



# AP ENVIRONMENTAL SCIENCE



**AI Study Method**  
THE VELVET METHOD™

# THE VELVET METHOD™

A six-step AI study system

## **AP Environmental Science**

100 AI Prompts for Smarter Revision & Exam Prep

Active recall, exam technique, and mark-scheme thinking — without cheating.

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Students are responsible for ensuring that all work submitted for assessment is their own.

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# What Is the Velvet Method?

The Velvet Method is a six-step framework for using AI as a study partner — not a shortcut. Each letter is a stage of effective revision, and each is grounded in what cognitive science says actually works: building understanding, retrieving it under pressure, and spacing your review over time.

**V — View** See the whole picture of a topic before you study the detail.

**E — Evaluate** Run a diagnostic to find exactly where your gaps are.

**L — Learn** Fill those gaps in a way that genuinely sticks.

**V — Verify** Prove you know it with exam-style questions and examiner-style feedback.

**E — Explore** Push into top-grade thinking: application, analysis, and unseen problems.

**T — Transform** Reflect, plan your next session, and lock it in with spaced repetition.

Used in order, the six stages turn AI from a machine that hands you answers into a tutor that strengthens your own thinking — so the work stays yours, and so does the understanding you carry into the exam.

# How This Book Is Organised

This book follows the Velvet Method exactly. Its six chapters are the six stages, and the prompts in each chapter do that stage's job for AP Environmental Science. View prompts help you map the course; Evaluate prompts diagnose your gaps; Learn prompts help you understand; Verify prompts test you against mark schemes; Explore prompts stretch you into top-grade thinking; and Transform prompts help you reflect and remember.

Work through the stages roughly in order when you tackle a whole topic, or dip into a single stage when you need it — a quick diagnostic before a test, or some examiner-style marking the night before.

Every prompt is a starting point, not a script. Adapt them, raise the difficulty, swap in your own topic, and ask the AI to challenge your thinking rather than do it for you. The goal is never to get answers from AI. It is to use AI to test, challenge, and sharpen what you know.

# How to Run a Velvet Session

Having a hundred prompts is not the same as knowing how to use them. Here is how the six stages fit together in a real study session — and how to turn them into a habit rather than a one-off.

For a new topic, work roughly in order: View to map it, Evaluate to find your gaps, Learn to fill the most important ones, Verify to prove they're fixed, Explore to stretch, and Transform to lock it in and plan your next review. You won't always use all six — before a test you might go straight to Evaluate and Verify.

## A worked example

Say you have ninety minutes on energy resources (Unit 6). Open with a View prompt to map the sub-topics — renewable and non-renewable sources, fossil fuels and extraction, nuclear energy, solar/wind/hydro/geothermal, energy efficiency, distributed grids. Run the Evaluate diagnostic and find that energy-density comparisons and the calculations on FRQ 3 style problems are shaky. Use two Learn prompts: an analogy for what 'energy density' actually means, and a Walk-Me-Through prompt for a kilowatt-hour-to-dollars conversion. Then Verify with an examiner-marked FRQ 2-style Analyze-an-Environmental-Problem question on the trade-offs of converting a coal plant to natural gas. Finally, a Transform prompt schedules a review of FRQ math.

## Spread it out

The method works partly because it spaces your learning, so resist racing through this whole book in one sitting. A realistic rhythm is one or two topics a week through the full cycle, with short Verify and Transform reviews of earlier topics layered on top. The spacing is not a delay — it is the mechanism.

## Lean on the prompts less over time

At first, use the prompts word for word. As you grow more confident, strip the scaffolding away — shorten them, raise the difficulty, and eventually run a whole stage from memory. The aim is to need this book less and less.

## Trust, but Verify

AI is a powerful study partner, but it is not always right — and the danger is that you are using it precisely because you don't yet know the material well enough to notice when it's wrong.

Treating its output as automatically correct is the single biggest risk in studying with AI.

What to watch for in AP Environmental Science especially: AI can invent CED unit numbers and learning objectives that don't appear in the official Course and Exam Description; it can confuse free-response rubric wording (College Board rubrics are very specific about what earns a point); it can blur the line between AP content and college-level content beyond the syllabus; and it can quote scoring percentages or score distributions that are out of date. It can quote outdated environmental statistics, confuse global with US-specific data, blend the wrong energy-mix figures, or invent legislation names. APES rewards precise law references (Clean Air Act, RCRA, CERCLA) — verify these. Always cross-reference with the official AP CED and recent free-response scoring guidelines.

So build the habit of checking. Keep your specification and a trusted textbook to hand, and cross-reference anything that will go into your memory. Ask the AI to show its reasoning and where a mark point comes from, so you can judge it. When a marked answer surprises you, challenge it — ask why that is the model answer. And use the Verify-stage prompt that asks the AI to include a deliberate error, to keep your own eye sharp. If the AI and your specification ever disagree, the specification wins.

This is not a reason to distrust the tool. It is the skill that makes you safe to use it — and learning to check AI well is itself one of the most valuable things this method will teach you.

# Quick Start: Which Prompt, When

Not sure where to begin? Match your situation to a stage:

**Starting a brand-new topic:** View (Prompts 1–10), then run a diagnostic.

**A test tomorrow, short on time:** the diagnostics (Prompts 11–25), then a few Verify prompts on your weak spots.

**You've revised but it won't stick:** Learn (Prompts 26–43), especially Feynman and draw-from-memory.

**You know it but keep losing exam marks:** Verify (Prompts 44–71), especially examiner marking and command words.

**Aiming for the top grades:** Explore (Prompts 72–88).

**End of a session or week:** Transform (Prompts 89–100).

When in doubt, run the Whole-Topic Diagnostic (Prompt 11) — it will tell you what you need.

## These prompts are your toolkit.

The Velvet Method course is where you learn to wield them.

Six steps taught in full, worked examples for every stage, and a complete prompt library across your subjects.

**Learn the method at [aistudymethod.co.uk/courses](https://aistudymethod.co.uk/courses)**

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# Note on Exam Boards and Syllabi

This book supports AP Environmental Science students preparing for the College Board's AP Environmental Science (APES) exam, scored on the 1-5 scale.

AP Environmental Science is organised by the College Board around 9 Units (The Living World: Ecosystems; The Living World: Biodiversity; Populations; Earth Systems and Resources; Land and Water Use; Energy Resources and Consumption; Atmospheric Pollution; Aquatic and Terrestrial Pollution; Global Change). Seven Science Practices are assessed: Concept Explanation, Visual Representations, Text Analysis, Scientific Experiments, Data Analysis, Mathematical Routines, Environmental Solutions. The exam is 90 minutes Multiple Choice (80 questions, 60%) plus 70 minutes Free Response (3 questions, 40%) including a Design-an-Investigation question, an Analyze-an-Environmental-Problem question, and an Analyze-an-Environmental-Problem-with-Calculations question.

Always cross-reference with your own specification and use it as the definitive guide to what you will be examined on. This book is a powerful revision companion; your specification remains the final word on content.



## View

Before you revise a single detail, build the big picture. The View stage uses AI to map the syllabus, find the core ideas a topic depends on, and see how everything connects — so that when you study the detail, it has somewhere to attach. Start here for any new topic.

### Prompt 1: Map the Whole Specification

**Copy this prompt into your AI tool:**

Act as an AP Geography tutor. Give me a structured overview of the entire AP Geography course, grouped into environmental science (water and carbon cycles, landscape systems, hazards, ecosystems), human geography (changing places, globalisation, population, urban environments, development), and skills/fieldwork. For each area, list the key sub-topics in a single line.

