

AI in Study and Assessments: Opportunities and Risks

Exploring benefits and challenges of
using AI in your studies



AI in Your Learning Journey: Opportunities and Risks

AI Enhances Learning

AI tools can streamline research, organise notes, and create personalised study plans for effective revision.

Risks of AI Misuse

Misusing AI in assessments can lead to malpractice investigations and possible disqualification.

Balanced AI Usage

You should use AI responsibly to enhance learning while maintaining academic integrity.

Why Talk About AI?



AI as a Learning Ally

AI tools help to save time and enhance understanding when used appropriately.

Risks of AI Misuse

Misusing AI in assessments threatens originality and authenticity, risking academic penalties.

Importance of JCQ Regulations

JCQ rules require all student work to be original to maintain fairness and integrity.

Empowering Safe AI Use

Understanding AI use equips students to benefit safely without compromising integrity.

Constructive Uses of AI for Study

PURPOSE	RECOMMENDED TOOLS		
Research Assistance	 Elicit	 Consensus	
Note Summarisation	 Notion AI,	 Otter.ai	 NotebookLM
Flashcards & Quizzes	 Quizlet	 RemNote	 StudyX
Time Management	 reclaim.ai from Dropbox	 goblin.tools	
Language Support	 chatgpt	 M365 Copilot	 DeepL Write

Recommended AI Tools for Revision

Golden Rules for Using AI

Responsible AI Use



Support Learning Ethically

AI should assist understanding by summarizing notes and explaining concepts, not replace your work.

Adhere to Academic Rules

Avoid using AI to complete assignments or assessments to comply with JCQ regulations and academic integrity.

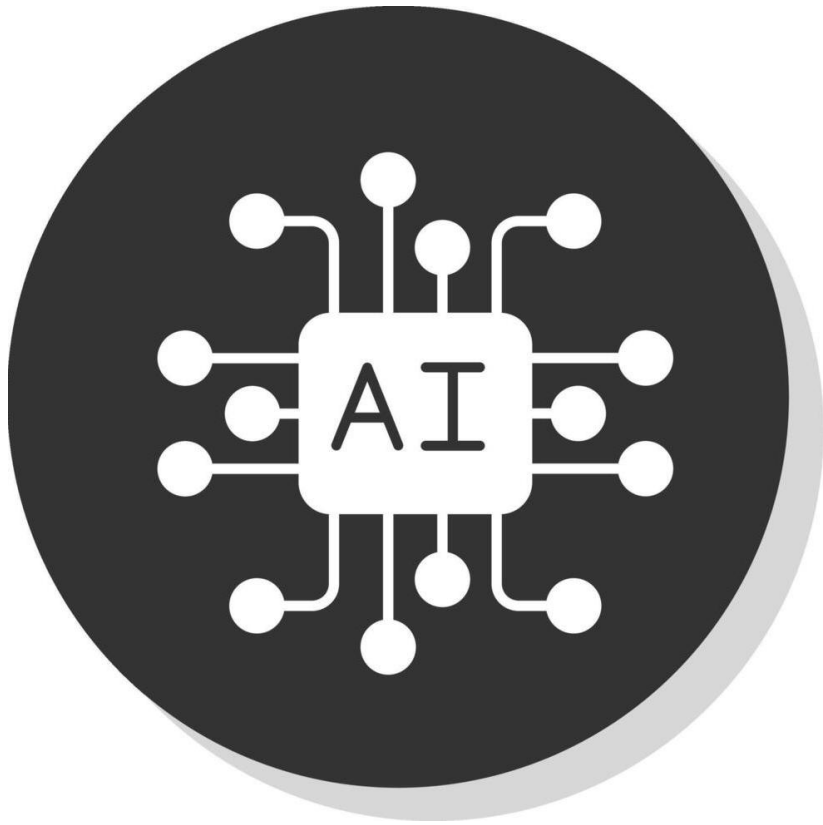
Verify AI Information

Always cross-check AI-generated content with trusted sources to avoid errors and bias.

Maintain Originality

Ensure originality in submitted work and reference AI assistance when required by educators.

