

The AI Memory Study Checklist

Use AI to strengthen your memory—not replace your thinking.

THE COMPLETE MEMORY LOOP

Understand → Recall → Explain → Feedback → Correct → Space → Re-test

1. BEFORE YOU START

- ☐ I know exactly what topic I am studying today.
- ☐ I will use AI for clarification, not for doing all the thinking.

2. UNDERSTAND

- ☐ I understand the basic concept before trying to memorize it.
- ☐ I asked AI to explain anything I genuinely did not understand.
- ☐ I connected the explanation to my own notes or course material.
- ☐ I did not simply copy the AI explanation.

3. CLOSE EVERYTHING

- ☐ I closed my notes and course material.
- ☐ I closed the AI chat.
- ☐ I removed the answer completely from my view.

4. RECALL & EXPLAIN

- ☐ I tried to remember the topic without looking.
- ☐ I attempted the questions before seeing the answers.
- ☐ I wrote or explained what I could remember in my own words.

5. CHECK, FEEDBACK & CORRECT

- ☐ I asked AI to check my explanation against the correct answer.
- ☐ I identified the exact things I forgot or misunderstood.
- ☐ I fixed the specific gaps instead of copying a complete answer.

6. SPACE & RE-TEST

- ☐ I scheduled another recall session.
- ☐ I will review the topic again after a delay.
- ☐ I will spend more time on topics I struggled to remember.

RECOMMENDED SPACED SCHEDULE:

Day 0 → Day 1 → Day 3 → Day 7 → Day 14

7. AI DEPENDENCY CHECK

“Have I tried to solve or remember this myself first?”

- ☐ **Yes** — I attempted it first.
- ☐ I asked AI for a hint before asking for the full answer.
- ☐ I used AI mainly for feedback, questions, explanations, or review.
- ☐ I verified important information against my actual course material.

THE AI MEMORY RULE

Let AI reduce the friction around learning — not the thinking required for learning.