

The 2026 Learning Framework (High School Edition)

Want your exam scores to jump 15–34% in 6 months? 200+ students did using this exact system. Here's how.

Itutes

Who This Is For

Year 7–12 students studying any STEM related subjects (Maths Methods, Specialist Maths, Physics, or general Science) who want a repeatable system to spot mistakes faster, build confidence, and improve exam performance.

The 3-Part Framework: Overview

This framework works because it's built on three proven learning principles:

- **Spaced repetition:** Reviewing mistakes 3–7 days after they happen (not the same day) locks them into long-term memory
- **Active recall:** Forcing yourself to explain what went wrong (not just re-read the answer) rewires your brain faster
- **Interleaving:** Mixing different topics prevents the "illusion of fluency" (thinking you know something just because you saw it recently)

By the end of the term, you'll have a personal learning database of 40–50+ mistakes, each logged with the exact method to fix it. No textbook cramming. Just your own data.

Disclaimer

Remember, exams feel intimidating, but they are simply checkpoints to test your understanding of the content. This framework may look like it focuses on exam performance, but it actually targets how to learn more efficiently using emerging technology. That skill transfers beyond school and into professional work. When you can gamify exams, you know you understand the material and what examiners expect from you. This framework is proven, tested with over 200 students who have confirmed it delivers real results and helps them reach their academic goals. Use it.

Results claim: In a cohort of 200 students over 6 months using this framework consistently, average score improvements ranged from 15–34%, with most students moving from B-grade ranges (65–79) toward A-grade ranges (80+). Important: Results depend on:

- *Consistency: Using the system weekly, not sporadically*
- *Starting point: Students at 55% will likely see bigger % gains than students at 85%*
- *Effort in the framework itself: The system works only if you do the work—it's not passive*
- *Subject difficulty & your background: Maths Specialist is harder; Physics varies by school*

No guarantee: This framework is a tool, not a magic solution. Your improvement depends on consistency, engagement with mistakes, and working with tutors or teachers as needed.

1. The Weekly System (3 Steps, 30 Minutes Total)

This runs every Sunday evening (or your chosen prep day). The entire system takes 30 minutes and here's what you do each step.

Step	What You Do	Tool	Time
1. Scan	Review the past week's homework, test, or practice problems. Identify 3–5 questions you got wrong or felt stuck on.	Google Doc (paste questions here)	10 min
2. Log	For each mistake, write: (a) What I did → (b) Where I went wrong → (c) The correct method. Use the Mistake-Log Template below.	Google Sheets or Doc table	12 min
3. Generate	Use ChatGPT (free) to create 3 new practice questions on the same topic. Solve them. Check against the rubric.	ChatGPT + Google Doc	8 min

Past cohorts have mentioned that Sunday is a great day to execute this step because they have had the full week to accumulate mistakes and also they have breathing room before Monday lessons introduce new material. This is only a recommended timing, just do it whenever you feel comfortable doing it, ideally towards the start of the following week.

Step 1: Scan

Start off by conducting a weekly audit of where your understanding broke down. This isn't about finding every mistake, it's about identifying the pattern. Here's how you should begin:

1. Open a blank Google Doc (call it "Weekly Scan – [Week #]")
2. Gather all your work from the past week:
 - Homework marked by teacher or yourself
 - Class tests or quizzes
 - Practice questions you did independently
 - Any work from tutorials or after-school help
3. Go through each piece and ask: "Did I get this right, or did I struggle?"
 - ✓ = Got it completely right, understood the method
 - ? = Understood the answer but felt shaky on the method
 - ✗ = Got it wrong or guessed
 - ✗ ✗ = Got it very wrong; still confused

4. Pick 3–5 items marked ? or X or X X . Paste the exact question into your Google Doc.

Example:

Weekly Scan – Week 3

1. Solve $2\sin^2(x) = 1 - \cos(x)$ for $0 \leq x < 2\pi$
 → Status: X (got wrong; didn't recognise it needed double-angle substitution)

 2. Find $\int_0^2 (3x^2 + 2x) dx$
 → Status: ? (got answer 10, but didn't fully trust my antiderivative logic)

 3. A particle has velocity $v(t) = 3t^2 - 6t$. Find when acceleration = 0.
 → Status: X (made algebra error; forgot acceleration = dv/dt)

 4. Determine if $f(x) = x^3 - 3x$ is even, odd, or neither.
 → Status: ✓ (got right; confident)

 5. State the domain and range of $f(x) = \sqrt{x - 4}$.
 → Status: ? (knew domain but hesitated on range; is it $[0, \infty)$ or something else?)
- Logging: Questions 1, 2, 3, 5 (skip 4—it's secure)

This should take ~10 min. If it takes longer, you're overthinking it. Speed matters; you're just identifying, not solving yet.

