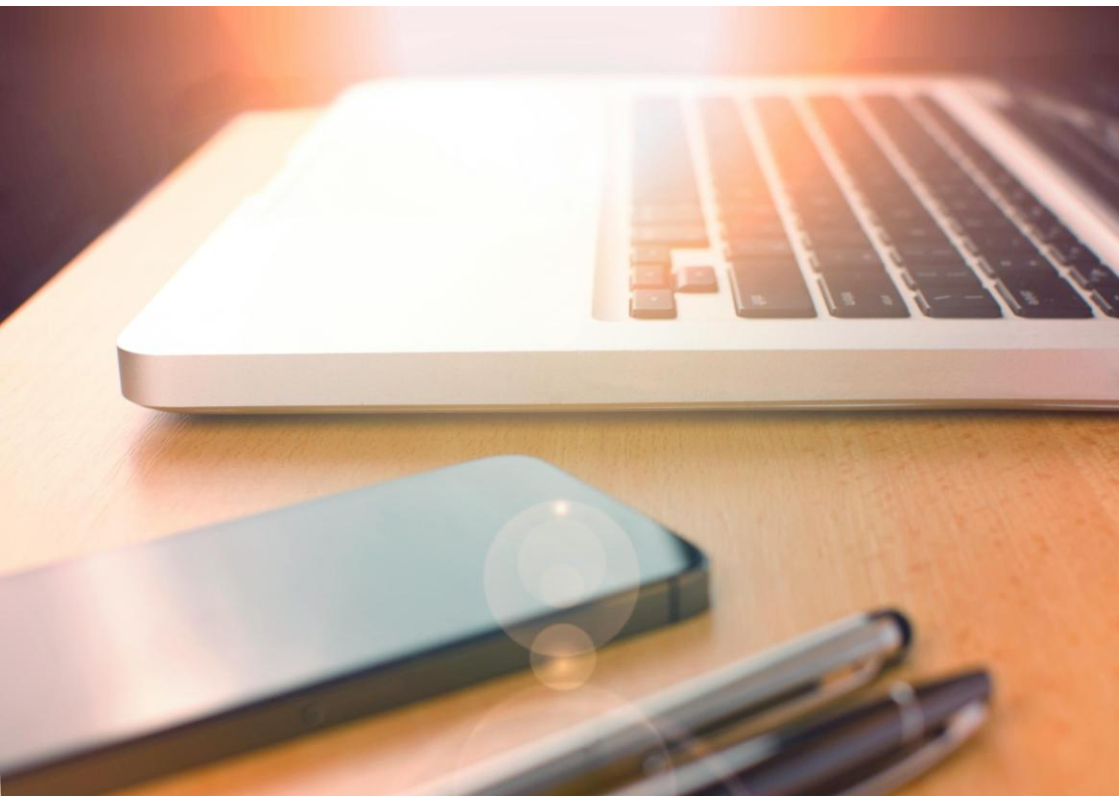


AI tools can support your studying by helping you understand difficult concepts, organise information, test your knowledge, and plan revision effectively.

Used ethically, AI becomes a study partner that helps build confidence and deepen learning.

Used incorrectly, it can create dependency and reduce real understanding.

This guide shows how to use AI responsibly throughout your study and revision process.





What AI can and cannot do for studying?

AI can help with:

- Understand theories in simpler terms
- Create practice questions or quizzes
- Summarise and structure your own notes
- Explain confusing concepts
- Generate study plans or revision timetables
- Provide examples to reinforce understanding
- Break down complex topics
- Test you on definitions, concepts, or case studies

AI cannot replace:

- Learn the material for you
- Replace active study
- Read or summarise copyrighted articles or textbooks
- Guarantee accuracy
- Replace practice, repetition, or memory work
- Complete assessments meant to measure learning

AI supports studying — it does not replace it.



Step-by-step: how to use AI for effective studying

1 Use AI to clarify complex concepts

If you don't fully understand a topic, ask AI to explain it clearly.

Prompts you can use:

- *"Explain economies of scale in simple terms."*
- *"Give me a hospitality-related example of service recovery."*
- *"Explain this concept using steps: [insert your notes]."*

Always verify explanations with class materials.