**What this helps you practise:** Seeing the whole course as one connected map before revising any single part.

**How to use it well:** Keep this overview somewhere visible and tick off each sub-topic as you secure it, so you always know where a new case study fits in the bigger picture.

### Prompt 2: Build the Big Picture of a Topic

**Copy this prompt into your AI tool:**

Before I study [topic, e.g. globalisation, or coastal landscapes] in detail, give me a one-paragraph big-picture summary: what this topic is fundamentally about, the three or four core ideas everything else hangs on, and how it connects to the rest of AP Geography.

**What this helps you practise:** Building a mental framework that later detail can attach to.

**How to use it well:** Read this before your textbook, not after. The framework makes the detailed reading far easier to absorb.

### Prompt 3: Create a Personalised Spec Checklist

**Copy this prompt into your AI tool:**

Using the AP Geography Course and Exam Description (CED) for [the AP] on the topic of [topic], produce a checklist of everything I must be able to do, written as a list of 'I can...' statements (for example, 'I can explain the role of sediment cells in coastal management on a named stretch of UK coastline').

**What this helps you practise:** Turning a vague topic into a concrete, testable list of skills.

**How to use it well:** Tell the AI you are studying for the College Board's AP exam. Then RAG-rate each statement (red/amber/green) so your revision targets reds first.

## Prompt 4: Find the Spine of a Topic

**Copy this prompt into your AI tool:**

Identify the five or six absolutely central ideas in [topic, e.g. the water cycle, or globalisation] that everything else depends on. Explain in one line why each is load-bearing, and what falls apart if I don't understand it.

**What this helps you practise:** Distinguishing the core principles from the peripheral detail.

**How to use it well:** Master the spine first. Once the central ideas are secure, case-study detail attaches around them and makes sense.

## Prompt 5: See How a Topic Connects to the Course

**Copy this prompt into your AI tool:**

Show me how [topic] links to other areas of AP Geography. Give me a cross-unit map: for each connection, name the other topic and explain the link in one sentence (for example, hazards links to climate change via increased hydro-meteorological risks, to population via vulnerability, and to development via response capacity).

**What this helps you practise:** Thinking synoptically, which is what separates top grades at AP.

**How to use it well:** Synoptic links are heavily rewarded. Build these maps early so the connections feel natural by exam season.

## Prompt 6: Prioritise by Exam Weighting

**Copy this prompt into your AI tool:**

Based on past AP Geography papers for [the AP], tell me which sub-topics of [module] appear most frequently and carry the most marks. Help me rank what to prioritise if my revision time is limited.

**What this helps you practise:** Spending limited time where it earns the most marks.

**How to use it well:** Treat this as guidance, not gospel — always cross-check against your Course and Exam Description (CED). But it's a sensible way to triage when time is short.

## Prompt 7: Get a Five-Minute Primer Before a Lesson

**Copy this prompt into your AI tool:**

I'm about to study [topic, e.g. tectonic hazards] for the first time. Give me a five-minute primer: the key vocabulary (plate boundary type, hazard profile, vulnerability, resilience), the main idea in plain English, and the three questions I should be able to answer by the end of the lesson.

**What this helps you practise:** Priming your brain so new teaching lands on prepared ground.

**How to use it well:** Previewing before a lesson dramatically improves how much you take from it. The questions also tell you what to listen for.

## Prompt 8: Turn Spec Points into Exam Questions

**Copy this prompt into your AI tool:**

Take these Course and Exam Description (CED) statements for [topic] and, for each one, write the kinds of exam questions an AP grader could realistically ask, including the likely

command words (describe, explain, assess, analyse, evaluate, to what extent) and mark allocations.

**What this helps you practise:** Seeing your syllabus through the AP grader's eyes.

**How to use it well:** This converts passive spec points into active targets. Keep the questions to test yourself with later.

### **Prompt 9: Sketch a System Diagram**

**Copy this prompt into your AI tool:**

Describe a labelled systems diagram I should be able to draw from memory for [topic, e.g. the water cycle, the carbon cycle, or a glacial budget]. List the stores, the flows, the input/output points, and the feedbacks, as a set of nodes and labelled arrows for me to draw out by hand.

**What this helps you practise:** Organising the system into one connected map.

**How to use it well:** Draw it yourself rather than copying — the act of building the system is where the learning happens. Always label stores, flows and feedbacks.

### **Prompt 10: Set a Clear Goal for a Revision Session**

**Copy this prompt into your AI tool:**

Help me set a specific, achievable objective for a 45-minute revision session on [topic, e.g. coastal management]. Define exactly what I should be able to do by the end, and break it into three concrete checkpoints.

**What this helps you practise:** Giving each session a clear purpose instead of vague 'reading'.

**How to use it well:** A session with a defined endpoint is far more effective than open-ended revision. Check off the three checkpoints as you go.

# E

## Evaluate

You can't fix gaps you haven't found. The Evaluate stage uses AI as a diagnostic: it tests you, catches the things you only think you know, and tells you precisely where to spend your time. Honest answers here save you hours later.

### Prompt 11: Whole-Topic Diagnostic with Confidence Rating

**Copy this prompt into your AI tool:**

You are an AP Geography AP grader running a diagnostic. Write 12 short-answer questions spanning [topic], with a spread of difficulty and varied command words. Present them and wait. I will answer each and tag my confidence as (Sure), (Unsure) or (Guess). Then mark against concise model answers, flag anything I marked (Sure) but got wrong as my most dangerous gap, flag anything I got right but marked (Guess) as not yet secure, and rank my weakest sub-topics with what to study first. Finally, give me a one-sentence summary of my top three dangerous gaps that I can paste straight into my revision tracker. Before you write the questions, ask me to predict which two or three sub-topics I expect to find hardest. At the end, compare my prediction with where I actually struggled — the gap between the two is what I most need to calibrate.

**What this helps you practise:** Pinpointing exactly where your understanding is weakest before you revise.

**How to use it well:** The confidence tags catch the gaps a normal quiz hides — the things you got right by luck and the things you were wrong but certain about.

### Prompt 12: Rapid Recall Audit

**Copy this prompt into your AI tool:**

Give me 15 quick recall questions covering the breadth of [module], one at a time, no notes allowed. At the end, sort every topic I touched into three buckets: secure, shaky, and missing.

**What this helps you practise:** A fast, honest snapshot of what's actually in your memory.

**How to use it well:** Do this closed-book and resist the urge to look anything up — the value is in the honest result, not a good score.

### Prompt 13: Find My Misconceptions

**Copy this prompt into your AI tool:**

Ask me to explain [concept, e.g. positive vs negative feedback in the carbon cycle, or push and pull migration factors]. As I answer, probe for the specific misconceptions AP Geography students commonly hold, and tell me clearly which ones I'm showing.

**What this helps you practise:** Surfacing the subtle wrong ideas that quietly cost marks.

**How to use it well:** Misconceptions are dangerous because they feel like knowledge. Naming yours is the first step to fixing them.

### **Prompt 14: Pre-Test Triage**

**Copy this prompt into your AI tool:**

I have a test on [topic] tomorrow. Run a quick diagnostic to find out where my understanding is weakest, then tell me precisely which two or three areas to spend tonight on, and roughly how long on each.

