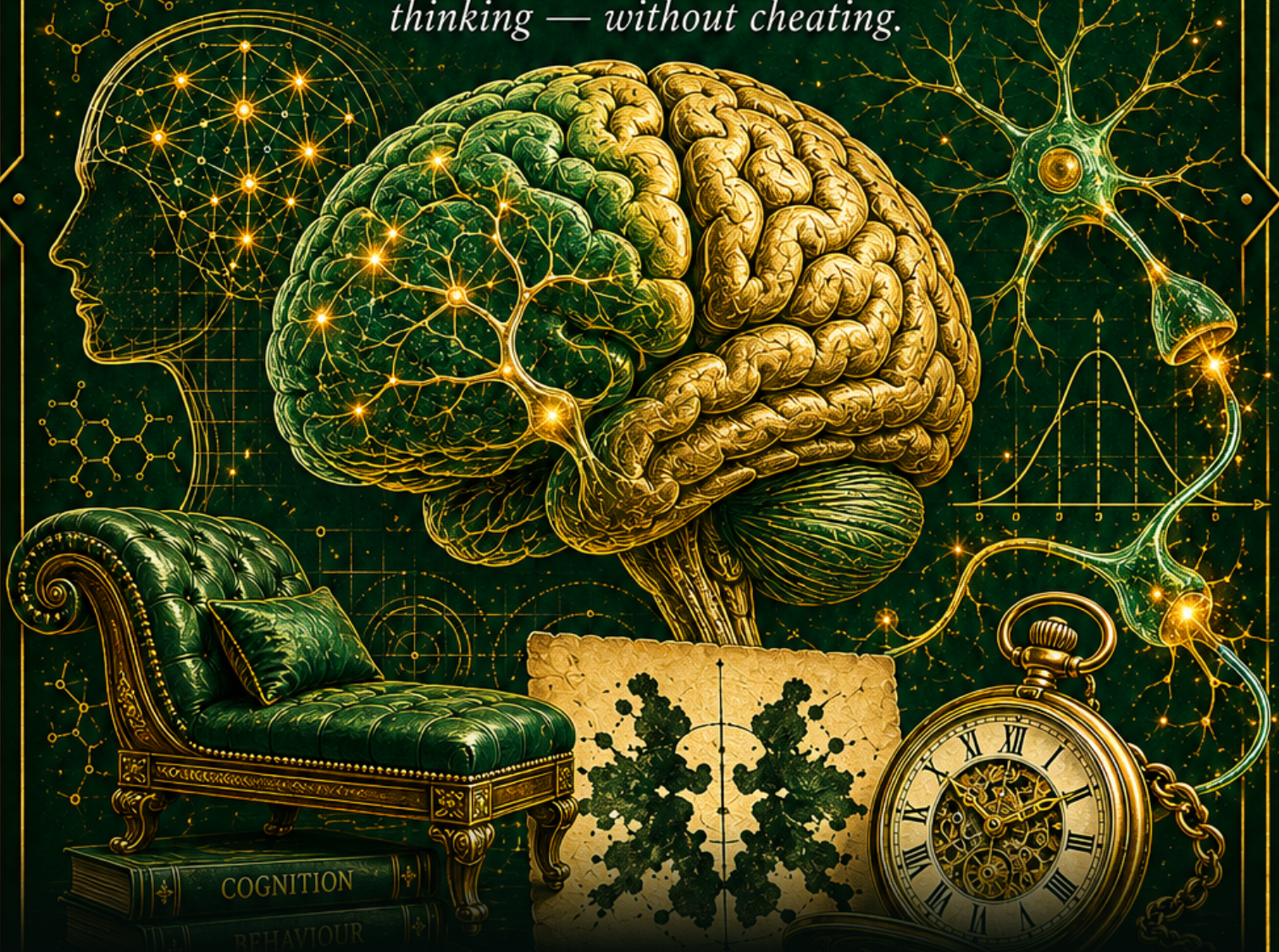


IBDP PSYCHOLOGY

100 AI PROMPTS

for Smarter Revision *and* Exam Prep

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



AI Study Method
THE VELVET METHOD™

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A six-step AI study system

IBDP Psychology

100 AI Prompts for Smarter Revision & Exam Prep

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

aistudymethod.co.uk

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We use artificial intelligence tools to help draft and structure example material; all educational guidance has been reviewed and curated for quality and accuracy. This book is designed to support revision and exam preparation and does not replace formal teaching, textbooks, or official specifications.

