

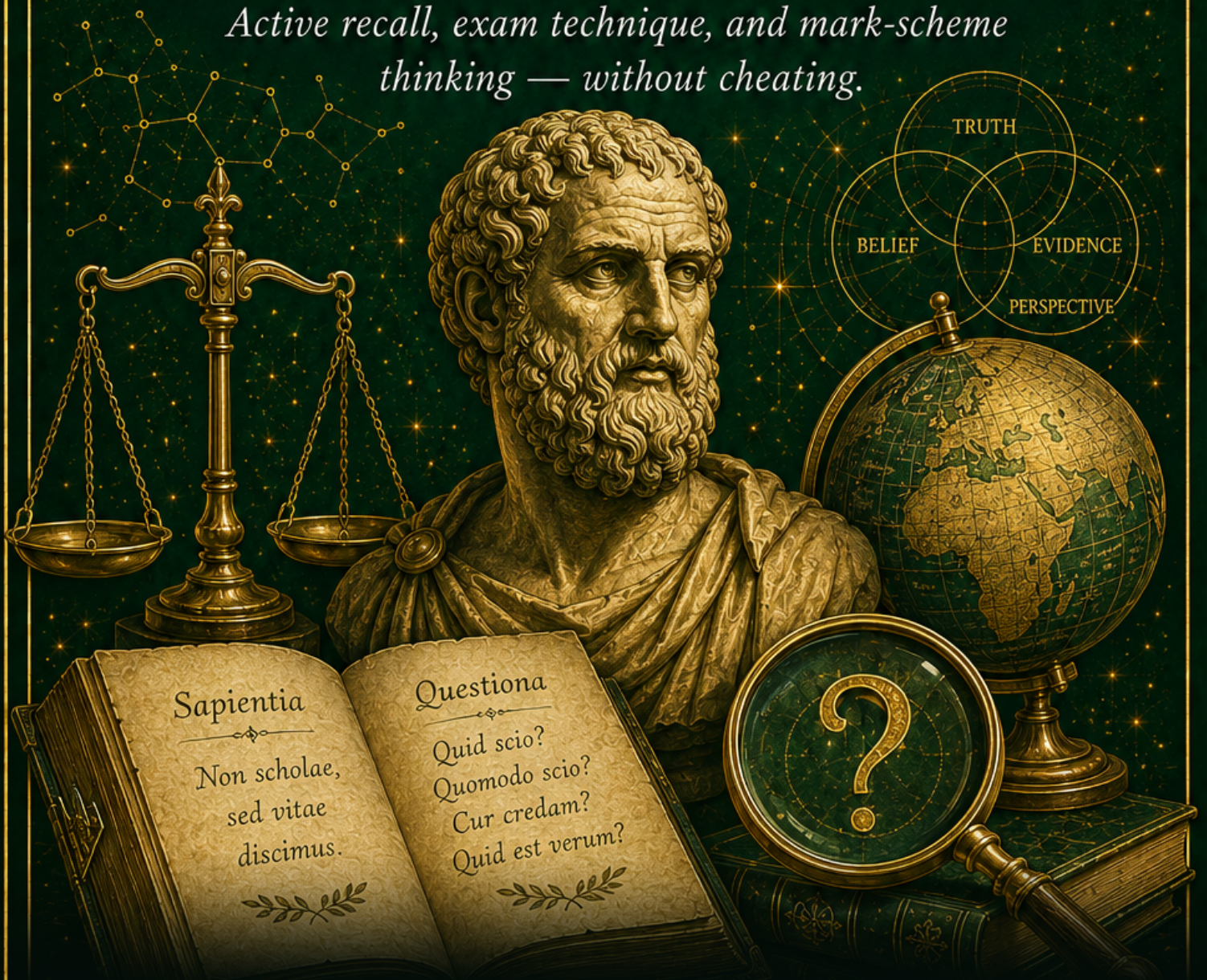
IBDP

THEORY OF KNOWLEDGE

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 Theory of Knowledge

100 AI Prompts for Smarter Revision & Exam Prep

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

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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 Theory of Knowledge. 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 knowledge in the natural sciences. Open with a View prompt to map the sub-topics — the scientific method (observation, hypothesis, experiment, falsification), the role of peer review and replication, the historical role of paradigm shifts, the limits of scientific knowledge, and the relationship between science and other ways of knowing. Run the Evaluate diagnostic and find that the use of named historical examples (Galileo, Kuhn's paradigm shifts) and the precise framing of knowledge claims are shaky. Use two Learn prompts: an analogy for falsification in everyday life, and a Walk-Me-Through prompt for unpacking a knowledge claim into its component parts. Then Verify with an examiner-marked TOK essay paragraph on whether scientific knowledge is more reliable than knowledge from other areas. Finally, a Transform prompt schedules a review of named real-world examples and reflection on how this links to your other Diploma subjects.

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 TOK especially: AI tools can confidently invent named thinkers, misattribute philosophical positions, or simplify a sophisticated argument into a straw-man version. They can produce essay structures that miss the IB's TOK assessment objectives — at TOK, marks come from precise knowledge claims, real-world examples, and careful consideration of alternative perspectives, not from listing positions. They can invent statistics or scientific findings to support a knowledge claim. Always verify named thinkers and real-world examples against your textbook or primary sources, and never deploy a quotation in an essay without checking the wording.