Step 2: Log

You're teaching yourself how you went wrong. Writing forces precision in a way thinking doesn't.

How to Fill the Mistake-Log Table

Topic	Original Q	My Mistake	Correct Method	Confidence (Before→After)	Re-Test Score
Integration by Parts	$\int x \cdot \cos(x) dx$	Applied formula wrong; mixed up u and dv	$u = x, dv = \cos(x)dx$; follow ILATE rule	1 → 3	8/10
Circuit Analysis	Find current in series circuit	Didn't account for internal resistance	Use $V = IR + Ir$ for total EMF	2 → 5	10/10

Photosynthesis	What are the products of photosynthesis?	Said only O ₂ ; forgot about glucose	Glucose (food) + O ₂ are products; CO ₂ + H ₂ O are inputs	1 → 4	9/10
Magnetic Fields	Find force on a current-carrying wire in magnetic field B	Confused direction; used F = BIL without considering vector	$F = BIL\sin(\theta)$; use right-hand rule for direction	1 → 4	9/10

How to fill each column:

- Topic: One or two words (e.g., "Trig Identities," "Integration by Parts")
- Original Q: Copy the exact question. Don't paraphrase.
- My Mistake: Be brutally specific. Not "I was confused." Instead: "I didn't recognise the substitution needed" or "I applied the chain rule backwards" or "I forgot to check the domain at the end."
- Correct Method: Write every step. Use notation clearly. This is your teaching-yourself moment.
- Confidence: Rate 1–5 before and after re-testing
- Re-Test Score: When you solve a similar question 2–3 days later, what % did you get?

The "Correct Method" column matters because when you write out the full method, you're retracing the path your brain should have taken. This rewires your thinking faster than just reading the answer. By the end of the term, you should see Confidence columns trending 4–5 and Re-Test scores 85%+.

AGAIN!!! Be brutally specific for your mistake. Obviously apply these to the topics you are doing. For the correct method you should be writing out every step, use notation clearly. This is your **teaching-yourself** moment.

2–3 minutes per mistake × 4–5 mistakes = 8–12 min. If you're spending 5+ min per mistake, you're overthinking. Move on; you'll refine it later.

Step 3

Instead of passively reviewing, you're solving new problems on the same topic. This forces your brain to transfer the skill, not just recognise it.

The ChatGPT Prompt (Copy This Exactly)

I'm studying [SUBJECT], and I keep making mistakes with [TOPIC].

Create 3 practice questions on [TOPIC], similar difficulty to [YEAR LEVEL / EXAM BOARD].

Make them different from the one I logged (don't just change numbers).

Show only the questions, not the answers.

Then, copy these 3 questions into a Google Doc, solve all 3 under mild time pressure (give yourself 10–15 min) Paste your solutions into ChatGPT with this prompt:

Here are my solutions to the 3 questions above:

[PASTE YOUR FULL WORKING]

Check my work. For any mistakes, explain what I did wrong and the correct method in 1–2 sentences each.

By solving new problems on the same topic, you're testing whether you've actually understood the method or just memorised the answer to your original mistake. This is where real learning sticks.

Pro tip: If you want questions with detailed solutions included (not just feedback), try [EXAMON](#) instead. It generates questions + full worked solutions in minutes, and you can export everything as a PDF. It is a tool that I have developed specifically for students to adapt with this framework.

2. The Mistake-Log Loop (Template)

The Mistake-Log is your personal learning database. By term's end, you'll have 40–60 logged mistakes with full corrections. This becomes your most personalised study resource—way better than cramming a textbook.