**What this helps you practise:** Turning night-before panic into a focused, prioritised plan.

**How to use it well:** Be honest in your answers — a diagnosis based on bluffing sends you to revise the wrong things.

### **Prompt 15: Command-Word Diagnostic**

**Copy this prompt into your AI tool:**

Test whether I can handle different command words on the same content. Ask me a 'describe', then an 'explain', then an 'analyse', then an 'evaluate' question on [topic], and tell me which command word I struggle with most.

**What this helps you practise:** Diagnosing exam-technique gaps, not just knowledge gaps.

**How to use it well:** 'Describe' wants what happens; 'analyse' wants linked breakdown; 'evaluate' wants weighed judgement. Knowing the difference is worth a grade.

### **Prompt 16: Map the Gaps Across a Module**

**Copy this prompt into your AI tool:**

Sweep across the whole of [module] with a broad set of questions including case study application, data interpretation, and short explanations. Output a ranked gap list — my weakest area at the top — with a one-line reason for each ranking.

**What this helps you practise:** Getting a module-wide picture rather than topic tunnel vision.

**How to use it well:** Use the ranked list to plan a week of revision, working top-down from your biggest weakness.

### **Prompt 17: Test Depth, Not Just Surface**

**Copy this prompt into your AI tool:**

Ask me about [concept, e.g. why some hazards become disasters and others don't]. Whatever I answer, keep asking 'why' and 'how do you know' until either my understanding runs out or you're satisfied it's genuinely deep. Then tell me where it ran out.

**What this helps you practise:** Distinguishing real understanding from memorised statements.

**How to use it well:** The point where you can no longer answer 'why' is exactly where your real revision should begin.

### **Prompt 18: Diagnose My Quantitative Skills**

**Copy this prompt into your AI tool:**

Test my quantitative skills for AP Geography with a short mixed set: calculating mean, mode and median from a population data set, identifying the appropriate statistical test from a

choice (Spearman's, chi-squared, t-test), interpreting a population pyramid, calculating economic indicators (GDP per capita, Gini coefficient), and a percentage change in a hazard impact dataset. Tell me which I need to practise.

**What this helps you practise:** Catching the quantitative skills that AP Geography expects across the paper.

**How to use it well:** Quantitative marks are reliable easy points. Don't let these be the marks you drop.

## **Prompt 19: Diagnose My Case-Study Recall**

**Copy this prompt into your AI tool:**

Quiz me on the named case studies for [topic, e.g. a tectonic hazard contrast pairing of a HIC and LIC event]. For each, ask me to give location, dates, key statistics, primary and secondary impacts, response, and a brief evaluation. Tell me which case study is thinnest in my memory.

**What this helps you practise:** Securing the case-study marks that examiners specifically demand.

**How to use it well:** Examiners reward precise, location-specific case-study detail. Vague 'in Haiti there was a quake' answers score little.

## **Prompt 20: Test a Linked Concept**

**Copy this prompt into your AI tool:**

Give me a diagnostic that specifically checks whether I can connect [topic A, e.g. climate change] and [topic B, e.g. coastal erosion rates], not just recall each separately. Tell me whether my weakness is in the individual topics or in linking them.

**What this helps you practise:** Diagnosing cross-unit weakness, a common hidden gap.

**How to use it well:** You can know two topics well and still fail to link them. This isolates which problem you actually have.

## **Prompt 21: Self-Explanation Check**

**Copy this prompt into your AI tool:**

I'm going to explain [topic, e.g. why some places have higher levels of deprivation than others] to you in my own words. Listen, then identify every gap, error, vague statement, or missing link in my explanation, in order of importance.

**What this helps you practise:** Forcing the gaps in your understanding to reveal themselves.

**How to use it well:** Explaining out loud exposes far more than re-reading ever will. The vague bits in your explanation are your real gaps.

## **Prompt 22: Exam-Readiness Score**

**Copy this prompt into your AI tool:**

Act as a tough AP Geography AP grader. Ask me the hardest questions you realistically could on [topic], then rate my readiness for each sub-area on a scale of 1 to 5 and justify each score.

**What this helps you practise:** Getting a frank, AP grader's-eye assessment of where you stand.

**How to use it well:** Ask it to be strict. A flattering score the week before an exam helps nobody.

## Prompt 23: Confidence vs Competence Audit

**Copy this prompt into your AI tool:**

For [topic, e.g. globalisation], first ask me how confident I feel about each sub-area (causes, players, impacts, governance). Then test me on each. Finally, show me where my confidence and my actual performance don't match.

**What this helps you practise:** Exposing over-confidence, which is where careless marks are lost.

**How to use it well:** The mismatches matter most: areas you feel sure about but perform poorly on are where exam disasters happen.

## Prompt 24: Diagnose from a Mistake

**Copy this prompt into your AI tool:**

Here is a question I got wrong: [paste the question and my answer]. Don't just give me the right answer — diagnose the underlying gap or misconception that caused the mistake, and tell me what else that gap probably affects.

**What this helps you practise:** Learning from errors at the level of the cause, not the symptom.

**How to use it well:** One mistake often points to a deeper gap. Fix the cause, not just the instance.

## Prompt 25: Weekly Diagnostic Sweep

**Copy this prompt into your AI tool:**

Run my weekly diagnostic across everything I've revised this week: [list topics]. Compare my performance, tell me what has improved and what is slipping, and what needs revisiting before next week.

**What this helps you practise:** Tracking progress and catching topics that fade over time.

**How to use it well:** Knowledge decays without review. A weekly sweep catches the slipping topics before they're forgotten.

# L

## Learn

Now fill the gaps in a way that sticks. The Learn stage uses AI to explain, analogueise, roleplay, and break concepts down — and crucially to check your understanding, not just deliver information. One rule for every prompt here: when an explanation finally clicks, close the chat and reproduce it from memory, out loud or on paper, before moving on. Understanding something as you read it is not the same as being able to recall it later — the moment of 'I get it' is the cue to test yourself, not to stop.

### Prompt 26: Explain with an Analogy

**Copy this prompt into your AI tool:**

Explain [difficult concept, e.g. the carbon cycle, or the Park Model of hazard response] using a clear everyday analogy. Then ask me to map each part of the analogy back onto the real geography to check I've understood, not just enjoyed the story.

**What this helps you practise:** Grasping an abstract concept by anchoring it to something familiar.

**How to use it well:** Always map the analogy back to the geography — an analogy you can't translate is entertainment, not understanding.

### Prompt 27: Use the Feynman Technique

**Copy this prompt into your AI tool:**

I'm going to explain [topic, e.g. why monsoon failures cause famines in some places but not others] as simply as if I were teaching a 14-year-old. Listen, then point out exactly where I used jargon to paper over a gap, where my logic broke, and where I oversimplified. When you spot a gap in my explanation, do not correct me immediately. Give me one 60-second attempt to re-explain that part from memory first; only after my retry do you give the correction. This iteration is where the encoding consolidates.

**What this helps you practise:** Achieving genuine understanding by teaching it plainly.

**How to use it well:** If you can't explain it simply, you don't fully understand it. The jargon you reach for marks the gaps.

### Prompt 28: Roleplay a Water Drop

**Copy this prompt into your AI tool:**

Roleplay as a water molecule travelling through the hydrological cycle, from ocean evaporation to river return. Narrate what happens at each stage — atmosphere, precipitation, infiltration, percolation, throughflow, runoff — and quiz me on what's happening, the stores, and the flows as we go.