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 Theory of Knowledge students. The prompts are calibrated to the current TOK syllabus (areas of knowledge and optional themes), the TOK exhibition (Internal Assessment), and the TOK essay (Prescribed Title).

TOK is the inquiry course at the heart of the IB Diploma. It is organised around the core theme of knowledge and the knower, five areas of knowledge (the natural sciences, the human sciences, history, mathematics, the arts), and a choice of two optional themes (from knowledge and technology, knowledge and language, knowledge and politics, knowledge and religion, knowledge and indigenous societies). Assessment is the TOK exhibition (one of 35 IA prompts; three real-world objects; 950 words) and the TOK essay (one of six prescribed titles set by the IB; 1600 words). TOK has no SL/HL distinction.

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 TOK Course

Copy this prompt into your AI tool:

Act as a TOK tutor. Give me a structured overview of the entire TOK course, grouped into the core theme (knowledge and the knower), the five areas of knowledge (natural sciences, human sciences, history, mathematics, the arts), and the optional themes (knowledge and technology, language, politics, religion, indigenous societies). For each, list the key 'knowledge questions' the IB expects me to engage with.

What this helps you practise: Seeing the whole TOK terrain as one connected map before tackling any single area.

How to use it well: Keep this overview somewhere visible and tick off each area as you secure it. TOK is broad — the map stops you getting lost.

Prompt 2: Build the Big Picture of an Area of Knowledge

Copy this prompt into your AI tool:

Before I study [area of knowledge, e.g. the human sciences] in detail, give me a one-paragraph big-picture summary: what kind of knowledge this area produces, the methods it uses to produce that knowledge, the standards it uses to judge it, and how it differs from at least one other area of knowledge.

What this helps you practise: Building a mental framework that examples and arguments can attach to.

How to use it well: Read this before any textbook chapter on the area. The contrast with another area is what makes the area distinctive.

Prompt 3: Create a Personalised Subject-Guide Checklist

Copy this prompt into your AI tool:

Using the TOK subject guide, produce a checklist of everything I must be able to do for [area of knowledge or optional theme]. Write the checklist as 'I can...' statements (for example, 'I can explain the role of peer review in producing scientific knowledge').

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

How to use it well: RAG-rate each statement (red/amber/green). TOK is a course where vague is dangerous; the checklist forces precision.

Prompt 4: Find the Spine of an Area of Knowledge

Copy this prompt into your AI tool:

Identify the five or six central knowledge questions in [area of knowledge or optional theme] that the IB expects me to engage with. Explain in one line why each is foundational and what an essay loses if I don't engage with it.

What this helps you practise: Distinguishing the core debates from the peripheral content.

How to use it well: TOK essays are won by sustained engagement with central questions. Master the spine first.

Prompt 5: See How TOK Connects to My Other Subjects

Copy this prompt into your AI tool:

Show me how [area of knowledge, e.g. the natural sciences] connects to the IB subjects I'm taking — [list your DP subjects]. For each subject, give me one specific TOK link (a moment in the subject where the way knowledge is produced is genuinely controversial).

What this helps you practise: Connecting TOK to your real Diploma experience — exactly what the exhibition rewards.

How to use it well: These links are the easiest source of real-world examples for both the exhibition and the essay.

Prompt 6: Prioritise by Prescribed-Title Frequency

Copy this prompt into your AI tool:

Based on past TOK prescribed titles (the May/November cohorts), tell me which areas of knowledge and which knowledge questions appear most often. Help me rank what to prioritise.

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

How to use it well: Treat this as guidance, not gospel — the May 2026 PTs will be new — but the patterns are real.

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

Copy this prompt into your AI tool:

I'm about to study [optional theme, e.g. knowledge and language] for the first time. Give me a five-minute primer: the central knowledge questions, the key vocabulary, and the three real-world examples I should remember 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.

Prompt 8: Turn the Subject Guide into Knowledge Questions

Copy this prompt into your AI tool:

Take these subject-guide statements for [area of knowledge or optional theme] and, for each one, write the kind of knowledge question that could plausibly be the subject of a prescribed title or an exhibition prompt.

What this helps you practise: Seeing the syllabus through the IB examiner's eyes.

How to use it well: This converts passive content into active practice. Keep the questions for the Verify stage.

Prompt 9: Sketch a 'Ways of Producing Knowledge' Map

Copy this prompt into your AI tool:

Describe a one-page map I should be able to draw from memory showing how each area of knowledge produces knowledge: method (observation, experiment, interpretation, argument, intuition), criteria (replicability, coherence, narrative, justification), and a real-world example for each. Present as nodes for me to draw out by hand.

What this helps you practise: Organising the methods of the five AOKs into one connected map.

How to use it well: Drawing the map yourself is where the learning happens. This map is your essay-planning toolkit.

Prompt 10: Set a Clear Goal for a TOK Session

Copy this prompt into your AI tool:

Help me set a specific, achievable objective for a 45-minute TOK session on [topic, e.g. understanding what counts as 'evidence' in the human sciences]. 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: TOK rewards sustained thinking. A session with a defined endpoint is far more effective than open-ended browsing.