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 IB DP Psychology. 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 the biological approach to behaviour. Open with a View prompt to map the sub-topics — neurons and synaptic transmission, neuroplasticity, neurotransmitters (and behaviour), hormones, pheromones, and genetics. Run the Evaluate diagnostic and find that the role of specific neurotransmitters in named studies and the structure of an SAQ are shaky. Use two Learn prompts: an analogy for how neurotransmitters cross the synapse, and a Walk-Me-Through prompt for writing an SAQ on the effect of one neurotransmitter on behaviour. Then Verify with an examiner-marked SAQ. Finally, a Transform prompt schedules a review of biological studies and reflection on the ToK link (how psychologists distinguish correlation from causation).

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 IB Psychology especially: AI tools can invent named studies, researchers, dates, sample sizes and findings that sound credible but are wrong; it can confuse the IB-required studies (each approach has prescribed material) with similar studies that aren't on the syllabus; it can paraphrase IB markbands inaccurately. Always cross-reference studies with your textbook and the official IB subject guide, and prefer memorising key procedures from the specification rather than from the AI.

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

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Note on Exam Boards and Syllabi

This book supports IB Diploma Psychology students at both Standard Level (SL) and Higher Level (HL). The prompts are calibrated to the current IB Psychology syllabus, the Internal Assessment, and Papers 1, 2 and 3.

IB Psychology covers three approaches to behaviour (biological, cognitive, sociocultural), one or two options (abnormal psychology, developmental psychology, health psychology, psychology of human relationships), and research methods. The Internal Assessment is an experimental investigation graded against four criteria (Introduction, Exploration, Analysis, Evaluation).

Higher-Level students sit Paper 3 on qualitative research methods. Higher-Level examples are given by default — SL students should skip HL-only material.

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 IBDP Psychology tutor. Give me a structured overview of the entire IBDP Psychology course, grouped into its major areas: approaches in psychology, biopsychology, research methods, issues and debates, social influence, memory, attachment, psychopathology, and the option topics offered by my board. 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 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. attachment, or social influence] 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 IBDP Psychology.

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 IBDP Psychology subject guide 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 describe and evaluate Asch's research on conformity using procedure, findings, and three evaluation points').

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

How to use it well: Tell the AI whether you are SL or HL. 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. psychopathology, or biopsychology] 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, the surrounding studies attach quickly and make 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 IBDP Psychology. Give me a cross-topic map: for each connection, name the other topic and explain the link in one sentence (for example, attachment links to relationships via the internal working model, to psychopathology via early experience, and to the learning approach via conditioning).

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

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 IBDP Psychology papers for [the IB], tell me which sub-topics of [paper] 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 IB subject guide.

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. the working memory model] for the first time. Give me a five-minute primer: the key vocabulary, 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 IB subject guide statements for [topic] and, for each one, write the kinds of exam questions an examiner could realistically ask, including the likely command words (outline, describe, explain, evaluate, discuss) and mark allocations.

What this helps you practise: Seeing your syllabus through the examiner'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 Studies-and-Theories Map

Copy this prompt into your AI tool:

Describe a one-page map for [topic, e.g. social influence] that connects every key theory to the studies that test it, and to the evaluation points each study generates. Present this as a set of nodes and labelled links for me to draw out by hand.

What this helps you practise: Organising studies and theories into one connected map.

How to use it well: Draw it yourself rather than copying — the act of arranging the connections is where the learning happens.

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]. 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 IBDP Psychology examiner running a diagnostic. Write 12 short-answer questions spanning [topic, e.g. attachment], 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.

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, e.g. social influence], 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. the difference between conformity and obedience, or between classical and operant conditioning]. As I answer, probe for the specific misconceptions IBDP Psychology 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 an 'outline', then a 'describe', then an 'explain', 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: Many students lose marks not on content but on the AO. Knowing your weakest AO is worth real marks.

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 study description, theoretical explanation, evaluation, and research methods. 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. genetic explanations for OCD]. 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 Research-Methods Knowledge

Copy this prompt into your AI tool:

Test my research-methods understanding with a short mixed set: experimental designs, independent vs dependent variable identification, choosing a sampling method, calculating a

measure of central tendency or standard deviation, identifying an appropriate inferential test using the test-selection table, and writing a directional hypothesis. Tell me which I need to practise.