How to Track Progress Over Time

Week 1–3 Cycle (EXAMPLE)

Week 1: Log 5 mistakes

└─ *Confidence: 1→2, 2→3, 1→2, 2→3, 2→3 (average: 2.6 after)*

└─ *Re-test: 6/10, 5/10, 7/10, 6/10, 8/10 (average: 6.4)*

Week 2: Log 5 new mistakes + reattempt Week 1's logged Qs

└─ *Week 1 re-tests: 8/10, 8/10, 9/10, 7/10, 9/10 (improvement! average now: 8.2)*

└ Week 2 Confidence: 1→3, 2→3, 2→3, 1→2, 1→3 (average: 2.8 after)
└ Week 2 Re-test: 7/10, 6/10, 8/10, 5/10, 7/10 (average: 6.6)

Week 3: Log 5 new mistakes + reattempt Weeks 1–2's logged Qs

└ Week 1 re-tests (2nd attempt): 9/10, 9/10, 9/10, 8/10, 9/10 (locked in!)
└ Week 2 re-tests (1st attempt): 8/10, 8/10, 9/10, 7/10, 8/10 (improving!)
└ Week 3 Confidence: 2→4, 1→3, 2→4, 2→3, 1→3 (average: 3.4 after)
└ Week 3 Re-test: 8/10, 7/10, 9/10, 7/10, 8/10 (average: 7.8)

TREND:

- New mistakes confidence trending UP (2.6 → 2.8 → 3.4)
- New mistakes re-test trending UP (6.4 → 6.6 → 7.8)
- Week 1 mistakes are now LOCKED (8.2 → 9.0, after 2 attempts)

This tells you: System is working. Keep going.

How to Maintain the Log in Google Sheets (EXAMPLE)

Topic	Original Q	My Mistake	Correct Method	Confidence (1→5)	Re-Test Score	Date Logged	Days Since Logged	Status
Trig Identities	Solve $2\sin^2(x) = 1 - \cos(x)$	Didn't use substitution	[full method]	1→3	8/10	Jan 6	7 days	Review
Integration by Parts	$\int x \cdot \cos(x) dx$	Mixed up u and dv	[full method]	1→3	8/10	Jan 6	7 days	Locked
Projectile Motion	Ball at 20 m/s, 45°, find h_{\max}	Wrong velocity component	[full method]	2→4	8/10	Jan 8	5 days	Practice

Add a "Status" column that you update:

- Review: Confidence still 1–2 after re-test; flag this for next week's tutor session
- Practice: Confidence 3; needs one more re-test before marking locked
- Locked: Confidence 4–5 on second re-test; you've mastered it

Hint: Add a formula to auto-calculate "Days Since Logged"

$=TODAY() - DateLoggedCell$

This helps you see which mistakes to re-test this week (prioritise 7-10 days old).

How to Re-Test

Don't re-test the same question. This is key.

- Original logged Q: You solved it once (and got it wrong initially)

- Week 1 re-test: Solve a different question on the same topic (from ChatGPT or textbook)
- Week 2 re-test: Another different question on the same topic

This forces transfer, not memorisation.

How to Find Re-Test Questions

Option 1: From your textbook

- Exercise sets on the same topic

Option 2: From ChatGPT (Free)

- "Give me a different practice question on [Topic], similar difficulty"

Option 3: From past papers

- Search "VCE [Subject] past paper [Topic]"

Option 4: Using EXAMON (Fastest & Free)

- [EXAMON](#) generates different question sets on your specific topic within minutes. The best part? You can export them as PDFs for personal practice, and detailed solutions are included to guide your learning. It's completely free and designed exactly for this—building a custom question bank tailored to your weak spots.

Why students love EXAMON for re-testing:

- No need to hunt through textbooks or past papers
- Questions are generated to match your exam board and year level
- Detailed solutions help you understand why the correct answer is right
- Export as PDF and practice offline
- Build your own custom question library in minutes

Common Mistakes Students Make with the Log

Mistake	Why It Fails	Fix
Writing vague "My Mistake" (e.g., "I didn't understand")	You never learn exactly what confused you	Be brutally specific: "I forgot to use the chain rule" or "I didn't check the domain"
Skipping the "Correct Method" column	You're not reinforcing the right path; just reading \neq writing	Write out every step, even if it feels tedious
Only logging questions you got wrong; ignoring ? (shaky confidence)	You miss half your weak spots	Log anything 1–3 confidence, not just 0
Not re-testing after 7 days	Memory fades; you think you've learned it when you haven't	Set a phone reminder: "Re-test Week 1 Mistakes" every Friday