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-AoK Diagnostic with Confidence Rating

Copy this prompt into your AI tool:

You are a TOK examiner running a diagnostic. Write 12 short questions spanning [area of knowledge or optional theme], with a spread of difficulty. 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-areas. 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 of TOK is weakest.

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 TOK Vocabulary Audit

Copy this prompt into your AI tool:

Give me 15 quick recall questions on TOK vocabulary (knowledge claim, knowledge question, area of knowledge, optional theme, perspective, knower, justification, certainty, etc.), one at a time, no notes allowed. At the end, sort each into three buckets: secure, shaky, missing.

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

How to use it well: TOK is a vocabulary-heavy course. Imprecise terms cost essay marks.

Prompt 13: Find My Misconceptions

Copy this prompt into your AI tool:

Ask me to explain [concept, e.g. the difference between a knowledge claim and a knowledge question, or what 'paradigm shift' really means]. As I answer, probe for the specific misconceptions TOK 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 TOK class assessment 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: Knowledge-Question vs Knowledge-Claim Diagnostic

Copy this prompt into your AI tool:

Test whether I can reliably distinguish knowledge questions from knowledge claims. Give me 10 statements and ask me to label each. Then mark me and explain the distinction in any cases I got wrong.

What this helps you practise: Diagnosing the foundational TOK distinction students most often blur.

How to use it well: If you can't distinguish a question from a claim, your essay will drift. This drills the boundary.

Prompt 16: Map the Gaps Across the Course

Copy this prompt into your AI tool:

Sweep across the whole TOK course with a broad set of questions including AoKs, optional themes, the core theme of the knower, and assessment-specific knowledge (exhibition and essay). 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 course-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 [knowledge question, e.g. 'How does the natural-science method handle disagreement?']. 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 Real-World-Example Bank

Copy this prompt into your AI tool:

Test my real-world example bank for [area of knowledge or optional theme]. Ask me to name three real-world examples, and for each, explain what knowledge question it illustrates and how it links to TOK concepts. Tell me which examples are thinnest in my memory.

What this helps you practise: Catching the example-bank weakness that costs both exhibition and essay marks.

How to use it well: TOK essays are won by precise, well-chosen real-world examples. Drill until each example can be deployed in a single sentence.

Prompt 19: Diagnose My Perspective-Taking

Copy this prompt into your AI tool:

Quiz me on the perspective-taking skill IB rewards: for [knowledge question], ask me to present at least three different perspectives and explain what differs between them. Tell me where my perspective-taking is shallow.

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

How to use it well: TOK examiners reward genuine engagement with rival perspectives, not the listing of positions.

Prompt 20: Test a Linked Concept

Copy this prompt into your AI tool:

Give me a diagnostic that specifically checks whether I can connect [area of knowledge A] and [area of knowledge B] in a TOK argument, not just discuss each separately. Tell me whether my weakness is in the individual areas or in linking them.

What this helps you practise: Diagnosing comparative weakness — central to essay writing.

How to use it well: You can know two AoKs well and still fail to compare 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 [TOK concept or knowledge question] to you in my own words. Listen, then identify every gap, vague statement, or missing link in my explanation, in order of importance.

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

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

Prompt 22: Exam-Readiness Score

Copy this prompt into your AI tool:

Act as a strict TOK examiner. Ask me the hardest questions you realistically could on [area of knowledge or optional theme], then rate my readiness for each sub-area on a scale of 1 to 7 (the IB grade scale) 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 [TOK area], first ask me how confident I feel about each sub-area. 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 TOK paragraph I got marked low: [paste]. Don't just give me the right answer — diagnose the underlying weakness in argument, vocabulary, or example use that caused the mark loss.

What this helps you practise: Learning from errors at the level of cause.

How to use it well: One weak paragraph often points to a recurring fault. Fix the fault, not just the paragraph.

Prompt 25: Weekly Diagnostic Sweep

Copy this prompt into your AI tool:

Run my weekly diagnostic across everything I've revised this week in TOK: [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, analogise, 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 [tricky TOK concept, e.g. paradigm shift, or knowledge-as-justified-true-belief] using a clear everyday analogy. Then ask me to map each part of the analogy back onto the real concept 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 TOK — 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 [TOK concept, e.g. why scientific knowledge is provisional] as simply as if I were teaching a younger sibling 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 a Philosopher

Copy this prompt into your AI tool:

Roleplay as [thinker, e.g. Karl Popper defending falsificationism, or Thomas Kuhn defending paradigm shifts]. Narrate the move-by-move argument and the strongest objection. Quiz me on the moves as we go.

What this helps you practise: Making philosophical debates vivid and memorable.

How to use it well: Inhabiting a thinker's perspective forces you to grasp the position, not just a one-line summary.

Prompt 29: Build a Mnemonic

Copy this prompt into your AI tool:

Help me create a memorable mnemonic for [TOK list, e.g. the five areas of knowledge, or the criteria for the TOK essay]. 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 [TOK argument or example, e.g. the case for and against the claim 'historians can be objective'] step by step, justifying each move. Then give me the same argument with key moves 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.

Prompt 31: Compare and Contrast Two Areas of Knowledge

Copy this prompt into your AI tool:

Build a comparison table for [AoK A vs AoK B, e.g. natural sciences vs the arts]. Compare on method, certainty, role of perspective, type of knowledge produced, and a worked real-world example for each. Then quiz me on the differences.