What this helps you practise: Catching the research-methods skills that IBDP Psychology examines across every paper.

How to use it well: Research methods is the most reliably examined topic. Drill it hard — it lifts marks across the whole exam.

Prompt 19: Diagnose My Evaluation Skill

Copy this prompt into your AI tool:

Quiz me on the evaluation skills examiners reward most heavily: methodological strengths/limitations, ethical issues, cultural and historical bias, real-world application, counter-evidence, and theoretical alternatives. For each, ask me to produce a worked evaluation point in context, then tell me where my evaluation is thin.

What this helps you practise: Securing the AO3 evaluation marks that decide essay grades.

How to use it well: Generic 'lacks ecological validity' lines score little. Targeted evaluation tied to the specific study scores high.

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. an approach in psychology] and [topic B, e.g. its application to therapy], 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-topic 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 locus of control affects resistance to social influence] 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 IBDP Psychology examiner. 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, examiner'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. memory], first ask me how confident I feel about each sub-area (MSM, WMM, LTM types, forgetting, EWT). 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. classical conditioning, or the central executive in the working memory model] using a clear everyday analogy. Then ask me to map each part of the analogy back onto the real psychology 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 psychology — 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 social-identity theory predicts in-group favouritism] as simply as if I were teaching a younger student who has never studied this. Listen, then point out exactly where I used jargon to paper over a gap, where my logic broke, and where I oversimplified.

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 the Participant

Copy this prompt into your AI tool:

Roleplay as a participant in [classic study, e.g. Milgram's obedience study, or Bandura's Bobo doll]. Narrate what you experience moment by moment, and quiz me on the procedure, the IV/DV, the controls and the findings as we go.

What this helps you practise: Making a classic study vivid and memorable.

How to use it well: Living the procedure makes the findings and the evaluation points stick — both depend on the precise details of the method.

Prompt 29: Build a Mnemonic

Copy this prompt into your AI tool:

Help me create a memorable mnemonic for [list, e.g. the components of the working memory model, or the symptoms of OCD]. Then test me on whether I can reconstruct the full list from the mnemonic.

What this helps you practise: Locking ordered or grouped 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 [study, e.g. Ainsworth's strange situation procedure and findings] one clear stage at a time, naming the procedure, IV, DV, sample, findings and conclusion. Then give the same study back to me with key elements blanked out for me to fill in.

What this helps you practise: Moving from guided understanding to independent recall of a named study.

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

Copy this prompt into your AI tool:

Build a comparison table for [X vs Y, e.g. the cognitive vs the biological approach, or normative vs informational social influence]. Include the points IBDP examiners care about: assumptions, evidence, applications, strengths and weaknesses. Then quiz me specifically on the differences.

What this helps you practise: Sharpening the distinctions examiners love to test.

How to use it well: Confusable pairs are exam favourites. 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. the interactionist approach to schizophrenia] 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. attachment 'monotropy', or 'cognitive dissonance'] — and give me two concrete, specific examples from everyday life or named research, 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 Model from Memory

Copy this prompt into your AI tool:

Guide me to draw a labelled diagram of [model, e.g. the multi-store model of memory, or the working memory model] 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 models require.

How to use it well: Diagrams of models can earn AO1 marks directly. Always label each store and the connections between them.

Prompt 35: Why Does It Work That Way?

Copy this prompt into your AI tool:

Don't just tell me what happens in [process, e.g. operant conditioning shaping behaviour] — explain why it works that way. Give the underlying psychological mechanism for each link.

What this helps you practise: Replacing rote memory with causal understanding.

How to use it well: Understanding the 'why' means you can reconstruct the process even if you forget specific findings.

Prompt 36: Unpack a Definition Word by Word

Copy this prompt into your AI tool:

Take this precise IBDP definition — [e.g. of internal validity, of conformity, or of operationalisation] — 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: IBDP definitions are precise for a reason. Knowing why each word matters helps you reproduce them exactly.

Prompt 37: Link Theory to Study

Copy this prompt into your AI tool:

For [theory or approach, e.g. social learning theory], walk me through three named supporting studies AND two named challenging studies. For each, state the procedure, finding, and exactly which part of the theory it supports or contests.