**What this helps you practise:** Making the systems cycle vivid and memorable.

**How to use it well:** Narrative ordering helps a multi-stage system stick. Try it for the carbon cycle or rock cycle too.

### **Prompt 29: Build a Mnemonic**

**Copy this prompt into your AI tool:**

Help me create a memorable mnemonic for [list, e.g. the stages of the demographic transition model, or the layers of the atmosphere]. Then test me on whether I can reconstruct the full list from the mnemonic.

**What this helps you practise:** Locking ordered lists into long-term memory.

**How to use it well:** Make the mnemonic slightly absurd or personal — odd associations are easier to recall than bland ones.

### **Prompt 30: Walk Me Through, Then Blank It Out**

**Copy this prompt into your AI tool:**

Walk me through [process, e.g. the formation of a wave-cut platform, or a hyperarid landform sequence] one clear step at a time. Then give the same process back to me with key steps blanked out for me to fill in.

**What this helps you practise:** Moving from guided understanding to independent recall.

**How to use it well:** The blank-it-out step is the learning. Don't skip it because the walkthrough felt clear — clear isn't the same as learned.

### **Prompt 31: Compare and Contrast Case Studies**

**Copy this prompt into your AI tool:**

Build a comparison table for [X vs Y, e.g. a HIC and a LIC tectonic hazard event, or a top-down vs bottom-up regeneration scheme]. Include the points AP examiners care about: causes, impacts, responses, success, and limitations. Then quiz me specifically on the differences.

**What this helps you practise:** Sharpening the comparative case-study skill examiners reward.

**How to use it well:** Contrasting case studies are the staple of AP Geography. Knowing the differences cold is worth more than knowing each in isolation.

### **Prompt 32: Teach the Hard Bit Three Ways**

**Copy this prompt into your AI tool:**

Explain [tricky concept, e.g. why glaciated landscapes show signs of both erosion and deposition] to me in three completely different ways — a definition-led way, an analogy, and a worked example. Then ask me which made it click and test that understanding.

**What this helps you practise:** Finding the explanation that actually works for you.

**How to use it well:** Different concepts yield to different explanations. Keep the version that clicks and use it as your anchor.

### **Prompt 33: Ground the Abstract in the Concrete**

**Copy this prompt into your AI tool:**

Take this abstract idea — [e.g. 'sense of place', or 'sustainability'] — and give me two concrete, specific examples from named places, then ask me to generate a third myself.

**What this helps you practise:** Connecting principles to the real examples exams demand.

**How to use it well:** Generating your own example is the test of understanding. If you can produce a new case, you've got the principle.

### **Prompt 34: Draw a System or Landform from Memory**

**Copy this prompt into your AI tool:**

Guide me to draw a labelled diagram of [landform or system, e.g. an oxbow lake, a corrie/cirque, or a flood hydrograph] from memory. Ask me what goes where, then tell me what I missed or mislabelled.

**What this helps you practise:** Building the precise, labelled recall that diagrams require.

**How to use it well:** Diagrams are credit-magnets. Always label every component and arrow — and add a note explaining the process where relevant.

### **Prompt 35: Why Does It Form That Way?**

**Copy this prompt into your AI tool:**

Don't just tell me what happens in [process, e.g. coastal erosion at a wave-cut notch, or fluvial deposition on the inside of a meander] — explain why it happens that way. Give the underlying mechanism for each link.

**What this helps you practise:** Replacing rote process memorisation with causal understanding.

**How to use it well:** Understanding the 'why' lets you reconstruct the 'what' and handle unfamiliar landform questions.

### **Prompt 36: Unpack a Definition Word by Word**

**Copy this prompt into your AI tool:**

Take this precise AP definition — [e.g. of a 'place', of 'globalisation', or of 'sustainability'] — and unpack it word by word, explaining why each term is in there and what would be wrong if it were left out.

**What this helps you practise:** Mastering the exact wording examiners require.

**How to use it well:** AP definitions are precise for a reason. Knowing why each word matters helps you reproduce them exactly.

### **Prompt 37: Link Process to Place**

**Copy this prompt into your AI tool:**

For [process, e.g. longshore drift], give me three specific named places where it operates and the resulting landform/issue at each. For each, state the process precisely and the local conditions that shape its effect.

**What this helps you practise:** Mastering the process–place link that distinguishes A-grade case-study answers.

**How to use it well:** Examiners reward process described with specific places. Always tie a process to a named UK or world example.

## Prompt 38: Interleave Two Confusable Topics

**Copy this prompt into your AI tool:**

Alternate between explaining and quizzing me on [topic A, e.g. weathering] and [topic B, e.g. erosion], which I keep mixing up. Deliberately switch between them so I have to tell them apart each time.

**What this helps you practise:** Building the discrimination to keep similar topics separate.

**How to use it well:** Interleaving feels harder than studying one topic at a time, but it's exactly that difficulty that stops you confusing them.

## Prompt 39: Turn My Notes into Understanding

**Copy this prompt into your AI tool:**

Here are my notes on [topic, e.g. urban regeneration]: [paste]. Turn them into a clear, causal explanation, and point out anything I've written down as a fact without actually understanding why it's true.

**What this helps you practise:** Converting copied notes into genuine comprehension.

**How to use it well:** Notes can hide a lack of understanding. This step exposes the lines you've memorised but couldn't explain.

## Prompt 40: Explore What Happens If a Condition Changes

**Copy this prompt into your AI tool:**

For [system, e.g. the carbon cycle], walk through what would change if one specific input or sink altered — for example, if global deforestation doubled, or if ocean uptake fell. Use the change to test whether I really understand the working system.

**What this helps you practise:** Deepening understanding by examining how a system responds.

**How to use it well:** Understanding how systems respond proves you understand the underlying geography, and prepares you for application questions.

## Prompt 41: Build Precise Vocabulary

**Copy this prompt into your AI tool:**

Generate the key technical terms for [topic, e.g. coastal landscapes — fetch, sediment cell, swash-aligned beach, isostatic readjustment], each with a precise AP definition and a sentence showing correct use. Then test me by giving definitions and asking for the term, and vice versa.

**What this helps you practise:** Building the exact vocabulary that earns marks.

**How to use it well:** Imprecise vocabulary loses marks even when the idea is right. Drill the exact terms until they're automatic.

## Prompt 42: Explain the Shape of a Graph

**Copy this prompt into your AI tool:**

Talk me through interpreting [named graph, e.g. a flood hydrograph, a Lorenz curve, or the demographic transition model]. Explain the geography behind every section, then give me a blank version to annotate myself.

**What this helps you practise:** Understanding the geography behind standard graphs, not just their shapes.

**How to use it well:** Examiners ask you to explain shapes, not just recognise them. Always tie each part of the curve to the underlying processes.

### **Prompt 43: Make a Process into a Story**

**Copy this prompt into your AI tool:**

Turn [multi-stage process, e.g. the chain from heavy rainfall to a flash flood and its impacts] into a short, vivid story with a clear sequence of events, then quiz me on the order and the key thing that happens at each stage.

**What this helps you practise:** Using narrative structure to remember multi-stage processes.

**How to use it well:** Sequences are easier to recall as a story than as a list. Make the cause-and-effect chain the plot.



## Verify

Familiar is not the same as known. The Verify stage uses AI as an examiner: it asks exam-style questions, marks you against realistic mark schemes, and shows you exactly where marks are won and lost. This is the heart of the method, so this is the longest chapter.