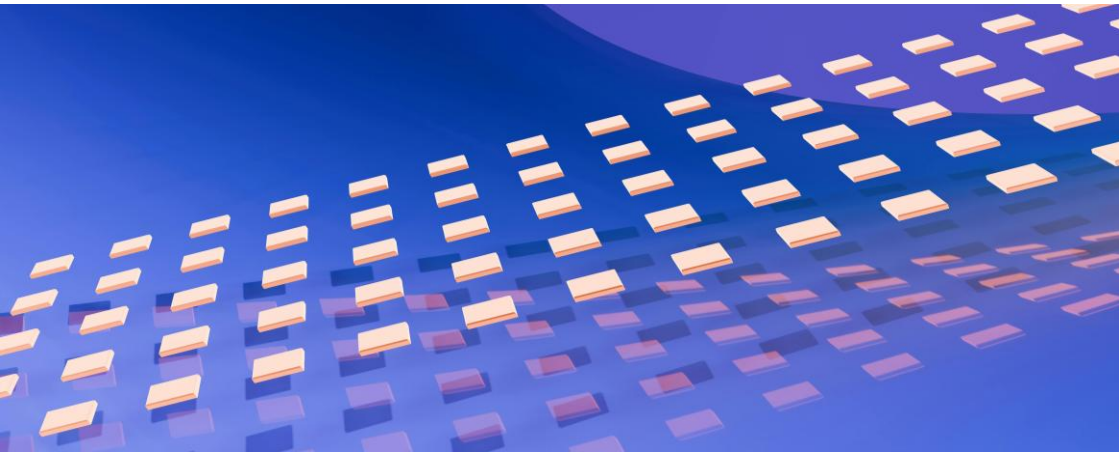
2 Turn your notes into study materials

AI should only summarise your own notes, not copyrighted content.

Prompts:

- *“Summarise my notes into 5 key points: [paste your notes].”*
- *“Turn these notes into a revision mind map.”*
- *“Create a comparison table using the information below.”*

This helps you organise and remember key ideas.



3 Create practice questions

Active recall is one of the most effective learning strategies. AI can help you test your knowledge.

Prompts:

- *“Create 10 quiz questions based on my notes: [paste notes].”*
- *“Ask me multiple-choice questions about this topic.”*
- *“Test me with harder questions to challenge my understanding.”*

You should answer the questions without looking to strengthen memory.



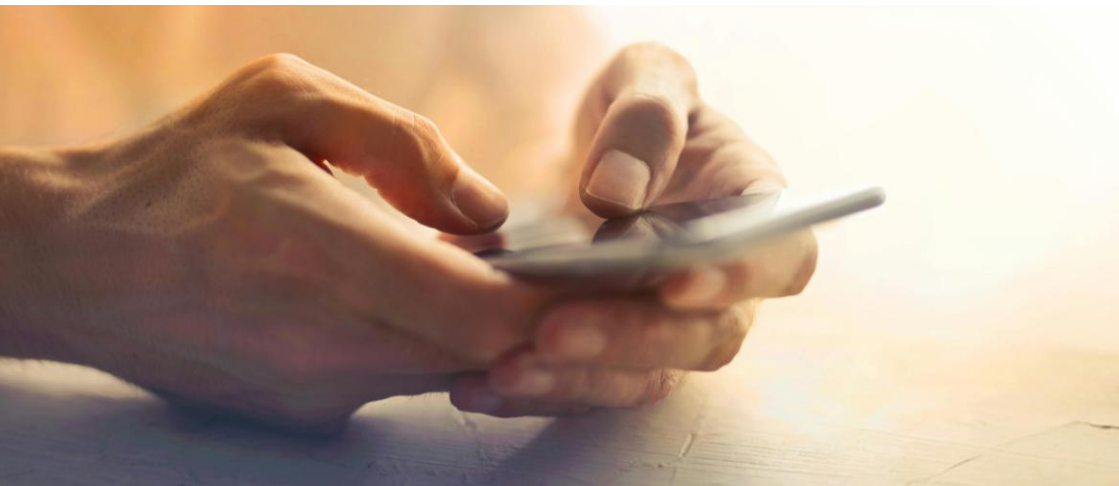
4 Produce flashcards (but study them yourself!)

AI can turn content into question–answer pairs for revision tools.

Prompts:

- *“Create flashcards for these definitions: [paste content].”*
- *“Turn these notes into 20 short flashcards.”*

Then add them to your preferred app (e.g. Anki, Quizlet) or rewrite by hand.



