

C.L.E.A.R. AI LEARNING CHECKLIST

A Step-by-Step Framework to Master & Understand Difficult Topics Faster

TOPIC: _____

DATE: _____

TARGET: _____

HOW TO USE THIS CHECKLIST

1. **Select One Focus Area:** Identify a specific complex formula, concept, or process giving you difficulty.

2. **Attempt First:** Spend 5 minutes trying to recall or solve it on paper before touching an AI tool.

3. **Work Through C.L.E.A.R.:** Use AI strictly as a private tutor—prompting it for guidance, structure, and hints.

4. **Prove Mastery:** Close all AI chats and reference notes, then complete the Final Recall Test independently.

C CONTEXT — DEFINE THE SCOPE & BASELINE KNOWLEDGE

☐ **Pinpoint Exact Confusion:** Write down specifically what is confusing (e.g., "I don't understand how step 3 transitions" rather than "I don't get physics").

☐ **Identify Missing Prerequisites:** Ask AI: *"What foundational concepts must I understand before learning [Topic]?"* Check off what you know and list gaps.

☐ **Set Goal & Boundary:** Define what successful understanding looks like today (e.g., "Able to solve a practice problem without notes").

L LAYER — DECONSTRUCT FROM SIMPLE TO TECHNICAL

☐ **High-Level ELI5 Summary:** Ask AI: *"Explain [Topic] like I am 10 years old using an everyday analogy."* Note the core intuition below.

☐ **Layer Technical Depth:** Ask AI: *"Now build on that analogy and explain the formal academic definition, key components, and terminology."*

☐ **Map the Architecture:** Ask AI for a step-by-step breakdown or ASCII flowchart showing how all elements connect together.

E EXAMPLES — ANCHOR WITH CONCRETE SCENARIOS

☐ **Request Standard & Edge-Case Examples:** Ask AI for 1 standard textbook example and 1 tricky counter-example/edge-case where the rule behaves differently.

☐ **Generate Personal Analogy:** Create your own original example or analogy. Prompt AI: *"Here is my explanation/analogy of [Topic]: [Your text]. Is it accurate?"*

A APPLY — ACTIVE PROBLEM SOLVING & HINT PROTOCOL

☐ **Socratic Practice Prompting:** Ask AI: *"Give me one medium-difficulty problem on [Topic]. Do NOT give me the solution. Wait for my response."*

☐ **Hint-Only Rule:** If stuck, do NOT ask for the answer. Prompt AI: *"I'm stuck at step X. Give me a small hint or ask a guiding question to nudge me forward."*

☐ **Error Analysis:** Paste your incorrect attempt into AI and ask: *"Where exactly did my logic break down? Explain the misconception, not just the math."*

R RECALL — FEYNMAN TECHNIQUE & CLOSED-BOOK TEST

☐ **The Feynman Teach-Back:** Write a complete explanation of the topic from memory without looking at notes. Then paste it into AI to audit for missing nuances.

- ☐ **Closed-Book Application:** Complete 1 brand-new practice problem entirely from scratch with AI turned off and textbook closed.
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1. VERIFICATION CHECK

- ☐ **Fact-Check Key Claims:** Cross-reference formulas/dates with official textbook.
- ☐ **Audit AI Hallucinations:** Verify specific citations or technical claims externally.

2. AI DEPENDENCY CHECK

- ☐ **No Copy-Pasting:** All written notes are in my own handwriting/words.
- ☐ **Struggled Before Asking:** Spent at least 2 mins thinking before prompting AI.

3. FINAL MASTERY TEST

- ☐ **Explain in 60s:** Can summarize concept fluently without hesitation.
- ☐ **Solve Unassisted:** Solved final test problem 100% independently.

★ THE GOLDEN RULE OF AI-ASSISTED LEARNING ★

"Use AI to clarify, guide, challenge, and verify — then close it and prove you can do it alone."