



INO AI LAB

[AI EDUCATION • COURSE MATERIAL]

AI for Research & Learning

Perplexity, NotebookLM, Elicit, Consensus

LEVEL	DURATION	LESSONS
Beginner	3 hours	7



[00]

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[LESSON 01]

Searching the Internet in 2026

Google is no longer the default for research. Perplexity Pro is the go-to for cited answers with source ranking. ChatGPT search is best for synthesized explanations. Gemini Deep Research runs 30-minute multi-step investigations and returns structured reports. Pick by depth: quick answer → Perplexity, explanation → ChatGPT, full report → Gemini Deep Research or Claude with web browsing.

Never trust a single source. Cross-check important facts across at least two AI engines and one direct source (the actual paper, primary document, or original announcement). The 'AI told me' generation of mistakes is real and accelerating — hallucinated citations, misquoted statistics, fabricated authors. Build verification into your workflow before you publish anything based on AI research.

// KEY TAKEAWAYS

- › Different tools for different depths of research.
- › Cross-check across 2+ AI engines + 1 direct source.
- › Hallucinated citations are common; verify always.

[LESSON 02]

Academic Research With Elicit and Consensus

Elicit and Consensus search peer-reviewed literature, summarize findings, and synthesize across papers. A literature review that took two weeks now takes two days: define your question, pull the top 50 papers, ask for summaries with effect sizes and confidence levels, then deep-read the 10 most relevant. The model isn't reading for you — it's filtering the firehose to the papers you'd actually have read anyway.

Always read the actual paper before citing. Summaries simplify, sometimes wrongly. They miss methodological caveats, sample size limits, and conflicts of interest. Use the AI to find papers worth reading and to summarize for triage, not as a substitute for reading. The intellectual standard for citation hasn't changed — only the time it takes to get to the citation.

// KEY TAKEAWAYS

- › AI cuts lit review time but not citation rigor.
- › Always read the actual paper before citing.
- › Use AI for triage, not as a citation source.

[LESSON 03]

Learning a New Field in 30 Days

The fastest path to competence: pick the field, ask ChatGPT or Claude for a 30-day curriculum with daily readings, build a NotebookLM workspace with the source materials, take notes in Obsidian, and explain back what you learned to the AI each evening. The 'explain back' step is the highest-leverage — teaching surfaces misconceptions you didn't know you had.

Add a real-world output every week. Write a blog post, give a 10-minute talk, do an analysis exercise. AI-only learning produces shallow understanding that collapses under questions; the output requirement forces synthesis. By day 30 you won't be an expert, but you'll be functional enough to have real conversations with experts — which is where deep learning actually happens.

// KEY TAKEAWAYS

- › 30-day curriculum + NotebookLM + daily explain-back.
- › Weekly real-world output forces synthesis.
- › Talk to experts at day 30; that's where depth happens.

[LESSON 04]

Note-Taking and Spaced Repetition With AI

AI now generates flashcards from your notes automatically. Mochi, Anki with AI plugins, and RemNote turn a paragraph of notes into 5–10 cards covering the key concepts. Spaced repetition is the single most evidence-backed learning technique; AI removes the friction that kept most learners from using it.

Audit the cards. AI sometimes generates cards that test memorization of phrasing rather than understanding. Edit aggressively — bad cards waste study time and teach the wrong things. The combination of AI-generated drafts and human curation gives you 10x the deck size at higher quality than manual creation, which is the difference between using spaced repetition for a week and using it for a year.

// KEY TAKEAWAYS

- › AI removes friction from spaced repetition.
- › Audit cards — wrong cards teach wrong things.
- › Curated AI drafts give 10x output at higher quality.



[NEXT]

Keep Going

You've completed this course material. The real learning starts when you apply what you've read. Pick one idea from this PDF and run a small experiment this week. Document what worked and what didn't. Share your findings with the community.

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Have feedback or want to suggest a topic? We read every message.

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— Innovation AI Lab Team —

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