

AS-44 · AI Smart · AI Move of the Day

Make AI Show Its Sources

Want AI you can actually cite? Make it show its sources. Unsourced AI is risky for schoolwork. Source constraints make claims easier to check.

Start the slow burn

Build the prompt

YOUR CURRENT LEVEL

0 XP

Level 1: Unsourced Researcher

Choose research topic

Add source constraint

Ask “say so if unsure”

Check sources are real

Keep only sourced claims

Use citation reflex

The rule

A **source constraint** is a rule in your prompt that says: “Show where each claim comes from, and do not guess if you cannot support it.”

This does not make AI perfect. AI can still invent fake citations. Your job is to check that the sources are real.

1 Pick one research topic

Start with a topic you might use for schoolwork or a project.

My research topic

Example: how plastic pollution affects oceans

THOUGHT BULB

Research is not just collecting sentences. Research means collecting claims you can verify. A claim is something that can be true or false.

SCHOOLWORK CAUTION

Do not paste AI's answer straight into your homework. Use it to understand and collect leads. Then check sources and write in your own words.

☐ I chose one clear research topic.

2 **Add the source constraint**

Open Perplexity, Claude, ChatGPT, or Gemini. Paste this prompt.

Perplexity is useful when you want sources. Other AI tools can help too, but you still need to verify every source they mention.

YOUR FILLED PROMPT

Tell me about how plastic pollution affects oceans, and for each claim give me the source. If you can't find a reliable source, say so instead of guessing.

COPY-PASTE PROMPT

Tell me about [topic], and for each claim give me the source. If you can't find a reliable source, say so instead of guessing.

Copy my filled prompt

☐ I added “for each claim give me the source.”

☐ I added “if you cannot find a reliable source, say so instead of guessing.”

3 **Know what counts as a better source**

Not every link is equally useful.

1

Strong sources

Government pages,
universities, official reports,
research papers, credible

2

Useful but check

News articles, blogs by experts,
company pages, explainers,
interviews, data summaries.

3

Weak for schoolwork

Random social posts,
unsourced blogs, screenshots,

encyclopedias, recognised organisations.

copied quotes, pages with no author or date.

QUICK SOURCE TEST

Ask: **Who made this? When? What evidence do they show? Can I open the link?**

☐ I know that a source must be real, openable, and relevant.

4 **Verify the sources are real**

AI can fabricate citations. A fake source is worse than no source.

After AI gives sources, do not stop. Open the source. Check if the source actually says what AI claimed.

Check	Question to ask	What to do
Link opens	Does the link or source actually exist?	Keep checking.

Check	Question to ask	What to do
Source matches claim	Does the source really support the exact claim?	Keep if relevant.
Too general	Does the source talk about the topic but not the exact claim?	Mark “needs checking.”
Fake or missing	Does the source not exist, not open, or not mention the claim?	Drop the claim.

SOURCE-CHECK PROMPT

Review your answer again. Make a table with:

1. Claim
2. Source name
3. Link or source details
4. Why this source supports the claim
5. Confidence: high / medium / low

If a source may not support the claim, say "needs checking."

Copy source-check prompt

☐

I opened or checked at least one source instead of trusting the citation blindly.

5 **Keep only claims with a real source**

Your research gets stronger when you remove weak claims.

Keep

Claim has a real source and the source supports it.

Use it, but write in your own words and cite properly if your teacher asks.

Check

Claim sounds useful but the source is unclear.

Do not use it yet. Find a better source or ask a teacher.

Drop

Claim has no source, fake source, or wrong source.

Remove it. A confident unsupported claim can damage your work.

THOUGHT BULB

Good research is partly deletion. You become more reliable by cutting claims you cannot support.

☐

I kept only claims that have a real source or marked the rest for checking.

6 Build your citation-checking reflex

Every research prompt should include a source rule.

Weak research prompt

“Tell me about renewable energy.”

Better research prompt

“Tell me about renewable energy, and for each claim give me the source.”

Stronger research prompt

“If you cannot find a reliable source, say so instead of guessing.”

Best habit

Open the source and check whether it supports the claim.

REUSABLE RESEARCH PROMPT TEMPLATE

Research [topic].

For each major claim, give:

1. The claim
2. The source
3. A link or source detail I can check
4. Whether the source directly supports the claim

If you cannot find a reliable source, say so instead of guessing.

Copy reusable template

☐

I saved the reusable source-constraint pattern.

7 **Optional: make your AI Move card**

A small reminder of the source-constraint move.

CARD COPY

Title: AI Move of the Day

Move: Add source constraints to any research prompt.

Prompt: “Tell me about [topic], and for each claim give me the source. If you can’t find a reliable source, say so instead of guessing.”

Rule: AI can invent citations. Open the source and check it.

Closer: Keep only the claims with a real source.

☐ I made, sketched, or saved the AI Move card.

Final 5-minute move

Pick one AI research answer. Keep only the claims with real, openable sources. Mark the rest as “needs checking” or remove them.

My source-checking line

Example: I will keep the claim about _____ because the source _____ supports it. I will drop/check the claim about _____ because the source is missing or weak.

☐ I asked AI for sources claim by claim.

☐ I know AI can fabricate citations.

☐ I will keep only claims with real sources.

NOTEBOOK LINE

Write this down: “**No real source, no research claim.**”

Back to top

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