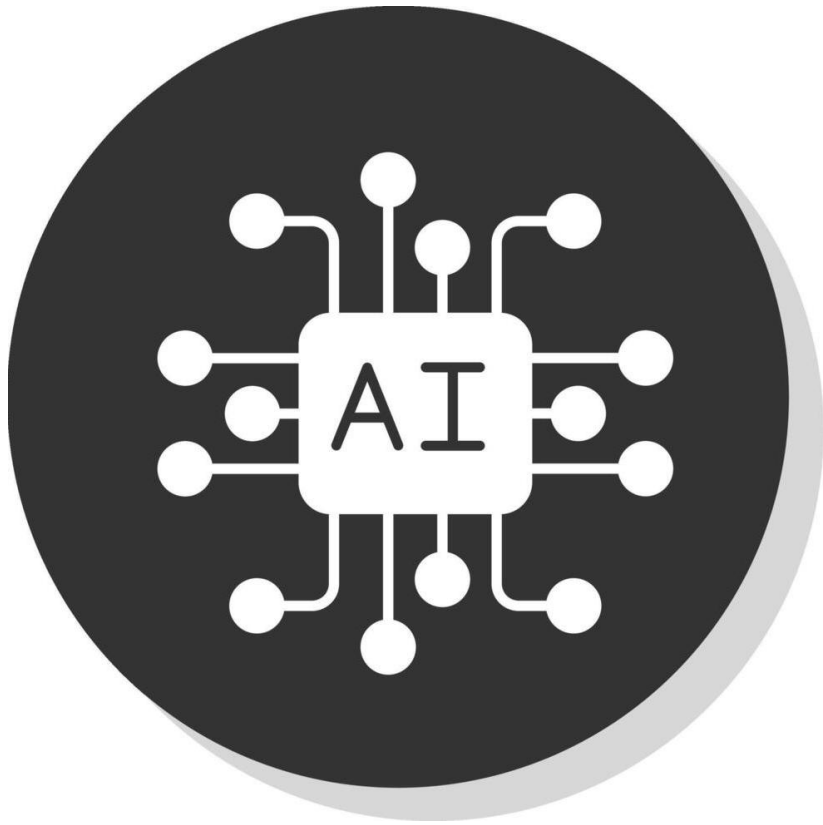
Advice for writing revision prompts



1. Be Specific About What You Want

- Vague prompt: *"Explain photosynthesis."*
Better prompt: *"Explain photosynthesis at GCSE Biology level in simple steps and include a short example exam question."*
- **Why?**
Specific prompts help AI pitch the content at the right level and format.

