

AI Study Tools Picker + 7-Day Study Plan

From "AI Study Tools: The Complete Guide for Students" on the StudySim blog (studysim.ai/blog/ai-study-tools). Checked October 27, 2026.

1. Match the tool to the job

If you need to...	Use this type of AI study tool	Study method it supports
Find out what you actually know before a test	AI quiz generator	Practice testing
Memorize terms, formulas or definitions over weeks	AI flashcard maker with spaced review	Retrieval practice + distributed practice
Keep up with long lectures	AI note taker	Capturing material to quiz from later
Turn a reading or PDF into questions	PDF to quiz tool	Practice testing
See the big picture of a unit	AI study guide generator	First-pass organization

2. Before you trust any AI output

- ☐ Generate from your own notes, slides or readings, not a generic prompt
- ☐ Check every answer you get wrong against the original source
- ☐ Fix or delete cards and questions that are vague or wrong
- ☐ Answer from memory first, then reveal the answer
- ☐ Do not stop at reading a summary: quiz yourself on it

3. Your 7-day plan

Day	Activity	Done
Day 1	Gather notes, slides and readings. Make a study guide for the unit.	☐
Day 2	Make flashcards from the key terms. First review from memory.	☐
Day 3	Take a short practice quiz. List every miss.	☐
Day 4	Review flashcards again. Reread only the sections behind your misses.	☐
Day 5	New quiz on the weak topics. Explain each answer out loud.	☐
Day 6	Mixed practice test across the whole unit.	☐
Day 7	Light flashcard review of misses only. Rest.	☐

Method ratings: Dunlosky et al. (2013), Psychological Science in the Public Interest, rated practice testing and distributed practice as high utility. Make free quizzes, flashcards and study guides from your notes at studysim.ai.