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

How to use it well: Confusable pairs are essay 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 TOK concept, e.g. why mathematical knowledge feels certain] 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.

Prompt 33: Ground the Abstract in the Concrete

Copy this prompt into your AI tool:

Take this abstract TOK idea — [e.g. 'justification' or 'evidence'] — and give me two concrete, specific real-world examples (with named events, studies, or works), then ask me to generate a third myself.

What this helps you practise: Connecting TOK concepts to real examples — exactly what the exhibition rewards.

How to use it well: Generating your own example is the test of understanding.

Prompt 34: Build a Real-World Example Bank

Copy this prompt into your AI tool:

For [knowledge question], give me three real-world examples (one from a science, one from a humanity, one from the arts or technology), each with a named source. Test me by giving the knowledge question and asking for the example, and vice versa.

What this helps you practise: Building the example bank both TOK assessments depend on.

How to use it well: Memorise three named examples per major knowledge question — they're the lifeblood of TOK writing.

Prompt 35: Why Does It Count as Knowledge?

Copy this prompt into your AI tool:

Don't just tell me what kind of claim [area of knowledge] produces — explain why we count it as knowledge. What standards must a claim meet in this area to be taken seriously? Give the underlying epistemological logic.

What this helps you practise: Replacing rote memorisation with structural epistemological understanding.

How to use it well: Understanding the 'why' lets you reconstruct the standards of an AoK and handle unfamiliar essay titles.

Prompt 36: Unpack a Knowledge Claim Word by Word

Copy this prompt into your AI tool:

Take this knowledge claim — [e.g. 'Mathematics is the universal language of science'] — and unpack it word by word. What does each term assume? What would be different if each term were changed?

What this helps you practise: Building the analytical close-reading skill the TOK essay requires.

How to use it well: Top-band TOK essays don't accept claims at face value. They show what each term smuggles in.

Prompt 37: Link Theory to Real Example

Copy this prompt into your AI tool:

For [TOK concept, e.g. 'falsifiability'], walk me through three named real-world examples (one historical, one contemporary, one from my own DP subjects). For each, explain what aspect of the concept it illustrates.

What this helps you practise: Building the theory-and-example pairing TOK assessments require.

How to use it well: Theory without example scores nothing in TOK. Example without theory scores little.

Prompt 38: Interleave Two Confusable Concepts

Copy this prompt into your AI tool:

Alternate between explaining and quizzing me on [concept A, e.g. 'objectivity'] and [concept B, e.g. 'intersubjectivity'], 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 concepts separate.

How to use it well: Confusing similar TOK terms in an essay is a common reason students miss the highest band.

Prompt 39: Turn My Notes into Understanding

Copy this prompt into your AI tool:

Here are my notes on [TOK topic]: [paste]. Turn them into a clear, structured explanation, and point out anything I've written down as a fact without actually understanding why it's claimed.

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 copied but couldn't explain.

Prompt 40: Explore What Happens If a Premise Fails

Copy this prompt into your AI tool:

For [TOK argument, e.g. the claim that scientific knowledge progresses through accumulation], walk through what would happen if one premise failed — for example, if scientists routinely refused to abandon falsified theories. Use the failure to test whether I really understand the argument.

What this helps you practise: Deepening understanding by examining what each premise carries.

How to use it well: Understanding what fails when a premise is removed is the heart of TOK evaluation.

Prompt 41: Build Precise TOK Vocabulary

Copy this prompt into your AI tool:

Generate the key TOK terms for [area of knowledge or optional theme], each with a precise 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 TOK essays require.

How to use it well: Imprecise vocabulary loses essay marks. Drill the exact terms until they're automatic.

Prompt 42: Explain the Methodology of an AoK

Copy this prompt into your AI tool:

Talk me through how [area of knowledge] actually produces knowledge — from the moment a question is asked to the moment a finding becomes accepted. Explain why each step is needed. Then ask me to do the same for a different AoK.

What this helps you practise: Mastering AoK methodology — the foundation of every TOK essay.

How to use it well: Every TOK essay turns on how knowledge is produced. This drills that systematically.

Prompt 43: Make an Argument into a Story

Copy this prompt into your AI tool:

Turn [TOK argument, e.g. the case for the social construction of scientific knowledge] into a short, vivid story with a clear sequence of moves and responses. Then quiz me on the order and the key textual evidence at each stage.

What this helps you practise: Using narrative structure to remember TOK arguments.

How to use it well: Arguments are easier to recall as a story than as a list of moves.



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 TOK Essay Criteria

Copy this prompt into your AI tool:

Act as an experienced TOK examiner. Give me one paragraph of a TOK essay on [prescribed-title-style question]. Mark it against the IB's TOK essay rubric (knowledge questions, arguments, evaluation, real-world examples, clarity). Tell me the band, the mark, and the single most valuable improvement.

What this helps you practise: Practising the TOK essay paragraph and learning how marks are awarded.

How to use it well: The TOK essay is marked holistically — but examiners look for specific things. The breakdown tells you which to target.

Prompt 45: Closed-Book Retrieval Quiz

Copy this prompt into your AI tool:

Quiz me on [TOK 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 before checking — the effort is the point.