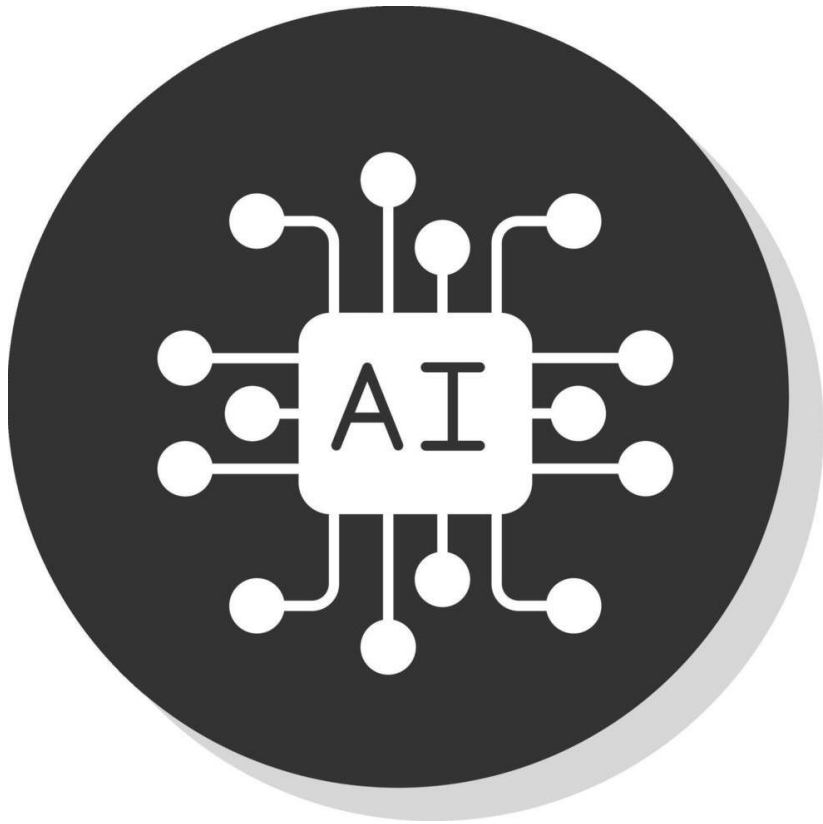
Advice for writing revision prompts



2. Include Your Exam Board

- Different boards emphasise different content.
- Example:
"Explain the structure of an atom for AQA GCSE Combined Science. Keep it concise."

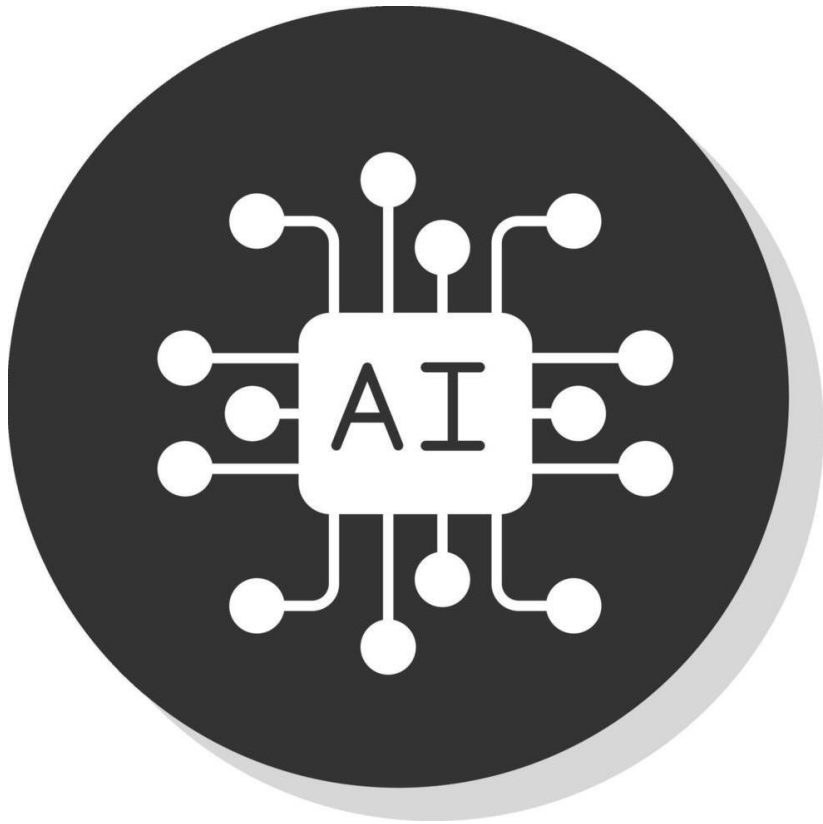
Advice for writing revision prompts



3. Tell AI the Format You Need

- You can request:
- Bullet points
- Flashcards
- Exam-style questions
- Mark-scheme answers
- Tables
- Step-by-step methods
- Example:
"Give me 5 multiple-choice questions on Macbeth (AQA) with answers and brief explanations."