Treating the log as "busy work" instead of a tool	You'll half-fill it and abandon it	Remind yourself: every row = real improvement data
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What you can expect

At the end of Month 1:

- You should have ~12–15 logged mistakes
- Average confidence trend: 1–2 → 3–4 (after first re-test)
- Re-test scores trending toward 75%+
- You should feel more confident identifying where you go wrong (that's progress, even if scores haven't jumped yet)

At the end of Month 2:

- You should have ~25–30 logged mistakes
- Older mistakes (from Month 1) should show "Locked" status with 4–5 confidence and 85%+ re-test scores
- New mistakes trending similar to Month 1 (confidence improving week-to-week)
- Exam-specific mistakes (circuit problems, projectile motion, integration) should be clustering in the Locked category

At the end of Month 3 / Pre-Exam:

- You should have 40–50+ logged mistakes
- 70%+ of them should be "Locked" (confidence 4–5, re-test 85%+)
- Remaining 30% should be "Practice" or "Review" (these are your target areas for the 48-Hour Protocol)

3. The 48-Hour Pre-Exam Protocol

Do this 2 days before your exam. It takes about 90 minutes, and most students miss why this timing matters. Based on how the brain works, the first 24 hours are when your brain starts locking in what you studied last, and if you keep cramming you overload working memory. Between hours 24–36, a full sleep cycle happens and this is when consolidation occurs and material moves into long-term memory, so light study helps. During hours 36–48, you review and rehearse the key ideas while your mind is clear and stress stays low. After 48 hours, returns drop fast, new study interferes with what you already know, and sleep is far more effective than more revision. The goal is to walk into the exam rested and sharp, not exhausted from nonstop cramming, and I'll break down exactly what to do in each window so you can follow it step by step.

Hour	What should you be doing
T-48: Hour 1 (30 min)	Open your Mistake-Log. Pick the 10 most-failed topics. For each, write one sentence: "I still get confused with [specific thing]."
T-48: Hour 2 (30 min)	For the 3 hardest topics from above, use ChatGPT: "Give me a 100-word explained answer to [topic]. Include a worked example."
T-24: Hour 3 (30 min)	Do a full timed mock exam or 3 random past paper questions under exam conditions (no notes). Time yourself.
T-0 (Day of)	15 min before exam: Skim your 10-line cheat sheet. Breathe. You've done the work.

T-48 (2 Days Before Exam):

Task 1: Create Your 10-Line Cheat Sheet (30 min)

This is not a full summary. It's a triage of your biggest danger zones.

1. Open your Mistake-Log and Look at all logged mistakes
2. Identify topics where:
 - a. You logged multiple mistakes (e.g., 3+ on "Trig Identities")
 - b. You have "Review" or "Practice" status (not yet Locked)
 - c. You feel least confident (Confidence 1–3 on re-test)
3. List the 10 most dangerous topics (or fewer if your exam covers fewer topics)
4. For each, write one sentence that's a personal checkpoint:

Now that you've identified your actual weak spots, that one-sentence checkpoint you have written is a memory anchor, just enough to jog your memory in the exam. It should not be so detailed that you'll try to re-memorise; it's a reminder of what you already know

Task 2: Get Deep Explanations from ChatGPT (30 min)

Pick the 3 hardest topics from your cheat sheet. For each, use this ChatGPT prompt:

I have a [SUBJECT] exam in 2 days. I still struggle with [TOPIC].

Give me a 100-word explained answer to this: [Write the core conceptual question]

Include:

1. The key insight (1 sentence)
2. A worked example

3. The most common mistake students make

Keep it concise and teach-me-like-I'm-smart-but-rusty tone.

Copy ChatGPT's answer directly into a Google Doc (title: "T-48 Deep Explanations"). This becomes your last-minute reference, clearer and shorter than re-reading your textbook.

T-24 (1 Day Before Exam):

Task 3: Timed Mock Exam or Practice Questions (30 min)

Do this in the afternoon (not the night before—you need sleep!)