Prompt 46: Drill an Argument-and-Counterargument Chain

Copy this prompt into your AI tool:

Give me a TOK knowledge question. Mark me specifically on whether my response presented a sustained argument WITH a sustained counter-argument, both grounded in real-world examples, rather than just stating one view.

What this helps you practise: Building the dialectical structure TOK essays demand.

How to use it well: An essay with no counter-argument is one-sided. Always concede the strongest objection before responding.

Prompt 47: Find the Missing Mark Points

Copy this prompt into your AI tool:

Write a model paragraph of a TOK essay on [knowledge question], then remove two of the strongest moves (a perspective, an example, or an evaluation point) 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 top-band TOK paragraph relies on.

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

Prompt 48: Demand Precise TOK Vocabulary

Copy this prompt into your AI tool:

Test me on TOK vocabulary in context. Accept only answers that use the right TOK term for the meaning — if I substitute an everyday word for a TOK term, tell me which precise term would have earned the mark.

What this helps you practise: Producing the precise vocabulary TOK essays require.

How to use it well: Imprecise vocabulary signals shallow understanding. Drill until each precise term is automatic.

Prompt 49: Mark a Real-World-Example Use

Copy this prompt into your AI tool:

Ask me to integrate a real-world example into a TOK argument on [knowledge question]. Critique my use as an examiner would: was the example precisely chosen, was it explained accurately, and did I link it to a knowledge claim or knowledge question (rather than just describing it)?

What this helps you practise: Producing real-world examples that earn marks — explained AND linked.

How to use it well: Examples that are described but not linked score low. Always state explicitly what knowledge question or claim the example illuminates.

Prompt 50: Application Question, Marked

Copy this prompt into your AI tool:

Give me a knowledge question that places [TOK concept, e.g. paradigm shift, or perspective] in an unfamiliar AoK or theme. After I answer, mark whether I correctly applied the concept rather than just restating what I memorised.

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

How to use it well: Application questions reward transfer, not recall. Marks come from using the concept, not reciting it.

Prompt 51: Structure a TOK Essay Outline

Copy this prompt into your AI tool:

Give me a prescribed-title-style question on [topic]. Before marking content, assess my essay outline: clear thesis, well-chosen AoKs (usually two), genuine counter-perspectives, well-integrated real-world examples, and a justified conclusion.

What this helps you practise: Structuring the TOK essay so every band-descriptor is reachable.

How to use it well: TOK essays are won in the outline. A clear outline tells the examiner immediately which band you'll reach.

Prompt 52: Check a TOK Exhibition Object

Copy this prompt into your AI tool:

Give me a TOK exhibition IA prompt (one of the 35). I'll choose a real-world object and justify why it answers the prompt. Mark me on whether the object is precisely chosen, the link is explained, and the commentary engages with the IA prompt rather than the area of knowledge generally.

What this helps you practise: Practising the exhibition skill that the IA requires.

How to use it well: Exhibition commentaries are marked tightly. The object **MUST** answer the prompt, not the AoK.

Prompt 53: Interpret a Knowledge Claim, Marked

Copy this prompt into your AI tool:

Present me with a knowledge claim from [area of knowledge]. Ask me to interpret it — what does it really say, what does it assume, who counts as a knower? Mark me on the depth of interpretation.

What this helps you practise: Practising the close-reading-of-claims skill that the essay requires.

How to use it well: Top-band TOK candidates don't accept claims at face value. They unpack them.

Prompt 54: Cross-AoK Retrieval Challenge

Copy this prompt into your AI tool:

Ask me a knowledge question that requires me to engage with at least two different areas of knowledge to answer fully. Mark me on the breadth and the quality of the AoK engagement.

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

How to use it well: TOK essays must engage with multiple AoKs. Practise reaching deliberately.

Prompt 55: Same Knowledge Question, Different Perspectives

Copy this prompt into your AI tool:

Ask me three different perspectives on the same knowledge question on [topic] — for example, a scientific perspective, a humanistic perspective, and an indigenous-knowledge perspective. Mark each against the perspective's own internal standards.

What this helps you practise: Matching your perspective-taking to what each perspective actually requires.

How to use it well: Top-band TOK rewards genuine engagement with different perspectives, not the listing of positions.

Prompt 56: Drill Sustained Evaluation

Copy this prompt into your AI tool:

Give me a knowledge-question paragraph on [topic] and mark me specifically on whether my evaluation was sustained throughout (rather than appearing in a tacked-on final sentence).

What this helps you practise: Building the sustained evaluation that distinguishes top-band essays.

How to use it well: Sustained evaluation signals real engagement. Add evaluative phrases ('this assumes...', 'this works only if...') in every paragraph.

Prompt 57: Spring the Common Error Trap

Copy this prompt into your AI tool:

Ask me questions on [TOK area] designed around the errors TOK students most commonly make (for example, treating knowledge questions as factual questions, or confusing 'ways of knowing' with 'areas of knowledge'). 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 AoK and Theme Identification

Copy this prompt into your AI tool:

Fire 15 short statements at me, one at a time, and ask me to identify which area of knowledge (or optional theme) each best illustrates. Then list the ones I got wrong or vague for me to drill again.