5 Plan your revision schedule

AI can help you plan your study week or exam preparation.

Prompts:

- *“Create a 2-week revision plan for these subjects: [list modules].”*
- *“Schedule study blocks around classes and work shifts.”*
- *“Help me organise today’s study session.”*

Adapt the plan to your needs and commitments.



6 Use AI for memory techniques

AI can help you apply proven learning strategies such as:

- Active recall
- Spaced repetition
- Chunking information
- Teaching-back method

Prompts:

- *“Quiz me on these terms using spaced repetition.”*
- *“Help me create analogies to remember these concepts.”*
- *“Explain this topic as if I were teaching it to a beginner.”*



7 Check your understanding

AI can help you reflect on what you know — and identify gaps.

Prompts:

- *“Ask me questions to test whether I understand Maslow’s hierarchy.”*
- *“Challenge me with a case scenario related to front-office operations.”*
- *“Ask me to explain this concept back to you in my own words.”*

If you can’t explain it, you need more study time.



Example: Using AI for exam revision

Topic:

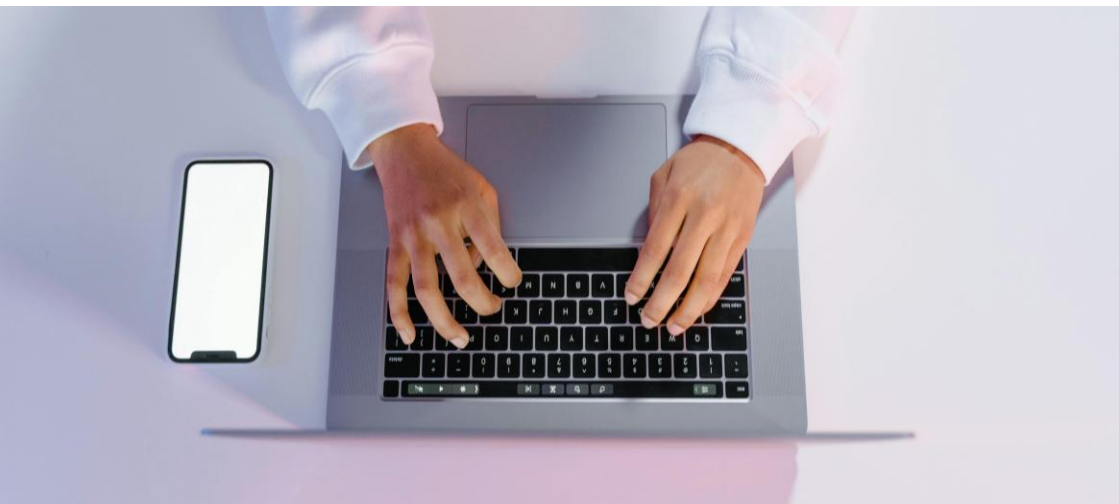
Revenue management in hotels

Ethical AI use:

- Ask for simplified explanations of RevPAR, ADR, and occupancy rate
- Turn your lecture notes into flashcards
- Create practice calculation questions
- Ask for case studies to test your understanding
- Build a study schedule for the week before the exam
- Check your own answers with AI's explanation

Unethical AI use:

- Asking AI to generate answers for exam questions
- Copying AI explanations directly into study notes
- Using AI instead of doing practice calculations





Tips & Tricks

Keep a balance: use AI as a tool, not a replacement for learning

Always check the accuracy of AI-generated information

Rewrite answers in your own words to strengthen memory

Mix AI study with offline revision — reading, writing, practicing

Avoid passive learning (just reading AI output)

Combine AI practice with your textbook and lecture notes

More information here:

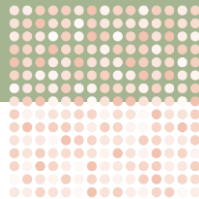




AI study support checklist

Study task	Used AI?	Verified accuracy?
Clarified concepts	<input type="checkbox"/>	<input type="checkbox"/>
Made study materials	<input type="checkbox"/>	<input type="checkbox"/>
Created practice questions	<input type="checkbox"/>	<input type="checkbox"/>
Built flashcards	<input type="checkbox"/>	<input type="checkbox"/>
Developed revision plan	<input type="checkbox"/>	<input type="checkbox"/>
Self-tested understanding	<input type="checkbox"/>	<input type="checkbox"/>





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