



Momentum AI / Study prompts

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4 copy-paste AI study prompts.



Make AI your tutor, not your answer key. Four ready prompts to learn any skill: fill in the brackets, paste into any AI chat app, and **do the thinking yourself**.

study_session

✗ ~~just give me the answer~~

✓ quiz me until I get it

whats_inside

- 01 Teach it back
- 02 Socratic tutor
- 03 Quiz me from memory
- 04 Check my summary



The short version

The 4 prompts at a *glance*.

whats_inside

save

Teach it back

- 01** Explain the topic in your own words. The AI flags what you got right, wrong and missed.

Socratic tutor

- 02** No answers. One guiding question at a time, and one hint only when you are stuck.

Quiz me from memory

- 03** Notes closed. The AI quizzes you one question at a time and repeats the ones you missed.

Check my summary

- 04** You write the summary first. The AI points out gaps and errors without rewriting it.

You do the thinking. The AI coaches.



Before you paste

How to use these *prompts*.

brief.framework

Every prompt follows BRIEF

B Background: what you are learning

R Role: who the AI should act as

I Instructions: exactly what to do

E Examples: what a good reply looks like

F Final output: the format you want back

step_1

Fill in the brackets

Anything in [square brackets] is yours to replace, like [skill] or [topic]. Delete the brackets too.

step_2

Let it ask first

Each prompt ends with "Ask me any questions you need answered before you start." Answer its questions, then start.

step_3

Check what matters

AI can be confidently wrong. Check anything important against your course, textbook or the official docs.



Prompt 1 of 4

Teach it back

When to use it: Use it right after you study something, to find out what you really understood.

teach_it_back.prompt

save

Background: I am learning [skill]. I just studied [topic].

Role: Act as a curious beginner and an honest coach.

Instructions: I will explain [topic] in my own words. Tell me what I got right, what I got wrong, and what I left out. Then ask me one follow up question.

Examples: "You explained X well. You mixed up Y and Z. You skipped W."

Final output: Three short lists: right, wrong, missing. Then one question.

Ask me any questions you need answered before you start.

Copy from Background to the last line. Built with the BRIEF framework.

fill_in_the_brackets

Replace [skill] and [topic]. Send the prompt, answer its questions, then type your explanation from memory with your notes closed.



Prompt 2 of 4

Socratic tutor

When to use it: Use it when you are stuck on a problem and want to work it out yourself, not be handed the answer.

socratic_tutor.prompt

save

Background: I am learning [skill]. Today's topic is [topic].

Role: Act as my Socratic tutor.

Instructions: Never give me the answer. Ask one guiding question at a time. Give one hint only when I am stuck. Keep going until I solve it.

Examples: "What do you think happens first?"

Final output: One short question per message.

Ask me any questions you need answered before you start.

Copy from Background to the last line. Built with the BRIEF framework.

fill_in_the_brackets

Replace [skill] and [topic]. Paste the problem you are working on after the prompt so the tutor knows where to start.



Prompt 3 of 4

Quiz me from memory

When to use it: Use it before a test, or a day after you study, to practice pulling ideas out of your head.

quiz_me.prompt

save

Background: I am learning [skill]. Here are my notes on [topic]: [paste notes].

Role: Act as my quiz coach.

Instructions: Ask me 10 questions on these notes, one at a time. Wait for my answer before the next one. After each answer, tell me if it was right and explain what I missed. Repeat the ones I got wrong at the end.

Examples: "Question 3: In your own words, why does X happen?"

Final output: One question per message, then a short list of what to review.

Ask me any questions you need answered before you start.

Copy from Background to the last line. Built with the BRIEF framework.

fill_in_the_brackets

Replace [skill] and [topic], and paste your notes where it says [paste notes]. Then close your notes and answer from memory.



Prompt 4 of 4

Check my summary

When to use it: Use it after you write a summary in your own words, to catch gaps and mix-ups before they stick.

check_my_summary.prompt

save

Background: I am learning [skill]. I wrote this summary of [topic] in my own words: [paste summary].

Role: Act as a careful editor and subject expert.

Instructions: Check my summary for gaps, mix-ups and factual errors. Do not rewrite it for me. Point to each problem and tell me which source I should check.

Examples: "Line 2 says X. This may be wrong. Check [type of source]."

Final output: A numbered list of issues, most important first, under 150 words.

Ask me any questions you need answered before you start.

Copy from Background to the last line. Built with the BRIEF framework.

fill_in_the_brackets

Replace [skill] and [topic], and paste your own summary where it says [paste summary]. Write the summary first, without AI.



Put it together

A 20 minute **study** session.

One topic. Keep your notes closed for the middle two blocks.

session.plan

save

Learn one topic

5 min

Read, watch or practice one small piece of the skill.

Teach it back

5 min

Use prompt 1 and explain it in your own words.

Quiz from memory

5 min

Use prompt 3 with your notes closed.

Summary check

5 min

Write your summary, then use prompt 4.

Stuck on a problem? Switch to prompt 2, the Socratic tutor.



Next step

Try one prompt today.

Pick the skill you are learning, fill in the brackets, and run a 20 minute session.

Where to find me

Skool community

Join the Momentum AI community on Skool

Step-by-step AI systems and real builds you can follow.

skool.com/momentum-ai/about

Instagram

@erick.killmonger

New carousels and guides like this one.

instagram.com/erick.killmonger

Newsletter

Two Steps Ahead

AI news, useful tools, and security stories worth your time.

momentum-ai.beehiiv.com/subscribe

Stan Store

All my links

stan.store/Momentum_AI