What this helps you practise: Making AoK and theme identification fast and automatic.

How to use it well: Identifying the AoK/theme quickly frees thinking time for the harder analysis.

Prompt 59: Predict the Mark Scheme

Copy this prompt into your AI tool:

Show me a TOK essay prompt or exhibition prompt. Before answering, I'll predict what the marker rewards. Then reveal the IB's published markbands and tell me how accurate my prediction was.

What this helps you practise: Learning to think like the examiner who marks against the bands.

How to use it well: If you can predict the bands, you can target your essay at them.

Prompt 60: Verify a Named Thinker from Memory

Copy this prompt into your AI tool:

Ask me to summarise [named thinker, e.g. Popper, Kuhn, Foucault, Gettier] in 100 words: their key claim, the area of knowledge they speak to, and how their view differs from a rival's. Then critique my recall.

What this helps you practise: Producing concise thinker summaries under recall.

How to use it well: TOK essays earn marks by named thinker engagement. Drill until each can be deployed in a paragraph.

Prompt 61: Drill 'Knowledge Question' Wording

Copy this prompt into your AI tool:

Give me a TOK essay prompt. Ask me to extract or formulate the underlying knowledge question(s) in precise IB-style wording (open, second-order, framed around AoKs/themes). Mark my wording for IB-style precision.

What this helps you practise: Securing the knowledge-question precision the IB explicitly rewards.

How to use it well: Knowledge questions must be open and second-order. Closed factual questions score nothing.

Prompt 62: Practise a 'Compare' TOK Question

Copy this prompt into your AI tool:

Give me a 'compare' TOK prompt on [AoK A and AoK B]. Mark me on whether I made genuine comparative statements (linking the two) rather than describing each separately.

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'. Parallel descriptions score lower.

Prompt 63: Practise a 'To What Extent' TOK Question

Copy this prompt into your AI tool:

Give me a 'to what extent' TOK prompt. Mark me on whether I presented evidence on more than one side and reached a calibrated conclusion ('to a significant but limited extent...'), rather than a one-sided answer.

What this helps you practise: Building the calibrated-judgement skill 'to what extent' prompts require.

How to use it well: 'To what extent' rewards a calibrated answer, not a yes/no.

Prompt 64: Practise a Reading-Led Prompt

Copy this prompt into your AI tool:

Give me a TOK prompt that hinges on a specific quotation or claim. Mark me on whether I engaged with the claim directly, sustained it throughout the essay, and acknowledged its limits.

What this helps you practise: Building the reading-led essay skill TOK prompts demand.

How to use it well: Reading-led prompts reward sustained engagement with the claim, not generic content.

Prompt 65: Climb the Argument-Example-Interpretation Ladder

Copy this prompt into your AI tool:

On a single knowledge claim, ask me first to advance an argument about it, then to support it with a real-world example, then to interpret it. Mark each rung separately so I can see where my answer stops being strong.

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

How to use it well: The rung where your answer weakens shows the boundary of your real understanding.

Prompt 66: Mark My Real Essay

Copy this prompt into your AI tool:

Here is my TOK essay on [PT]: [paste]. Mark it strictly to mark 7 standard against the IB's TOK essay rubric, tell me the band and mark, and rewrite one paragraph of mine to show what top-band TOK writing 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 band' phrasing adds.

Prompt 67: Fill a Retrieval Grid

Copy this prompt into your AI tool:

Create a retrieval grid for [TOK area]: a set of prompts or blank cells covering key concepts, named thinkers, real-world examples and knowledge questions, 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 Paragraph

Copy this prompt into your AI tool:

Give me a TOK essay prompt. Give me 12 minutes to write one paragraph (introducing one argument with one real-world example). Mark it at the end.

What this helps you practise: Practising TOK paragraph-writing at exam pace.

How to use it well: TOK essay paragraphs need to be tight. Timed practice forces concision.

Prompt 69: Sit a Mini Exhibition Set

Copy this prompt into your AI tool:

Give me three IA exhibition prompts. For each, ask me to suggest a real-world object and explain in one paragraph how it answers the prompt. Mark the whole set and tell me which prompts I handle worst.

What this helps you practise: Rehearsing the exhibition skill across multiple IA prompts.

How to use it well: Mixed practice across prompts reveals which IA-prompt patterns you struggle with.

Prompt 70: Catch the AI's Deliberate Error

Copy this prompt into your AI tool:

Answer this TOK question yourself: [question]. Include exactly one subtle but real error in your answer — for example, a misattributed thinker, a wrong area of knowledge label, or a misuse of TOK vocabulary — 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 TOK.

How to use it well: AI is notorious for plausibly-wrong TOK content. Practising spotting errors protects you from absorbing them.

Prompt 71: Mixed Whole-Course Retrieval

Copy this prompt into your AI tool:

Quiz me with 12 questions drawn from across the TOK course: [list topics]. Mix AoKs, optional themes, the core theme, and assessment-specific content randomly, and at the end tell me which areas I'm weakest on overall.

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

How to use it well: Random topic order is harder than block revision — and exactly what the essay prompts demand. 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 Knowledge Question

Copy this prompt into your AI tool:

Give me a novel knowledge question that I won't have seen — perhaps in an unfamiliar AoK or about an unfamiliar theme. Ask me to develop an outline, then tell me how well I handled the unfamiliarity.