### Prompt 44: Examiner Marking Against a Mark Scheme

**Copy this prompt into your AI tool:**

Act as a senior AP Geography AP grader. Give me one 20-mark essay question on [topic]. After I answer, mark it against a realistic mark scheme: focus on Knowledge knowledge, Application application, Analysis analysis/evaluation. Tell me the level, mark, and the single most valuable improvement.

**What this helps you practise:** Practising extended answers and learning how the AO marks are awarded.

**How to use it well:** Note which AO you keep underweighting — that pattern is your improvement plan.

### Prompt 45: Closed-Book Retrieval Quiz

**Copy this prompt into your AI tool:**

Quiz me on [topic] with ten questions, one at a time, no notes allowed. Don't give me the answer until I've committed to mine, then tell me if I'm right and correct any error precisely. Before you confirm or reject my answer, ask me to articulate in one sentence how I arrived at it. Mark me on the reasoning as well as the conclusion — a right answer from shaky reasoning is not yet secure.

**What this helps you practise:** Strengthening memory through the act of retrieval itself.

**How to use it well:** Retrieval, not re-reading, is what builds durable memory. Commit to an answer before checking — the effort is the point.

### Prompt 46: Drill an Analysis Chain

**Copy this prompt into your AI tool:**

Give me an 'analyse' question on [topic]. Mark me specifically on whether my answer forms a complete chain of reasoning where each link causes the next, supported by case-study evidence, rather than a list of disconnected facts.

**What this helps you practise:** Building the linked reasoning that 'analyse' questions demand.

**How to use it well:** 'Analyse' means show the chain. A list of true facts with no connections rarely scores full marks.

## Prompt 47: Find the Missing Evidence

**Copy this prompt into your AI tool:**

Write a model answer to a FRQ question on [topic], then remove two of the mark-worthy case-study evidence points and present it to me. Ask me to identify exactly which two are missing.

**What this helps you practise:** Training your eye to see what a full-mark answer requires.

**How to use it well:** Learning to spot what's missing from a good answer is how you stop leaving marks on the table in your own.

## Prompt 48: Demand Precise Place Detail

**Copy this prompt into your AI tool:**

Test me on a named case study for [topic]. Accept only answers that are precise to AP standard — if I'm vague on location, dates, statistics or stakeholders, tell me exactly which detail would have earned the mark.

**What this helps you practise:** Producing the precision that case-study marks require.

**How to use it well:** Examiners reward specificity. Drill case-study facts (name, date, magnitude, fatalities, responses) until they're automatic.

## Prompt 49: Mark a Diagram

**Copy this prompt into your AI tool:**

Ask me to draw and label [diagram, e.g. a glacial budget, the structure of a tropical rainforest, or the demographic transition model]. Then critique my drawing as an AP grader would: are axes/labels correct, are the relationships clearly shown, are the processes annotated?

**What this helps you practise:** Producing exam-accurate diagrams under recall conditions.

**How to use it well:** Diagram marks come from labels and annotation. Don't just draw — explain each component in writing.

## Prompt 50: Application Question, Marked

**Copy this prompt into your AI tool:**

Give me an application question that places [topic] in an unfamiliar place or scenario. After I answer, mark whether I correctly applied the geography to the new situation rather than just restating what I memorised.

**What this helps you practise:** Practising the application skill that distinguishes strong candidates.

**How to use it well:** Application questions reward transfer, not recall. Marks come from using the principle in the new context.

## Prompt 51: Structure a 20-Marker

**Copy this prompt into your AI tool:**

Give me a 20-mark essay question on [topic]. Before marking content, assess the structure: clear introduction with definition and thesis, balanced argument paragraphs, evidenced evaluation, and a justified conclusion. Is each section identifiable?

**What this helps you practise:** Structuring long essays so every level mark is reachable.

**How to use it well:** Examiners can only award marks they can find. A clear structure tells them immediately which level you've reached.

## **Prompt 52: Check a Multi-Step Calculation**

**Copy this prompt into your AI tool:**

Give me a quantitative AP Geography problem on [topic, e.g. calculating a Spearman's rank, interpreting a chi-squared result, or comparing dependency ratios across two populations].  
Mark my working as well as my answer.

**What this helps you practise:** Securing the maths marks and the method marks behind them.

**How to use it well:** Show full working — method marks are available even when the final answer is wrong. Never just write the answer.

## **Prompt 53: Interpret Data, Then Get Marked**

**Copy this prompt into your AI tool:**

Present me with a set of geographical data — for example a population pyramid, a flood-risk map, or a land-use change table — on [topic]. Ask me to describe the trend and explain it, then mark me separately on description and explanation.

**What this helps you practise:** Separating data-description from data-explanation.

**How to use it well:** Describe what the data shows (with figures and direction) before you explain why. Mixing the two is a common mark-loser.

## **Prompt 54: Synoptic Retrieval Challenge**

**Copy this prompt into your AI tool:**

Ask me a question that requires me to pull together knowledge from at least three different areas of AP Geography to answer fully — for example, a question on a tropical-storm impact that needs hazards, climate change and development.

**What this helps you practise:** Retrieving and connecting across topics under question pressure.

**How to use it well:** Synoptic questions reward range and linkage. Practise reaching deliberately into other topics for relevant points.

## **Prompt 55: Same Topic, Different Command Words**

**Copy this prompt into your AI tool:**

Ask me three questions on [topic] using three different command words — for example 'explain', 'assess' and 'evaluate'. Mark each against what that command word requires, and tell me which I handle worst.

**What this helps you practise:** Matching your answer to what each command word actually demands.

**How to use it well:** The content may overlap, but the command word changes what scores. This builds that discrimination.

## **Prompt 56: Drill Place-Specific Evaluation**

**Copy this prompt into your AI tool:**

Give me a 20-mark question on [topic] and mark me specifically on whether my evaluation is tied to a named place, not generic 'it depends on level of development' lines.

**What this helps you practise:** Lifting evaluation marks from generic to place-specific.

**How to use it well:** Examiners now actively reward evaluation tied to the specific case. Always ground each point in a named place.

### **Prompt 57: Spring the Common Error Trap**

**Copy this prompt into your AI tool:**

Ask me questions on [topic] designed around the errors AP Geography students most commonly make (for example, confusing constructive and destructive plate margins, or conflating weather and climate). Catch me if I fall for one and explain the correct version.

**What this helps you practise:** Inoculating yourself against the classic, predictable mistakes.

**How to use it well:** Examiners know the common errors and test for them. Knowing yours in advance is half the battle.

### **Prompt 58: Rapid-Fire Definitions**

**Copy this prompt into your AI tool:**

Fire 15 key terms from [module] at me, one at a time, and ask me to give the precise definition for each as fast as I can. Then list the ones I got wrong or vague for me to drill again.

**What this helps you practise:** Making core definitions fast and automatic.

**How to use it well:** Speed matters — in the exam you want definitions to come instantly so your thinking time goes on the hard parts.

### **Prompt 59: Predict the Mark Scheme**

**Copy this prompt into your AI tool:**

Show me a past-paper-style question on [topic]. Before answering, I'll predict where Knowledge, Application and Analysis marks fall. Then reveal a realistic mark scheme and tell me how accurate my prediction was.

**What this helps you practise:** Learning to think like the AP grader who wrote the mark scheme.

**How to use it well:** If you can predict the AO balance, you can target your answer to hit each. This builds the level-marking instinct.