What this helps you practise: Building the study evidence bank that lifts every essay.

How to use it well: Examiners reward evidence tied to specific theoretical claims, not generic 'research supports this'.

Prompt 38: Interleave Two Confusable Topics

Copy this prompt into your AI tool:

Alternate between explaining and quizzing me on [topic A, e.g. conformity] and [topic B, e.g. obedience], 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. attachment theory]: [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 Variable Changes

Copy this prompt into your AI tool:

For [study or model, e.g. Asch's conformity study], walk through what would happen if one design feature changed — a different task, a unanimous vs non-unanimous group, an anonymous condition. Use the change to test whether I really understand the original.

What this helps you practise: Deepening understanding by examining variations.

How to use it well: Asch's variations are themselves examinable. Understanding what changed and why is the highest-mark answer.

Prompt 41: Build Precise Vocabulary

Copy this prompt into your AI tool:

Generate the key technical terms for [topic, e.g. research methods — operationalisation, counterbalancing, demand characteristics], each with a precise IBDP 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 Findings of a Graph

Copy this prompt into your AI tool:

Talk me through interpreting [named finding, e.g. the forgetting curve, or Sherif et al.'s autokinetic findings]. Explain why each section has the shape it does, then give me a blank version to annotate myself.

What this helps you practise: Understanding the psychology behind standard findings, not just memorising shapes.

How to use it well: Examiners ask you to explain findings, not just describe them. Always tie each part of the result to the underlying mechanism.

Prompt 43: Make an Approach into a Story

Copy this prompt into your AI tool:

Turn [approach, e.g. the development of the cognitive approach from Wundt's introspection to modern neuroscience] into a short, vivid story with a clear sequence of stages, then quiz me on the order and the key contribution at each stage.

What this helps you practise: Using narrative structure to remember the development of an approach.

How to use it well: Approaches are easier to recall as a story than as a list of names and dates. Make the conceptual evolution the plot.

V

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 IBDP Psychology examiner. Give me one 16-mark essay question on [topic]. After I answer, mark it against a realistic mark scheme: list the AO1 description, AO2 application and AO3 evaluation marks, show which I hit and which I missed, award a level and a mark, and tell me the single most valuable improvement.

What this helps you practise: Practising extended essays and learning how the AO mark balance is actually awarded.

How to use it well: Most 16-markers split 6 AO1 / 4 AO2 / 6 AO3 or similar. 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.

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 Evaluation Chain

Copy this prompt into your AI tool:

Give me an essay question on [topic] and mark me specifically on whether each evaluation point forms a complete chain — claim, evidence, explanation, link back to the theory — rather than a list of disconnected one-liners.

What this helps you practise: Building the elaborated evaluation that AO3 demands.

How to use it well: AO3 marks reward elaborated points (PEEL or similar). A list of unelaborated criticisms scores below half marks.

Prompt 47: Find the Missing Mark Points

Copy this prompt into your AI tool:

Write a model answer to a 6-mark 'describe and explain' question on [topic], then remove two of the mark-worthy moves 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 Definitions

Copy this prompt into your AI tool:

Test me on the key definitions for [topic]. Accept only answers that are precise to IBDP standard — if I'm vague or miss a key word, tell me exactly which word would have earned the mark.

What this helps you practise: Producing the exact wording that definition marks require.

How to use it well: One missing word can cost a definition mark. This drills the precision examiners insist on.

Prompt 49: Mark a Named-Study Description

Copy this prompt into your AI tool:

Ask me to write a description of [classic study, e.g. Loftus and Palmer 1974] including aim, procedure, IV, DV, controls, sample, findings, and conclusion. Then critique my description as an examiner would — what details are missing, what is vague, what would lose marks?

What this helps you practise: Producing study descriptions that earn every available AO1 mark.

How to use it well: Examiners credit specific procedural detail, not paraphrase. Drill until you can produce a six-mark study from memory.

Prompt 50: Apply Theory to a Stem

Copy this prompt into your AI tool:

Give me a short scenario stem for [topic, e.g. a parent worried about their toddler's attachment behaviour]. Ask me to apply the theory to this specific situation. Mark me on AO2 application — explicit reference to the stem.