What this helps you practise: Building the unfamiliar-prompt-handling skill the May/November PT release demands.

How to use it well: The actual PT will be unfamiliar. Practise developing outlines on novel questions.

Prompt 73: Build a Synoptic Argument Across AoKs

Copy this prompt into your AI tool:

Challenge me to develop an argument that spans three different areas of knowledge in response to [knowledge question]. Push me to make each AoK contribution distinctive and the connections explicit.

What this helps you practise: Constructing the multi-AoK argument top-band essays show.

How to use it well: Top TOK candidates use multiple AoKs distinctively. Practise so each AoK adds something the others can't.

Prompt 74: Apply a Concept to a New AoK

Copy this prompt into your AI tool:

Take [TOK concept, e.g. peer review] and give me an AoK where it's less familiarly applied (the arts, history, or indigenous knowledge). Ask me to apply it there, then judge whether I did so correctly.

What this helps you practise: Transferring a concept beyond the AoK you first met it in.

How to use it well: Real understanding is shown by transfer. If you can only use peer review for the sciences, you don't fully own the concept.

Prompt 75: Critique a Famous TOK Argument

Copy this prompt into your AI tool:

Describe a famous TOK-relevant argument (e.g. Popper's falsificationism, Kuhn's paradigm shifts, the strong programme in sociology of knowledge). Ask me to identify its strengths, weaknesses, and what it ignores. Then evaluate my critique.

What this helps you practise: Building the critique-of-an-argument skill that TOK essays demand.

How to use it well: Top-band TOK doesn't accept arguments. It engages with them.

Prompt 76: Predict and Justify

Copy this prompt into your AI tool:

Set me a counterfactual scenario about [TOK topic] — for example, what if Popper had won the falsificationism debate completely? Ask me to predict what would change, then justify my prediction with TOK reasoning.

What this helps you practise: Reasoning forward from concepts to plausible counterfactual outcomes.

How to use it well: Counterfactual reasoning sharpens your sense of which TOK ideas are doing the load-bearing work.

Prompt 77: Investigate an Open TOK Question

Copy this prompt into your AI tool:

Pose me a genuinely open TOK question (for example, 'is mathematical knowledge discovered or invented?') — 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 TOK essays.

How to use it well: Sit with open questions rather than rushing to one answer. The ability to reason through uncertainty is top-band TOK.

Prompt 78: Connect to a Real-World Controversy

Copy this prompt into your AI tool:

Link [TOK concept] to a real-world controversy — for instance the replication crisis in psychology, the debate over indigenous land knowledge, or AI-generated art — and ask me to develop a TOK argument from it.

What this helps you practise: Seeing how TOK concepts apply to ongoing real-world debates — exactly what the exhibition rewards.

How to use it well: Live controversies make the best TOK real-world examples. Build a small bank you can deploy.

Prompt 79: Compare Two Thinkers

Copy this prompt into your AI tool:

Pick two thinkers on [topic, e.g. Popper and Kuhn on scientific progress, or Russell and Wittgenstein on language]. Ask me to compare them — their key claims, their evidence, their assumptions. Mark me on depth.

What this helps you practise: Building the comparative-thinker skill top-band essays show.

How to use it well: Always link the comparison back to a knowledge question. Comparison alone scores less.

Prompt 80: Interpret an Unfamiliar Quotation

Copy this prompt into your AI tool:

Give me an unfamiliar quotation about knowledge (you may invent a plausible one but mark it as illustrative). Ask me to interpret it, identify its assumptions, and develop a knowledge question from it. Then tell me what I read well and what I missed.

What this helps you practise: Building the unfamiliar-quotation-handling skill PT prompts often require.

How to use it well: Many TOK PTs are quotation-led. Practise unpacking unfamiliar quotations into knowledge questions.

Prompt 81: Reason Across Areas of Knowledge

Copy this prompt into your AI tool:

Ask me a knowledge question that requires me to reason from one AoK to another (e.g. from the sciences to the arts via a shared concept of 'truth'). Judge whether I kept the chain of inference intact.

What this helps you practise: Building the multi-AoK reasoning top-band TOK demands.

How to use it well: Keeping inference coherent across AoKs is a high-level skill. Practise it deliberately.

Prompt 82: Design an Exhibition

Copy this prompt into your AI tool:

Ask me to design a full TOK exhibition for IA prompt [pick one of the 35]. Require me to choose three real-world objects, justify each link to the prompt, and explain the commentary structure. Then critique my design.

What this helps you practise: Practising the exhibition design that the IA assesses.

How to use it well: Exhibitions are won in the choice of objects. Each must answer the prompt distinctively.

Prompt 83: Challenge My Argument

Copy this prompt into your AI tool:

I'll advance a TOK argument about [knowledge question]. Your job is to challenge it — find the missing evidence, the weak premise, 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 argument challenged is uncomfortable and valuable. A thesis that survives scrutiny is one you can defend.

Prompt 84: Choose the Right AoKs and Examples

Copy this prompt into your AI tool:

Give me a TOK essay prompt and a set of possible AoK pairings (and real-world examples).
Ask me which pairing best supports a strong essay and to justify the choice, then tell me if I'm right and why.