### **Prompt 60: Verify a Resource-Based Answer**

**Copy this prompt into your AI tool:**

Show me (in words) a figure such as a choropleth map, a satellite image, or a population pyramid related to [topic]. Ask me to write a short resource-based answer using the figure, then critique me on whether I explicitly cited features of the figure rather than ignoring it.

**What this helps you practise:** Producing resource-based answers that earn the figure-reference marks.

**How to use it well:** Resource questions require explicit reference to the figure. Phrase like 'Figure 3 shows that...' to lock in the mark.

## Prompt 61: Drill Calculation-Plus-Interpretation

**Copy this prompt into your AI tool:**

Give me a calculation question on [topic, e.g. a Spearman's rank correlation from fieldwork data] and ask me both to calculate and to interpret what the value means for the geographical question. Mark me on both.

**What this helps you practise:** Securing the interpretation marks that calculations alone don't earn.

**How to use it well:** A bare number scores the calculation mark; the contextual interpretation earns the second mark. Always write both.

## Prompt 62: Practise a 'Compare' Question

**Copy this prompt into your AI tool:**

Give me a 'compare' question on [X and Y, e.g. a tectonic hazard in a HIC and a LIC]. Mark me on whether I made genuine comparative statements (linking the two) rather than describing each separately, which scores poorly.

**What this helps you practise:** Writing true comparisons rather than parallel descriptions.

**How to use it well:** A real comparison uses linking words — 'whereas', 'in contrast', 'both'. Two separate descriptions side by side rarely earn the comparison marks.

## Prompt 63: Practise an 'Evaluate' Question

**Copy this prompt into your AI tool:**

Give me an 'evaluate' question on [topic, e.g. the success of a named regeneration scheme]. Mark me on whether I presented evidence on more than one side and reached a justified conclusion, rather than just listing points.

**What this helps you practise:** Building the balanced judgement 'evaluate' requires.

**How to use it well:** 'Evaluate' wants a weighed conclusion, not a list. Make sure you actually come down on a side, with a reason.

## Prompt 64: Practise an 'Assess' Question

**Copy this prompt into your AI tool:**

Give me an 'assess' question that asks me to judge the relative importance of factors in [topic]. Mark me on whether I weighed multiple factors, used place-specific evidence, and reached a clear judgement.

**What this helps you practise:** Building the relative-weighting skill 'assess' questions test.

**How to use it well:** 'Assess' demands a comparative judgement. Always rank the factors with evidence, don't just list them.

## Prompt 65: Climb the Define-Analyse-Evaluate Ladder

**Copy this prompt into your AI tool:**

On [single concept, e.g. globalisation], ask me first to define a key term, then to analyse with a chain, then to evaluate. Mark each rung separately so I can see where my answer stops being strong.

**What this helps you practise:** Seeing exactly where your understanding shifts from solid to shaky.

**How to use it well:** The rung where your answer weakens shows the boundary of your real understanding — revise from there.

### **Prompt 66: Mark My Real Essay**

**Copy this prompt into your AI tool:**

Here is my essay on [question]: [paste]. Mark it strictly to score 5 standard against a realistic level-mark scheme, tell me the exact level and mark, and rewrite one paragraph of mine to show what top-mark phrasing looks like.

**What this helps you practise:** Getting precise, personalised feedback on your actual writing.

**How to use it well:** The rewritten paragraph is a model to imitate. Compare it with yours to see exactly what 'top mark' phrasing adds.

### **Prompt 67: Fill a Retrieval Grid**

**Copy this prompt into your AI tool:**

Create a retrieval grid for [topic, e.g. tectonic hazards]: a set of prompts or blank cells covering the key processes, definitions, named places, statistics and evaluation points, which I'll fill in entirely from memory. Then check my grid and highlight the gaps.

**What this helps you practise:** Wide-coverage recall practice in one efficient exercise.

**How to use it well:** Retrieval grids cover a lot of ground fast. Redo the gaps a day later to confirm they've stuck.

### **Prompt 68: Simulate a Timed Essay**

**Copy this prompt into your AI tool:**

Give me a single AP Geography essay question on [topic] with realistic exam timing (around 30 minutes for a 20-marker). I'll answer under that time pressure, then you mark it.

**What this helps you practise:** Practising essay-writing accurately at exam pace.

**How to use it well:** Essays unfinished score nothing for what wasn't written. Practise to the clock so timing never surprises you.

### **Prompt 69: Sit a Mini Past-Paper Set**

**Copy this prompt into your AI tool:**

Give me a short set of four exam-style questions covering the breadth of [module], mixing short data interpretation, a resource-based question and an extended essay. Mark the whole set and summarise my strongest and weakest question types.

**What this helps you practise:** Rehearsing the mixed demands of a real exam paper.

**How to use it well:** Mixed sets reveal which question types you fear. Drill the weakest type specifically afterwards.

### **Prompt 70: Catch the AI's Deliberate Error**

**Copy this prompt into your AI tool:**

Answer this question yourself: [question, e.g. describe the impacts of the 2010 Haiti earthquake]. Include exactly one subtle but real geographical error in your answer — for example, wrong magnitude, wrong year, swapped country — and challenge me to find and correct it. Tell me if I got it, then explain the error and why it would have been easy to miss — so I learn the spotting pattern, not just the specific instance. After I respond, ask me how confident I felt before checking. The gap between my confidence and my accuracy is the most important thing for me to learn — I want to surface where I'm certain but wrong, not just where I'm wrong.

**What this helps you practise:** Building the critical eye to spot when AI (or you) is wrong about case-study detail.

**How to use it well:** AI is notorious for plausibly-wrong case-study statistics. Practising spotting errors protects you from absorbing them.

### **Prompt 71: Mixed Whole-Paper Retrieval**

**Copy this prompt into your AI tool:**

Quiz me with 12 questions drawn from across everything in AP Geography I've named: [list topics]. Mix physical and human randomly, as the papers do, and at the end tell me which topics I'm weakest on overall.

**What this helps you practise:** Retrieving under the topic-switching conditions of a real exam.

**How to use it well:** Random topic order is harder than block revision — and exactly what the exam does. Train for it.

# E

## Explore

Top grades come from thinking, not just knowing. The Explore stage uses AI to push you into application, analysis, unseen data, and synoptic links across the course — the level that separates good answers from excellent ones.

### Prompt 72: Tackle Unseen Data

**Copy this prompt into your AI tool:**

Give me a novel data-analysis question for AP Geography using an unfamiliar set of data related to [topic, e.g. river discharge, or migration flows]. Ask me to describe, explain and evaluate the data, then tell me how well I handled the unfamiliarity.

**What this helps you practise:** Applying knowledge to genuinely new data, as top questions demand.

**How to use it well:** The hardest marks come from unfamiliar data. Always describe before explaining, with figures.

### Prompt 73: Build a Synoptic Chain

**Copy this prompt into your AI tool:**

Challenge me to connect at least three different AP Geography topics into a single chain of reasoning about [theme, e.g. how climate change reshapes both physical landscapes and population distributions]. Push me to make each link explicit.

**What this helps you practise:** Constructing the extended, cross-topic reasoning that earns top grades.

**How to use it well:** Top candidates connect topics. Practise building chains: process → place → people → policy.

### Prompt 74: Apply a Principle to a New Place

**Copy this prompt into your AI tool:**

Take [principle, e.g. the Park Model of hazard response, or the demographic transition model] and give me a place I won't have studied — an unusual region or country — where I have to apply it. Then judge whether I applied it correctly.