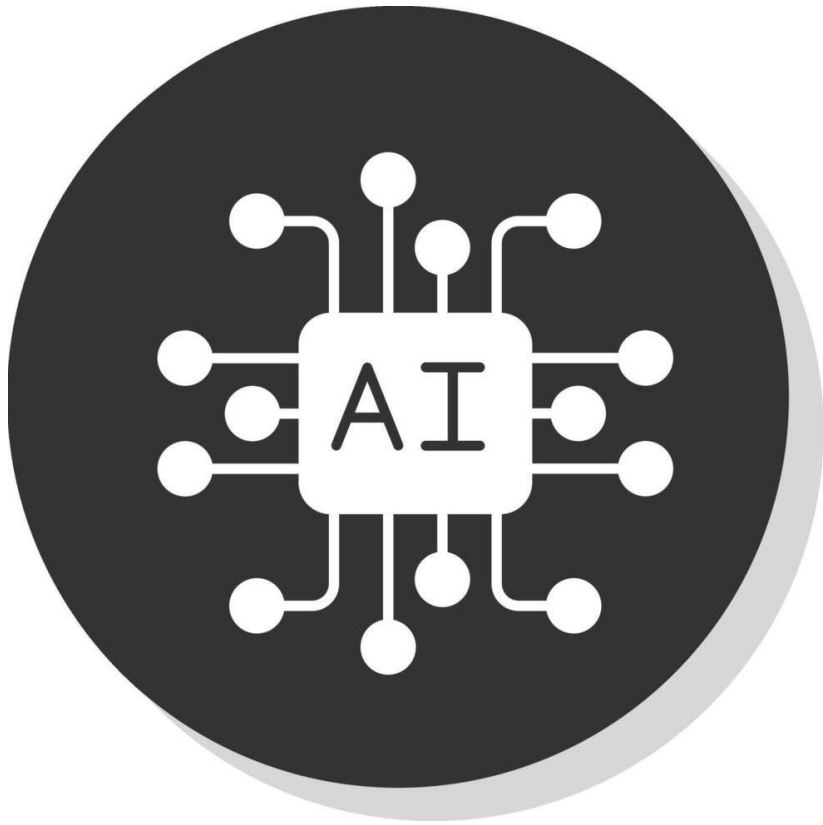
Advice for writing revision prompts



4. Set the Difficulty

- Ask for:
 - Foundation / Higher tier
 - Simplified explanations
 - Challenge questions
 - Mixed difficulty
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- Example:
"Create 3 Higher-tier practice problems on quadratic equations and show full working."

Advice for writing revision prompts



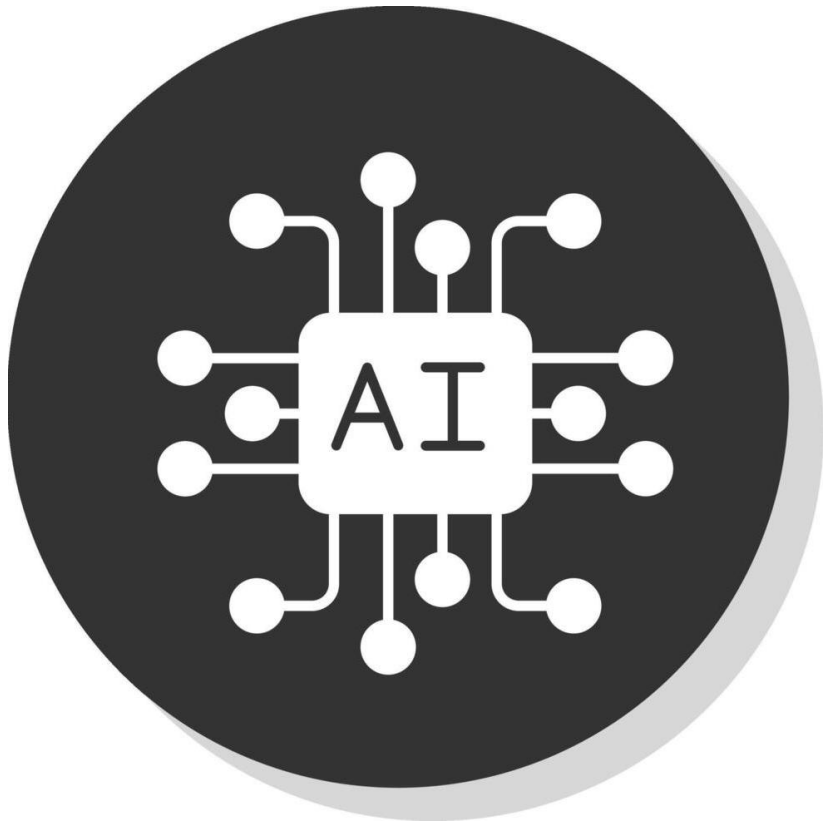
5. Give AI Your Starting Point

- Tell the AI how much you know or where you struggle.
- Example:
"I'm confused about ionic bonding. Explain it simply first, then test me with 3 questions."