What this helps you practise: Applying judgement to choose the AoKs that fit the prompt.

How to use it well: The right AoKs make the essay possible. Practise choosing them deliberately, not by default.

Prompt 85: Debate a Knowledge Politics Question

Copy this prompt into your AI tool:

Set me a contested knowledge-politics question (whose knowledge counts, the role of power in knowledge production). Mark me on whether I presented multiple perspectives with evidence and a justified conclusion.

What this helps you practise: Building the balanced engagement contested questions need.

How to use it well: Knowledge-politics questions want multiple perspectives and a reasoned verdict, not a one-sided rant.

Prompt 86: Solve a Novel Synoptic Problem

Copy this prompt into your AI tool:

Give me a TOK prompt that I can only answer well by combining knowledge from two separate areas (e.g. an AoK and an optional theme). Don't tell me which — let me work it out, then review my approach.

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

How to use it well: The hardest TOK prompts hide which knowledge to combine. Practising 'which areas does this question call on?' is itself a skill.

Prompt 87: Apply Synoptic Thinking to a Specific Knower

Copy this prompt into your AI tool:

Pick a single knower — for example, an artist, a scientist, an indigenous elder, an algorithm. Ask me to analyse how they produce knowledge synoptically: methods, standards, perspectives, limits. Mark how well I integrated the different strands.

What this helps you practise: Integrating multiple TOK concepts around a single real knower.

How to use it well: Knowers are natural synoptic hooks. Tracing one across the course rehearses exactly the linkage TOK rewards.

Prompt 88: Use a Limiting Case to Test Understanding

Copy this prompt into your AI tool:

Pose me a limiting case in [area of knowledge] — for example, what happens when scientific knowledge meets a genuinely unfalsifiable claim? Mark me on whether my reasoning about the limit was philosophically sound.

What this helps you practise: Building the limit-testing habit that strengthens TOK arguments.

How to use it well: Limiting cases reveal what an argument really commits to.

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 TOK session. 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 TOK [topic or set of topics] running up to my exhibition deadline or essay submission. Space the reviews at widening intervals.

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.

Prompt 91: Build a TOK Error Log

Copy this prompt into your AI tool:

Help me set up an error log for TOK. Give me a simple structure to record each mistake (essay paragraph, my version, the issue, the cause: missing perspective, weak example, vague vocabulary, no evaluation). 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.

Prompt 92: Plan Tomorrow from Today's Gaps

Copy this prompt into your AI tool:

Based on the gaps we found in today's TOK session — [list them] — build me a focused plan for tomorrow's work: 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.

Prompt 93: Run a Metacognitive Check

Copy this prompt into your AI tool:

Ask me reflective questions about how I just studied TOK: did I write essay paragraphs, did I rehearse exhibition commentary, did I memorise named thinkers, or did I just re-read? Then suggest one change to my method.

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

How to use it well: Studying smarter starts with noticing how you study now.

Prompt 94: Set Up a TOK Progress Tracker

Copy this prompt into your AI tool:

Help me create a simple progress tracker for TOK: a list of the five AoKs, my two optional themes, and the assessment-specific skills (exhibition, essay) with a confidence rating for each that I can update over time.

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 areas and neglecting weak ones.

Prompt 95: Find My Recurring Mistakes

Copy this prompt into your AI tool:

Here are several TOK paragraphs or exhibition commentaries I've written: [paste]. Look for the pattern — is there a recurring type of error (missing perspective, weak example, vague vocabulary, no 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.

Prompt 96: Plan a Timetable to the Submission

Copy this prompt into your AI tool:

Work backwards from my TOK essay or exhibition deadline [date] to build a realistic plan: drafting, redrafting, peer review, examiner-marked paragraphs, and final review. Build in protected drafting days.

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

How to use it well: Working back from the deadline keeps the plan realistic.

Prompt 97: Analyse a Mock Essay

Copy this prompt into your AI tool:

Here is my mock TOK essay and the feedback I got: [paste]. Help me analyse it: which marker comment cost me the most band-descriptor marks, and what I should prioritise in the next draft.

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

How to use it well: TOK essay marking comments are gold. Each one is a path to a higher band.

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 TOK work — [summarise] — and turn it into a concrete, prioritised to-do list of specific actions (for example: 'memorise three real-world examples for the human sciences and log perspectives I'm missing').

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

How to use it well: 'Revise TOK' is vague; 'memorise three examples and write a 200-word paragraph using them' is an action.

Prompt 99: Build a Real-World-Example Bank

Copy this prompt into your AI tool:

Help me build and maintain a real-world example bank for TOK: three examples per area of knowledge, each tagged with the knowledge question or claim it best illustrates. Test me on retrieving them under exam-style prompts.

What this helps you practise: Building the example bank that both TOK assessments rely on.

How to use it well: Examples are the lifeblood of TOK. Drill until each can be deployed in a single sentence.

Prompt 100: Consolidate the Week

Copy this prompt into your AI tool:

It's the end of my TOK 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 IB DP Theory of Knowledge 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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- 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
- Politics
- Business

IB DP

- Mathematics: Analysis & Approaches
- Mathematics: Applications & Interpretation
- Physics
- Chemistry
- Biology
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