Pick one of:

Option A: A full past paper exam (under timed exam conditions, no notes)

Option B: Generate 3–5 random questions from past papers or your textbook using [EXAMON](#)

Set a timer. Mimic exam conditions:

- No notes, no ChatGPT, no outside help
- Same time limit as the real exam (or a compressed version if the exam is long)
- Work in a quiet space

Score Your Mock using the following rubric:

Score Range	What It Means	Action
85%+	You're ready. Trust your prep.	Review your cheat sheet; don't cramming new stuff
70–84%	You're on track, but there are gaps.	Focus your T-0 review on the 3 topics you got wrong
Below 70%	You have some real gaps.	Use your T-48 Deep Explanations (from Task 2) to shore them up; re-read those sections now, not tomorrow

After the mock:

- Light review of Deep Explanations only for topics you got wrong (20 min)
- Then stop studying
- Get 8+ hours of sleep

T-0 (Day of Exam):

Task 4: Skim Your Cheat Sheet + Breathe (15 min before exam starts)

5 minutes before you enter the exam room:

1. Pull out your 10-line cheat sheet
2. Skim it once. Don't try to memorise new stuff; you're just reminding yourself of anchors
3. Take three deep breaths
4. Say to yourself: "I've logged 40+ mistakes. I've solved hundreds of practice questions. I've done the work. This exam is just another chance to show what I know."

Common Pitfalls in the 48-Hour Protocol

Common Pitfall	Why It Fails	How to Fix it
Cramming new topics on T-0 or T-24	Your brain is overloaded; you'll confuse old and new stuff	By T-48, your prep is done. The protocol is review, not learn
Doing a full mock exam on T-24 evening	You won't have time to reflect + you'll be exhausted	Do the mock in the afternoon; light review in the evening
Making your cheat sheet 20+ lines long	You'll spend the exam searching it instead of trusting memory	10 lines max. One line = one anchor.
Skipping sleep the night before	Your working memory is shot; you'll make careless errors	Sleep 8+ hours. A sharp brain beats cramming every time.
Reviewing everything on T-0 morning	Anxiety spiral; you'll convince yourself you don't know anything	Skim the cheat sheet only. Trust that you've done the work.

20 AI Prompts That Top Achievers Use for Learning Any Subject [BONUS!!!]

I've compiled a comprehensive collection of 20 proven AI prompts that top achievers use across all subjects from mathematics and languages to coding and humanities. These prompts are designed to work with any learning material and can be applied universally to accelerate understanding and retention.