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

How to use it well: AO2 marks come from explicit reference to the stem. Quote or paraphrase it in every application point.

Prompt 51: Structure a 16-Marker

Copy this prompt into your AI tool:

Give me a 16-mark essay question on [topic]. Before marking content, assess the structure: a paragraph of focused AO1, evaluation paragraphs each with claim+evidence+elaboration+link, and (if asked) AO2 application woven in. Is each section identifiable?

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

How to use it well: Examiners can only award marks they can find. Clear AO-labelled structure makes your essay easy to credit.

Prompt 52: Check a Research-Methods Calculation

Copy this prompt into your AI tool:

Give me a quantitative research-methods problem at IBDP: calculating a standard deviation from raw data, finding a critical value in a sign-test table, identifying the correct inferential test from a table, or interpreting a p-value relative to a significance level. Mark my working as well as my answer.

What this helps you practise: Securing the research-methods calculation marks examiners predictably set.

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 psychological data — for example a table of mean scores across conditions, a frequency table, or a bar chart — 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 skill from data-explanation skill.

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 IBDP Psychology to answer fully — for example, a question on aggression that needs the biological approach, the learning approach, and a debate (free will vs determinism).

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

How to use it well: Synoptic questions reward range. Practise reaching deliberately into other approaches and debates.

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 'outline', 'explain' and 'evaluate'. Mark each against what that command word demands, and tell me which I handle worst.

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

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

Prompt 56: Drill Evaluation That Isn't Generic

Copy this prompt into your AI tool:

Give me an essay question on [topic] and mark me specifically on whether my evaluation is tied to the specific study or theory in question, not generic 'lacks ecological validity' or 'causation cannot be inferred' points.

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

How to use it well: Examiners now actively mark down generic evaluation. Always tie criticism to a specific feature of the study or theory.

Prompt 57: Spring the Common Error Trap

Copy this prompt into your AI tool:

Ask me questions on [topic] designed around errors IBDP Psychology students most commonly make (for example, confusing reliability and validity, or saying that classical conditioning involves voluntary behaviour). 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 AO1, AO2 and AO3 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 examiner who wrote the mark scheme.

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

Prompt 60: Verify a Named Study from Memory

Copy this prompt into your AI tool:

Ask me to describe [named study, e.g. Bowlby's 44 thieves, or Rosenhan's 'sane in insane places'] entirely from memory in 100 words: aim, method, findings, conclusion. Then critique what I missed or got wrong.

What this helps you practise: Producing concise named-study descriptions under recall conditions.

How to use it well: Examiners reward exact procedural detail. Drill until each key study can be reproduced from memory in roughly 100 words.

Prompt 61: Drill the Inferential Test Choice

Copy this prompt into your AI tool:

Give me a research scenario at IBDP level and ask me to choose the correct inferential test (sign test, Mann–Whitney, Wilcoxon, chi-squared, Spearman's). Mark me on the choice and on the reasoning (level of measurement, design, type of relationship).

What this helps you practise: Securing the test-selection marks that examiners reliably award.

How to use it well: Test-selection questions follow a fixed table. Always justify the choice with level of data, design, and what's being tested.

Prompt 62: Practise a 'Compare' Question

Copy this prompt into your AI tool:

Give me a 'compare' question on [X and Y, e.g. two approaches in psychology]. 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' Essay

Copy this prompt into your AI tool:

Give me an 'evaluate' essay question on [topic]. Mark me on whether I presented evaluation on more than one side (strengths and limitations), elaborated each point, and reached a justified conclusion.

What this helps you practise: Building the balanced judgement essays require.

How to use it well: 'Evaluate' wants weighed elaboration, not a list. Always conclude on whether the theory/study is more strong than weak.

Prompt 64: Practise a 'Discuss' Question

Copy this prompt into your AI tool:

Give me a 'discuss' question that asks me to consider [topic] in light of a debate (free will vs determinism, nature vs nurture, holism vs reductionism). Mark me on whether I considered both sides of the debate and applied it to the topic specifically.

What this helps you practise: Building the issues-and-debates cross-topic skill IBDP Psychology weights heavily.

How to use it well: Debate questions reward specific application of the debate. Always state which side the evidence favours, and why.