**What this helps you practise:** Transferring a principle beyond the example you learned it with.

**How to use it well:** Real understanding is shown by transfer. If you can only use a principle in its original example, you don't fully own it yet.

### Prompt 75: Critique a Management Strategy

**Copy this prompt into your AI tool:**

Describe a flawed management strategy for [topic, e.g. flood management on a UK river, or a regeneration scheme in a UK city]. Ask me to identify weaknesses — short-term thinking, unintended consequences, stakeholder conflicts, sustainability — and suggest specific improvements. Then evaluate my critique.

**What this helps you practise:** Building the management-evaluation skill examiners reward heavily.

**How to use it well:** Management critique earns Analysis marks. Name the stakeholders losing out and the consequence specifically.

## **Prompt 76: Predict and Justify**

**Copy this prompt into your AI tool:**

Set me a scenario about [topic, e.g. how a named coastline will look in 50 years] and ask me to predict the outcome, then justify my prediction with geography. Tell me whether my reasoning, not just my prediction, was sound.

**What this helps you practise:** Reasoning forward from principles to predicted outcomes.

**How to use it well:** In application questions the justification scores, not the guess. Always explain the geography behind your prediction.

## **Prompt 77: Investigate an Open Question**

**Copy this prompt into your AI tool:**

Pose me a genuinely open geographical question related to [topic, e.g. 'is sustainable urbanism achievable in a fast-growing megacity?'] — one where you explore possibilities with me rather than giving a single answer — and challenge my reasoning at each step.

**What this helps you practise:** Practising the exploratory thinking behind the hardest questions.

**How to use it well:** Sit with open questions rather than rushing to one answer. The ability to reason through uncertainty is what 'evaluate' questions reward.

## **Prompt 78: Connect to Real Research and Data**

**Copy this prompt into your AI tool:**

Link [topic] to a real-world data source or research finding — for instance ONS UK migration data, IPCC climate projections, or USGS earthquake data — and ask me application questions that use that context.

**What this helps you practise:** Seeing how textbook geography shows up in real data.

**How to use it well:** Examiners reward use of named real evidence. Memorise three or four named data points per topic.

## **Prompt 79: Compare Two Places**

**Copy this prompt into your AI tool:**

Pick two places — for example a Global North city and a Global South megacity — and ask me to compare them on [theme, e.g. inequality, sustainability, migration]. Mark me on the depth of the comparison and the use of evidence.

**What this helps you practise:** Building the comparative-place skill that cross-unit questions reward.

**How to use it well:** Always link the comparison back to a model or framework — comparison alone scores less than comparison driven by theory.

## Prompt 80: Interpret a Graph You've Never Seen

**Copy this prompt into your AI tool:**

Show me (in words) an unfamiliar graph or figure related to [topic] that I wouldn't have met in class. Ask me to interpret it from first principles, then tell me what I read well and what I missed.

**What this helps you practise:** Reading unfamiliar figures using underlying geography, not memory.

**How to use it well:** Unseen graphs test whether you understand the geography or just memorised familiar shapes. Reason from the axes up.

## Prompt 81: Reason Across Scales

**Copy this prompt into your AI tool:**

Ask me a question that requires me to reason from the local scale up to the global, or from the global down to the local, for [topic]. Judge whether I kept the chain of cause and effect intact across the scales.

**What this helps you practise:** Building the multi-scale reasoning that cross-unit questions demand.

**How to use it well:** Keeping a chain coherent across scales is a high-level skill. Practise it deliberately.

## Prompt 82: Design a Fieldwork Investigation

**Copy this prompt into your AI tool:**

Ask me to design a fieldwork investigation into [question, e.g. the influence of building height on urban microclimates]. Require me to state the hypothesis, the sampling method, the data I'd collect, the statistical test, and the limitations, then critique my design.

**What this helps you practise:** Building the fieldwork-design skill central to the NEA and the cross-unit paper.

**How to use it well:** Always state the sampling method (stratified, random, systematic) and justify it. Method choices earn marks.

## Prompt 83: Challenge My Reasoning

**Copy this prompt into your AI tool:**

I'll make a geographical claim and my reasoning for it about [topic, e.g. why a particular UK city is unequal]. Your job is to challenge it — find the flaw, the missing condition, or the better counter-argument — and push me to defend or revise my position.

**What this helps you practise:** Strengthening arguments by stress-testing them.

**How to use it well:** Having your reasoning challenged is uncomfortable and valuable. A claim that survives scrutiny is one you can defend in the exam.

### **Prompt 84: Choose the Right Model**

**Copy this prompt into your AI tool:**

Give me a question on [topic] and a set of possible models (Park Model, Burgess concentric, Stark and Bilharz, demographic transition). Ask me which is most appropriate and to justify the choice, then tell me if I'm right and why.

**What this helps you practise:** Applying judgement to choose the model that fits the question.

**How to use it well:** The right model earns Application marks. Always state why the model fits — and acknowledge what it leaves out.

### **Prompt 85: Debate an Ethical Issue**

**Copy this prompt into your AI tool:**

Set me an evaluative question on a contested area such as carbon offsetting, deep-sea mining, or the use of dams in developing countries. Mark me on whether I presented a balanced argument with geographical evidence on both sides and a justified conclusion.

**What this helps you practise:** Building the balanced, evidence-based judgement evaluative questions need.

**How to use it well:** Evaluative questions want both sides and a reasoned verdict. Avoid one-sided lists — weigh the arguments and conclude.

### **Prompt 86: Solve a Novel Problem**

**Copy this prompt into your AI tool:**

Give me a problem on [topic] that I can only solve by combining two or more principles I've learned separately — for example, a question that requires understanding of both climate change and migration. Don't tell me which principles — let me work it out, then review my approach.

**What this helps you practise:** Combining principles to solve unfamiliar problems, the mark of mastery.

**How to use it well:** The hardest questions hide which knowledge to use. Practising 'which principle applies here?' is itself a skill.

### **Prompt 87: Apply Synoptic Thinking to a Single Place**

**Copy this prompt into your AI tool:**

Pick a single place — for example a named coastal town, a megacity, or a small UK village — and ask me to analyse it synoptically across physical, human and environmental geography. Mark how well I integrated the different strands.

**What this helps you practise:** Integrating multiple topics around a single real place.

**How to use it well:** Places are natural cross-unit hooks. Tracing one across the spec rehearses exactly the linkage examiners reward.

## Prompt 88: Defend a Land-Use Decision

Copy this prompt into your AI tool:

Give me a real-world land-use decision scenario in [topic, e.g. whether to build a tidal lagoon at a specific UK site]. Ask me to take a position, defend it with geography, and address the strongest objection. Mark me on whether my decision was grounded in evidence and weighed alternatives.

**What this helps you practise:** Building the decision-making skill AP Geography papers explicitly examine.

**How to use it well:** Decision-making questions reward a clear choice, justified with named-place evidence, and acknowledgement of trade-offs.

# T

## Transform

Learning that isn't reviewed is learning that fades. The Transform stage uses AI to help you reflect on how you studied, log your mistakes, plan your next session, and schedule spaced reviews — turning effort today into memory that lasts to the exam.