6. Ask for Step-by-Step Support

- If you're revising Maths or Science calculations, request methods and worked examples.
- Example:
"Explain how to calculate percentage change step-by-step, then give me 2 practice questions."

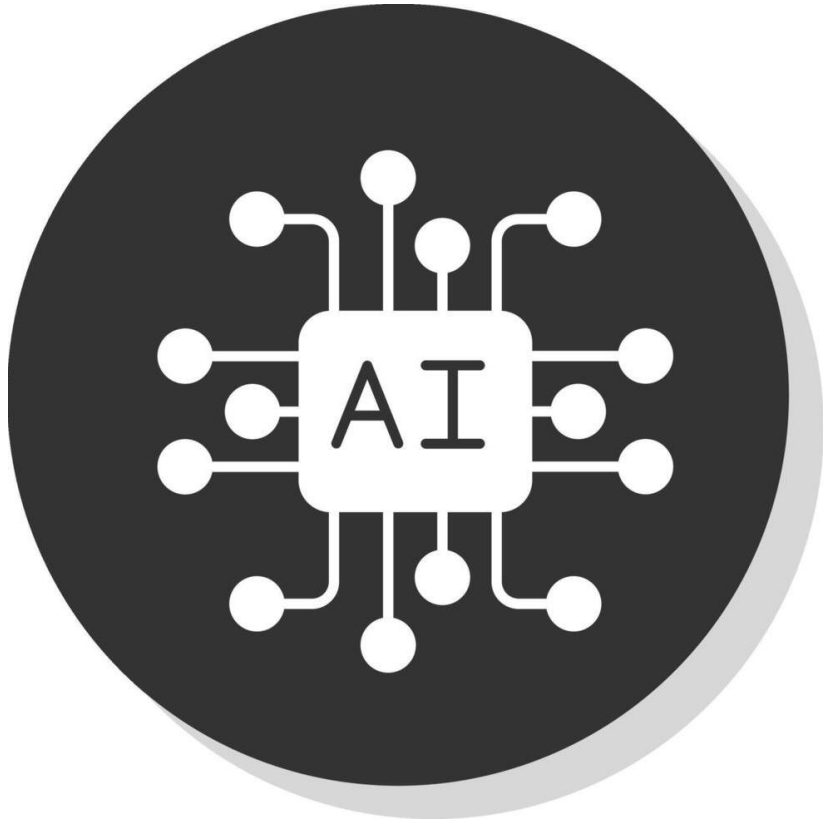
Advice for writing revision prompts



7. Use Iteration

- Iteration means improving the response by giving follow-up instructions.
- Example:
"Make it shorter."
"Add a diagram description."
"Give me a harder version."
- AI works best when you refine your prompt.