Prompt 65: Climb the Outline-Explain-Evaluate Ladder

Copy this prompt into your AI tool:

On [single concept, e.g. the role of MZ and DZ twin studies in OCD], ask me first to outline a key idea, then to explain its application, 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 mark 7 standard against a realistic 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. social influence]: a set of prompts or blank cells covering the key definitions, named studies, theoretical claims 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 IBDP Psychology essay question on [topic] with realistic exam timing (roughly 22 minutes for a 16-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 knowledge questions, application-to-stem 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 Milgram's 1963 study]. Include exactly one subtle but real error in your answer — for example, wrong percentage, wrong year, mis-paraphrased findings — 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.

What this helps you practise: Building the critical eye to spot when AI (or you) is wrong about psychology research.

How to use it well: AI is notorious for plausibly-wrong study details. 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 IBDP Psychology I've named: [list topics]. Mix topics 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 an Unseen Study Scenario

Copy this prompt into your AI tool:

Give me a novel research scenario for IBDP Psychology related to [topic] — an experiment I won't have seen. Ask me to identify the design, the variables, the type of test required, and potential ethical issues, then tell me how well I handled the unfamiliarity.

What this helps you practise: Applying research-methods knowledge to genuinely new scenarios, as paper 2 demands.

How to use it well: Research methods is most often examined on unfamiliar studies. Practise extracting the variables and design from any text.

Prompt 73: Build a Synoptic Chain

Copy this prompt into your AI tool:

Challenge me to connect at least three different IBDP Psychology topics into a single chain of reasoning about [theme, e.g. how genes, early attachment and operant conditioning together explain a behaviour]. 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 approaches and issues. Practise building chains that span the spec.

Prompt 74: Apply a Theory to a New Context

Copy this prompt into your AI tool:

Take [theory, e.g. cognitive priming theory in aggression] and give me a scenario I won't have studied — an unusual everyday situation or cultural context — where I have to apply it. Then judge whether I applied it correctly.

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

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

Prompt 75: Critique an Experimental Design

Copy this prompt into your AI tool:

Describe a flawed experiment investigating [topic, e.g. testing a treatment for OCD]. Ask me to identify the weaknesses — confounding variables, sampling bias, ethical issues, demand characteristics — and suggest specific improvements. Then evaluate my critique.

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

How to use it well: Methodological critique earns AO3 marks. Train your eye to spot what's wrong with a method beyond the generic objections.

Prompt 76: Predict and Justify

Copy this prompt into your AI tool:

Set me a scenario about [topic, e.g. an unfamiliar group facing strong social influence] and ask me to predict what would happen, then justify my prediction with psychology. Tell me whether my reasoning, not just my prediction, was sound.

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

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

Prompt 77: Investigate an Open Question

Copy this prompt into your AI tool:

Pose me a genuinely open psychology question related to [topic, e.g. 'are eyewitness identifications reliable enough to be used in court?'] — 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 essay questions.

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

Prompt 78: Connect to Real Research

Copy this prompt into your AI tool:

Link [topic] to a real-world piece of research or applied practice — for instance the cognitive interview in police work, CBT in clinical practice, or the use of attachment theory in adoption decisions — and ask me application questions that use that context.

What this helps you practise: Seeing how textbook psychology shows up in real applications.

How to use it well: Examiners reward use of named real applications. Build a small bank per topic.

Prompt 79: Compare Two Approaches

Copy this prompt into your AI tool:

Pick two approaches — for example the biological and the cognitive — and ask me to compare them on [theme, e.g. their explanation for depression]. Mark me on the depth of comparison and use of evidence.

What this helps you practise: Building the comparative-approaches skill that cross-topic questions reward.

How to use it well: Always link the comparison back to a debate (e.g. reductionism). Comparison alone scores less than comparison driven by a debate.

Prompt 80: Interpret an Unseen Graph

Copy this prompt into your AI tool:

Show me (in words) an unfamiliar graph related to [topic] — for example, an unusual learning curve, or attachment data broken down by culture. 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 psychology, not memory.

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

Prompt 81: Reason Across Issues and Debates

Copy this prompt into your AI tool:

Ask me a question that requires me to reason from a piece of evidence on [topic] through to its implications for a major debate (e.g. nature vs nurture, free will vs determinism, idiographic vs nomothetic). Judge whether I kept the chain of evidence to debate intact.