### Prompt 89: Review the Session

**Copy this prompt into your AI tool:**

Summarise what I worked on in this session on [topic]. Tell me what now looks secure, what's still shaky, and what I should revisit — and schedule reviews at widening intervals (1 day, 3 days, 7 days, 14 days) — this is the rhythm the cognitive-science research on spacing shows beats forgetting. Before you schedule the reviews, ask me to compress the single biggest insight from this session into one sentence — the thing I want to remember next year, not just next week. That compression is the learning consolidating.

**What this helps you practise:** Consolidating a session and planning the right review timing.

**How to use it well:** Ending each session with a review-and-schedule step is what turns effort into lasting memory.

### Prompt 90: Build a Spaced-Repetition Schedule

**Copy this prompt into your AI tool:**

Help me build a spaced-repetition schedule for [topic] running up to my exam on [date]. Space the reviews so I revisit each topic at widening intervals, and tell me what to do on each review day (case studies Monday, processes Tuesday, evaluation Wednesday).

**What this helps you practise:** Scheduling reviews at the intervals that beat forgetting.

**How to use it well:** Spacing is one of the most powerful study principles there is. A schedule removes the guesswork and the cramming.

### Prompt 91: Build an Error Log

**Copy this prompt into your AI tool:**

Help me set up an error log for AP Geography. Give me a simple structure to record each mistake (question, my answer, the correct answer, the cause: vague case-study, wrong process, missing place reference). Then take this mistake I just made — [describe it] — and show me how to log it.

**What this helps you practise:** Turning mistakes into a targeted, personal revision resource.

**How to use it well:** Your errors are the most efficient thing you can revise. A good log makes sure you actually learn from each one.

## Prompt 92: Plan Tomorrow from Today's Gaps

**Copy this prompt into your AI tool:**

Based on the gaps we found in today's session — [list them] — build me a focused plan for tomorrow's revision: what to do, in what order, and how long on each, with the biggest weakness first.

**What this helps you practise:** Converting today's diagnosis directly into tomorrow's action.

**How to use it well:** A plan built from real diagnosed gaps beats a generic timetable every time. Let the evidence drive the plan.

## Prompt 93: Run a Metacognitive Check

**Copy this prompt into your AI tool:**

Ask me reflective questions about how I just studied [topic]: did I draw labelled diagrams, did I memorise case-study facts in a structured way, did I write timed evaluations, or did I just re-read notes? Then suggest one change to my method.

**What this helps you practise:** Becoming aware of, and improving, how you study.

**How to use it well:** Studying smarter starts with noticing how you study now. One honest change per week compounds quickly.

## Prompt 94: Set Up a Progress Tracker

**Copy this prompt into your AI tool:**

Help me create a simple progress tracker for AP Geography: a list of all my topics with a confidence rating for each that I can update over time. Suggest how often to revisit and update it.

**What this helps you practise:** Keeping a clear, evolving picture of where you stand.

**How to use it well:** A tracker stops you over-revising comfortable topics and neglecting weak ones. Update it honestly after each session.

## Prompt 95: Find My Recurring Mistakes

**Copy this prompt into your AI tool:**

Here are several mistakes I've made recently: [paste or describe them]. Look for the pattern — is there a recurring type of error (vague place detail, missing process explanation, weak evaluation) — that I keep repeating?

**What this helps you practise:** Spotting the systematic weakness behind scattered errors.

**How to use it well:** Individual mistakes are noise; the pattern is signal. Fixing one recurring flaw can lift marks across many questions.

## Prompt 96: Plan a Timetable to the Exam

**Copy this prompt into your AI tool:**

Work backwards from my exam date [date] to build a realistic AP Geography revision timetable across all my topics: [list]. Build in review days, weak-topic time, case-study consolidation, and full past-paper practice near the end.

**What this helps you practise:** Turning a daunting syllabus into a paced, finishable plan.

**How to use it well:** Working back from the exam date keeps the plan realistic. Protect the review and past-paper days — don't let content crowd them out.

### **Prompt 97: Analyse a Mock Paper**

**Copy this prompt into your AI tool:**

Here are my results and the questions I dropped marks on in a recent mock: [paste]. Help me analyse it: which AO cost me the most marks, and what I should prioritise as a result.

**What this helps you practise:** Mining a mock for everything it can tell you, AO by AO.

**How to use it well:** Tracking marks by AO shows whether to revise content (Knowledge), application (Application), or analysis/evaluation (Analysis).

### **Prompt 98: Turn Weaknesses into a To-Do List**

**Copy this prompt into your AI tool:**

Take everything we've identified as weak across my recent sessions — [summarise] — and turn it into a concrete, prioritised to-do list of specific revision actions, not vague intentions (for example: 'memorise five facts each for my Haiti and Christchurch case studies').

**What this helps you practise:** Converting fuzzy weaknesses into clear next actions.

**How to use it well:** 'Revise hazards' is vague; 'do three 20-mark hazards essays and log case-study faults' is an action.

### **Prompt 99: Build a Case-Study Bank**

**Copy this prompt into your AI tool:**

Help me build and maintain a structured case-study bank for AP Geography: for each topic, the named case study with location, date, key statistics, primary/secondary impacts, response, and an evaluation. Test me on retrieving them under exam-style prompts.

**What this helps you practise:** Building the case-study bank that lifts every Geography essay.

**How to use it well:** Examiners reward specific, accurate case-study detail. Drill until each case study can be deployed on demand.

### **Prompt 100: Consolidate the Week**

**Copy this prompt into your AI tool:**

It's the end of my study week. I covered [list topics]. Run a consolidation: a quick mixed quiz across all of them, a note of what improved and what's slipping, and a plan for what next week should prioritise.

**What this helps you practise:** Closing each week with review, reflection, and re-planning.

**How to use it well:** A weekly consolidation stops topics quietly fading and keeps your plan responsive to how you're actually progressing.

## Final Closing Note

You have now worked through 100 prompts designed to help you think more clearly, revise more effectively, and prepare more confidently for your AP Environmental Science exams.

Remember: the goal was never to rely on AI for answers. It was to use AI as a tool to test, challenge, and strengthen your own understanding. The strongest students are not those who avoid difficulty, but those who engage with it deliberately. Each gap you found, each explanation you improved, and each mistake you corrected has strengthened your thinking.

As you continue, aim to depend less on the prompts and more on your own judgement. AI can support you — but your reasoning, clarity, and persistence are what earn the marks.

Approach your exams calmly. Think carefully. Write clearly. You are more prepared than you think.

# Using AI Beyond This Book

The prompts in this book are starting points, not final forms. As you grow more confident, begin to modify them:

- Add constraints, for example “limit your answer to three key points”.
- Increase the difficulty gradually as you improve.
- Ask the AI to challenge your reasoning rather than agree with it.
- Request alternative explanations when the first doesn't click.
- Ask it to critique your thinking instead of handing you the answer.

The most powerful use of AI is not asking it to tell you things — it is asking it to test and refine your thinking. Treat AI as a tutor, not a shortcut. The skill of asking better questions will keep mattering long after these exams are over.

# About the Velvet Method

The Velvet Method is a study system built by teachers who believe that AI, used well, can give every student the kind of personalised support that was once the preserve of expensive private tutoring.

Our resources are designed around cognitive science — retrieval practice, spaced repetition, schema-building, and metacognition — and around a single principle: AI should strengthen a student's thinking, never replace it.

Explore the full series of subject guides, free revision games and tools, and the Velvet Method course at [aistudymethod.co.uk](https://aistudymethod.co.uk).

# The Velvet Method Series

The 100 AI Prompts series supports students across GCSE, A-Level and IB DP. Every title is free to download.

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