Advice for writing revision prompts



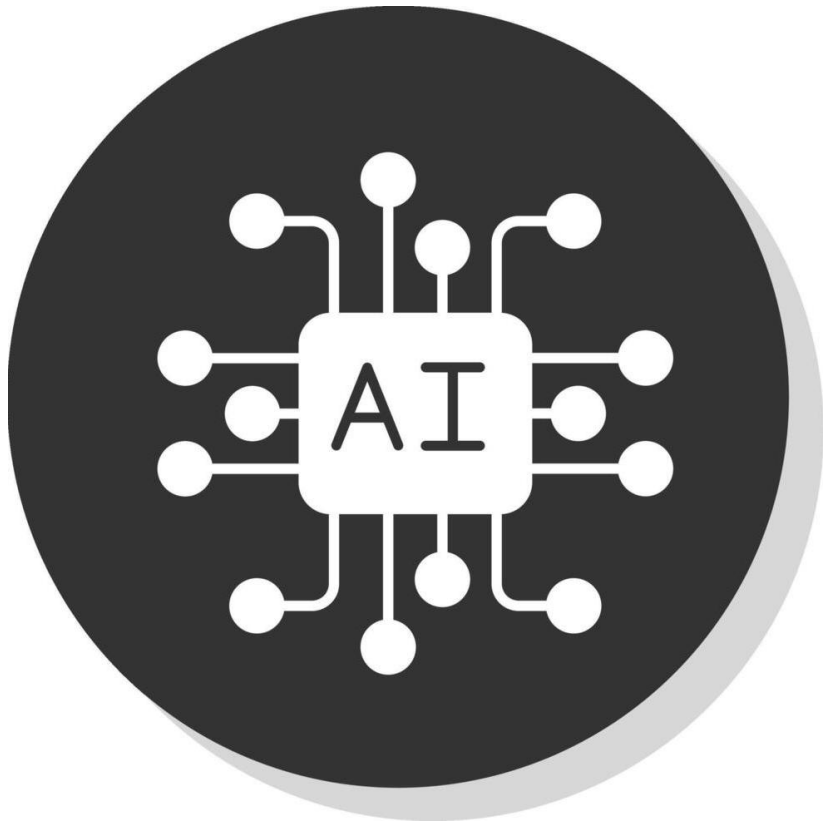
8. Ask AI to Quiz You

- Great for active recall revision.
- Example:
"Quiz me on key quotes from 'An Inspector Calls'. Ask one question at a time and wait for my reply."

9. Provide Examples of What You Want

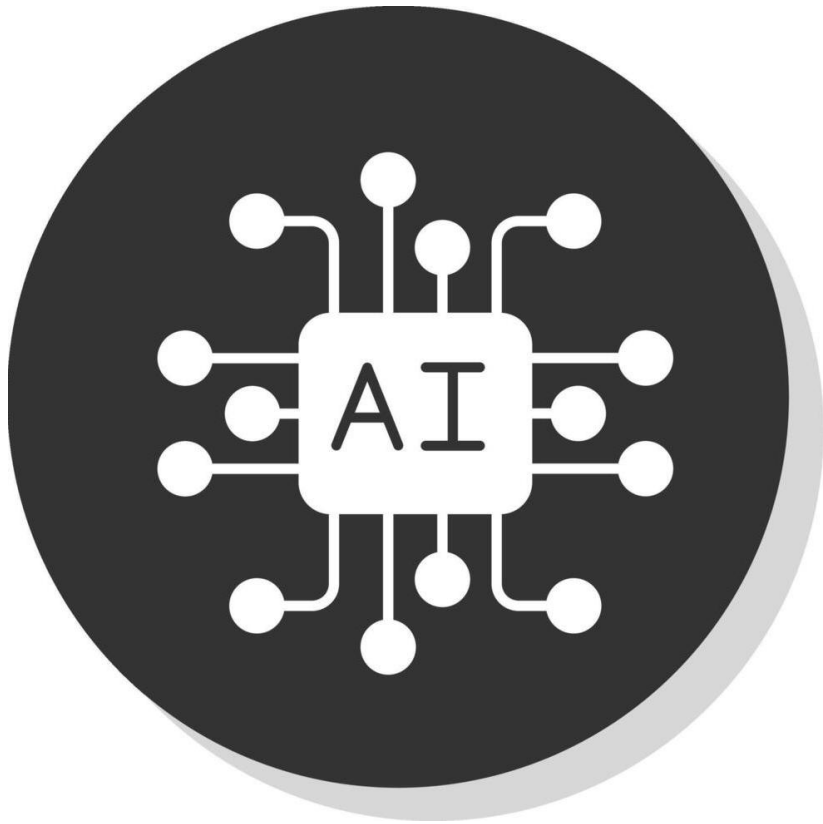
- If you like a certain style, show it.
- Example:
"Write summaries like this: (paste example). Now do the same for the Cold War topic."

Advice for writing revision prompts



- **10. Always Double-Check Accuracy**
- AI can make mistakes. Always check against:
- Your class notes
- Textbook
- Exam board website
- Teacher feedback
- Use AI as a tool, **not your only source.**

Advice for writing revision prompts



Useful Prompt Starters

- “Explain ____ at GCSE level.”
- “Give me flashcards on ____.”
- “Test me with 10 short questions on ____.”
- “Summarise this text in simple bullet points: ____.”
- “Write an exam-style question with a model answer.”
- “Break this down into steps I can memorise.”