What this helps you practise: Building the issues-and-debates fluency that paper 3 weights heavily.

How to use it well: Always state which side of the debate the evidence supports, and why. Vague 'this relates to nature vs nurture' scores little.

Prompt 82: Design an Investigation

Copy this prompt into your AI tool:

Ask me to design an experiment to investigate [research question]. Require me to state the IV, DV, design, sample, procedure, controls, ethics, and how I'd analyse the data, then critique my design.

What this helps you practise: Mastering experimental design, a recurring source of AO2 marks.

How to use it well: Designing investigations forces you to understand variables and controls deeply — exactly what research-methods questions test.

Prompt 83: Challenge My Reasoning

Copy this prompt into your AI tool:

I'll make a psychology claim and my reasoning for it about [topic, e.g. why genes are the main cause of schizophrenia]. Your job is to challenge it — find the flaw, the missing evidence, 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 Approach

Copy this prompt into your AI tool:

Give me a behavioural phenomenon in [topic] and a set of psychological approaches. Ask me which approach best explains it and to justify the choice, then tell me if I'm right and why.

What this helps you practise: Applying approach-level judgement to explain unfamiliar behaviour.

How to use it well: Different behaviours suit different approaches. Practise stating why each approach fits or doesn't fit a given case.

Prompt 85: Debate an Ethical Issue

Copy this prompt into your AI tool:

Set me an evaluative question on a contested ethical area such as deception in research, drug treatments for childhood depression, or use of behavioural therapy in prisons. Mark me on whether I presented a balanced argument with 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 Application Problem

Copy this prompt into your AI tool:

Give me a problem on [topic] that I can only address by combining two or more areas (for example, applying social-influence theory AND a cognitive bias to a real-world scenario). Don't tell me which areas — let me work it out, then review my approach.

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

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

Prompt 87: Stress-Test a Study

Copy this prompt into your AI tool:

Pick a single named study in [topic] and ask me to apply every major issue-and-debate lens to it (ethics, validity, reductionism, cultural bias, gender bias, application). Mark me on the depth and specificity of each evaluation.

What this helps you practise: Drilling all evaluation lenses on a single study.

How to use it well: Top-band evaluation deploys multiple lenses on a single piece of evidence. Practise rotating through them on every named study.

Prompt 88: Apply Synoptic Thinking to a Single Phenomenon

Copy this prompt into your AI tool:

Pick a single phenomenon — for example, why we obey authority, or why memory is unreliable — and ask me to analyse it synoptically: biological, cognitive, learning and social explanations, plus a debate. Mark how well I integrated the different areas.

What this helps you practise: Integrating multiple approaches around a single real phenomenon.

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

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.

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 (named studies Monday, evaluation Tuesday, application 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 IBDP Psychology. Give me a simple structure to record each mistake (question, my answer, the correct answer, the cause: wrong study detail, generic evaluation, missing AO2). 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 write evaluation paragraphs, did I draw models from memory, did I memorise studies in 100-word form, 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 IBDP Psychology: 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 (study details wrong, evaluation generic, missing AO2 application) — 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 IBDP Psychology revision timetable across all my topics: [list]. Build in review days, weak-topic time, named-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 (AO1), application (AO2), or evaluation (AO3).

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 the procedure and findings of 5 social-influence studies in 100-word form').

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

How to use it well: 'Revise memory' is vague; 'write three 16-mark essays on WMM' is an action. Make every item doable.

Prompt 99: Establish a Named-Study Bank

Copy this prompt into your AI tool:

Help me build and maintain a named-study bank for IBDP Psychology: aim, procedure, IV, DV, sample, findings and conclusion for every key study on my spec. Test me on retrieving them under exam-style prompts.

What this helps you practise: Building the study bank top essays rely on.

How to use it well: Named studies are the foundation of IBDP Psychology marks. Drill until each can be produced in roughly 100 words.

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 IBDP Psychology 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.

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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- English Literature
- Mathematics
- Physics
- Biology
- Chemistry
- Geography
- History
- Computer Science
- Economics
- Business Studies
- Religious Studies
- Psychology
- French
- Spanish
- German

A-Level

- Mathematics
- Further Mathematics
- Physics
- Chemistry
- Biology
- Economics
- History
- Geography
- English Literature
- Psychology
- Computer Science
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