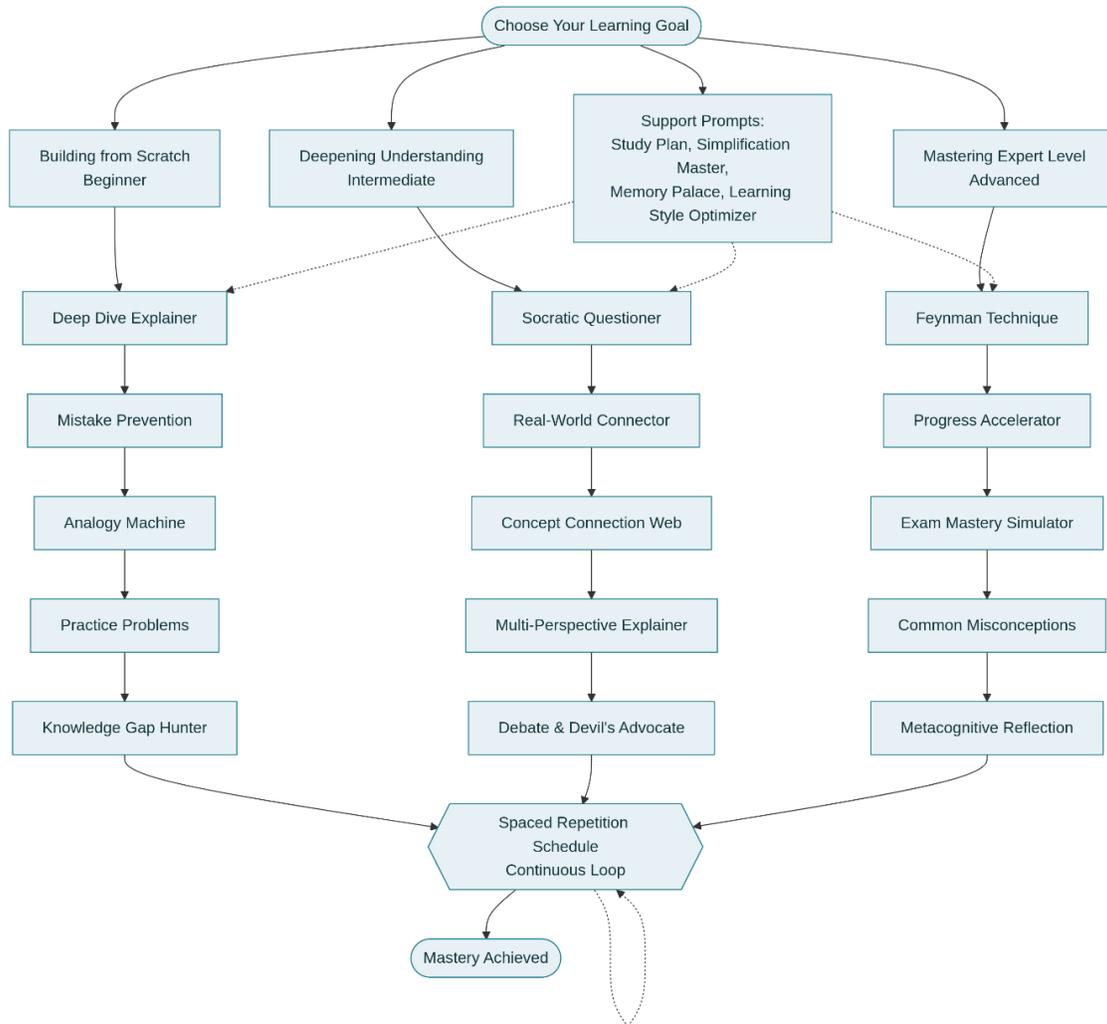
The file below contains all 20 prompts with detailed explanations, usage guidelines, and examples of how to customize them for your specific subject or skill.

[AI-prompts](#)

How These Prompts Are Organized

The prompts are structured around evidence-based learning techniques that high performers consistently use:

1. **For Building Foundational Understanding.** Prompts like the Deep Dive Explainer, Mistake Prevention System, and Analogy Machine help you establish solid fundamentals before advancing. These techniques leverage elaborative processing and scaffolded learning, proven to strengthen neural pathways for long-term retention.
2. **For Deepening Comprehension.** The Socratic Questioner, Real-World Connector, and Concept Connection Web help you move beyond surface-level memorization to genuine understanding. The Socratic method in particular encourages critical thinking by forcing you to examine assumptions and arrive at reasoned conclusions.
3. **For Achieving Mastery.** Advanced prompts like the Feynman Technique Guide, Progress Accelerator, and Metacognitive Reflection Guide help you transition from competence to mastery. These are based on how top performers iteratively refine their knowledge and identify their own learning gaps.
4. **For Long-Term Retention.** The Spaced Repetition Schedule Builder integrates with all other prompts. Research shows that spacing review sessions over increasing intervals significantly outperforms cramming, protecting knowledge from forgetting while building long-term memory.



Key Principles Behind These Prompts

Each prompt incorporates learning science fundamentals that distinguish top achievers from average learners:

- **Active Recall:** Testing yourself on information strengthens memory more effectively than passive review
- **Elaboration:** Explaining concepts in your own words creates deeper understanding
- **Spaced Repetition:** Reviewing material at optimal intervals prevents forgetting
- **Metacognition:** Reflecting on how you learn helps you continuously improve
- **Transfer Learning:** Connecting new concepts to existing knowledge accelerates understanding

How to Maximize These Prompts

1. Replace every placeholder with specific details about your topic, current level, and goals
2. Don't jump randomly; follow a logical progression based on your current understanding
3. Many learning challenges benefit from using 2-3 prompts together

4. Use the Spaced Repetition Schedule across all topics to ensure knowledge sticks
5. Ask follow-up questions and don't accept vague answers; push for clarity and examples

These prompts have been tested by students across mathematics, languages, programming, history, sciences, and skills-based learning. The common thread among top achievers is treating AI as a thinking partner, not a content provider.