Risks and JCQ Guidance

JCQ Rules and Malpractice Risks



Requirement for Original Work

All submitted assessment work must be the student's own to comply with JCQ guidance and maintain academic integrity.

New for 2026/2027

You will be shown a copy of the candidate declaration form

You must sign/initial in the top right corner with the date to acknowledge you have seen it.

You then sign once the work is complete

AI Misuse and Malpractice

Misusing AI in assessments, like copying AI essays or undisclosed content, constitutes malpractice with serious consequences.

Authentication and Detection

Teachers authenticate student work, and AI detection tools help identify non-original content to uphold exam standards.

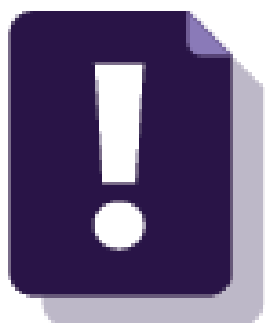
Acknowledging AI Use Limitations

Acknowledging AI use alone does not ensure marks; submissions must demonstrate the student's own knowledge and skills.



AI and Assessments

A quick guide for students



What is AI?

- AI stands for artificial intelligence and using it is like having a computer that thinks
- AI tools like ChatGPT or Snapchat My AI can write text, make art and create music by learning from data from the internet, but watch out – they can also make things up and be biased



How can AI be misused in assessments?

AI misuse is when you take something made using AI and say it's your own work.

**THIS IS
CHEATING!**



How do I make sure I don't misuse AI?



1 Know the rules

- You're **not allowed** to use AI tools when you're in an exam
- Your teachers will tell you if you're allowed to use AI tools when doing your coursework – the rules will depend on your qualification
- Even if you're allowed to use AI tools, you can't get marks for content just produced by AI – your marks come from showing your own understanding and producing your own work

2 Reference reference reference!

If you're allowed to use AI tools, you must reference them clearly

- Name the AI tool you used
- Add the date you generated the content
- Explain how you used it
- Save a screenshot of the questions you asked and the answers you got

3 Declare it's all your own work

– When you hand in your assessment, you have to sign a declaration. Anything without a reference must be all your own work. If you've used an AI tool, don't sign the declaration until you're sure you've added all the references

REMEMBER

What happens if I misuse AI?

If you've misused AI, you could lose your marks for the assessment – you could even be disqualified from the subject.

DON'T RISK IT!



REMEMBER

Misusing AI is cheating!

Know the rules

Talk to your teachers

Reference clearly

Exam behaviour and JCQ Guidance

A. Regulations – Make sure you understand the rules

- 1 Be on time for all your exams. If you are late, your work might not be accepted.
- 2 **Do not** become involved in any unfair or dishonest practice during the exam.
- 3 If you try to cheat or break the rules in any way, you could be disqualified from all your exams.
- 4 You **must not** take into the exam room any unauthorised material, including:
 - (a) notes;
 - (b) earphones or earbuds (e.g. AirPods), mobile phones, MP3/4 players or similar devices, smart glasses, tablets (e.g. iPads or iPods);
 - (c) watches.

Any pencil cases taken into the exam room **must** be see-through.

A. Regulations – Make sure you understand the rules

- 5 **Do not** use correcting pens, fluid or tape, erasable pens, highlighters or gel pens in your answers.
- 6 **Do not** talk to or try to communicate with or disturb other candidates once you have entered the exam room.
- 7 You **must not** write inappropriate, obscene or offensive material.
- 8 If you leave the exam room unaccompanied by an invigilator before the exam has finished, you **will not** be allowed to return.
- 9 **Do not** borrow anything from another candidate during the exam.

B. Information – Make sure you attend your exams and bring what you need

- 1 Know the dates and times of all your exams. Arrive at least ten minutes before the start of each exam.
- 2 If you arrive late for an exam, report to the invigilator running the exam.
- 3 If you arrive more than one hour after the published starting time for the exam, you may not be allowed to take it.
- 4 Only take into the exam room the pens, pencils, erasers and any other permitted equipment needed for the exam.
- 5 You **must** write clearly and in black ink. Coloured pencils or inks may be used only for diagrams, maps, charts, etc, unless the instructions printed on the front of the question paper state otherwise.

C. Calculators, dictionaries and computer spellcheckers

- 1 You may use a calculator unless you are told otherwise.
- 2 If you use a calculator:
 - (a) make sure it works properly; check that the batteries are working properly;
 - (b) clear anything stored in its memory;
 - (c) remove any parts such as cases, lids or covers which have printed instructions or formulae;
 - (d) **do not** bring into the exam room any operating instructions or prepared programs.
- 3 **Do not** use a dictionary or computer spellchecker unless you are told otherwise.

D. Instructions during the exam

- 1 Always listen to the invigilator. Always follow their instructions.
- 2 Tell the invigilator at once if:
 - (a) you think you have not been given the right question paper or all of the materials listed on the front of the paper;
 - (b) the question paper is incomplete or badly printed;
 - (c) you think you have not been given the expected access arrangement(s).
- 3 Read carefully and follow the instructions printed on the question paper and/or on the answer booklet.
- 4 **Do not** start writing anything until the invigilator tells you to fill in all the details required on the front of the question paper and/or the answer booklet. **Do not** open the question paper until you are told that the exam has begun.

D. Instructions during the exam

- 5 Remember to write your answers within the designated sections of the answer booklet.
- 6 Do your rough work on the proper exam stationery. Cross it through and hand it in with your answers.

Make sure you add your candidate details to any additional answer sheets that you use, including those used for rough work.

E. Advice and assistance

- 1 If, on the day of the exam, you feel that your work may be affected by ill health or any other reason, tell the invigilator.
- 2 Put up your hand during the exam if:
 - (a) you have a problem and are not sure what you should do;
 - (b) you do not feel well;
 - (c) you need more paper.
- 3 **You must** not ask for, and will not be given, any explanation of the questions.

F. At the end of the exam

- 1 If you have used more than one answer booklet and/or any supplementary answer sheets, place them in the correct order.

Place any loose additional answer sheets inside your answer booklet. Make sure you add your candidate details to any additional answer sheets that you use. For CCEA examinations, any loose additional answer sheets should be placed **behind** your script.

- 2 **Do not** leave the exam room until told to do so by the invigilator.
- 3 **Do not** take any stationery from the exam room. This includes the question paper, answer booklets (used or unused), rough work or any other materials provided for the exam.

What do I do if I cannot attend results day?

- GCSE results day is Thursday August 20th 2026. More details will be available nearer the time, but the school will be open from 9 o'clock until about 11am (TBC) for you to collect your results.
- If you are not able to collect your results and still want to know what you got on the day then you must do the following **in advance**:
 - Either write a letter, or an email to exams@harris.covmat.org stating the name of a nominated person whom you want to collect your results
- Or
- Request your results to be emailed to you
- This letter or email MUST BE FROM YOU. We cannot accept requests from parents due to GDPR regulations
- We cannot release your results on the day to anyone whom you have not named as your proxy on results day
- If your results are not collected on the day then they will be available to collect when the school reopens in September. Emails will not be responded to between results day and the start of term

JCQ Updates for 2026–27

- • JCQ AI guidance (effective Sept 2026) reminds students that AI-generated work cannot be credited as your own work.
- • If AI use is permitted in a task, you must acknowledge the tool used, date used and how it was used.
- • Keep evidence of AI interactions when instructed by teachers.
- • Undeclared AI-generated content is treated as malpractice.
- • Hidden AI-enabled devices (including smart glasses) are not allowed in exams or assessments.

Mocks and Exam Hall Expectations

- • No mobile phones, smart watches, earbuds, smart glasses or other unauthorised technology.
- • Follow invigilator instructions immediately.
- • Do not communicate with other candidates once inside the exam room.
- • Any form of cheating or malpractice can lead to loss of marks or disqualification.
- • Use AI for revision, planning and self-testing, not for producing assessed work.