

SS-06 · AI Move of the Day · Quick Move

Turn your PDF into a study podcast.

Hate reading the same chapter again? Here's the move: use NotebookLM to turn a PDF textbook chapter into an audio overview you can listen to on the bus, in the car, or while cleaning your desk.

The move in one line

Open NotebookLM. Upload your chapter PDF. Generate an Audio Overview. Listen. Then write one thing you remember without looking.

This is not magic. It is revision in a different format. Your ears do some of the work your tired eyes refuse to do.

1 Choose your chapter PDF

Pick one textbook chapter you actually need to revise. Not a random file from your Downloads folder jungle.

Use a PDF from your school, teacher, textbook source, or your own scanned chapter. The cleaner the PDF, the better the podcast usually becomes.

Chapter I want to turn into a podcast:

Example: Life Processes / The French Revolution / Resources and Development

CAUTION BOARD

Do not upload private files, personal documents, report cards, ID cards, chats, or anything with someone's personal details. Use a textbook chapter or study material only.

☐ I picked one school chapter PDF, not a personal/private file.

2 Open NotebookLM

NotebookLM is the tool for this move. No prompt needed yet. First, it needs your source.

Open a new tab and go to NotebookLM. You may need a Google account. If you are not sure about the account or login, ask a parent, teacher, or school lab adult to help.

THOUGHT BULB

ChatGPT and Claude are good for conversation. NotebookLM is useful when you want AI to work from a source you upload, like a PDF chapter.

- 1 Open NotebookLM in a browser.
- 2 Create a new notebook.
- 3 Give it a simple name, like **Science Chapter 6 Podcast**.

☐ I opened NotebookLM and started a new notebook.

3 Upload the chapter PDF

This is like giving NotebookLM the textbook before asking it to explain.

- 1 Click **Add source** or **Upload source**.
- 2 Select your chapter PDF.
- 3 Wait for NotebookLM to read the source.
- 4 Check that the chapter title or file name appears in the source panel.

TINY BOSS FIGHT

If the PDF does not upload, do not panic-click 18 times. Try a smaller PDF, a clearer scan, or ask a teacher/lab partner to help you export the chapter again.

☐ I uploaded the PDF and can see it inside NotebookLM.

4 Generate the Audio Overview

This is the podcast button. Still no typed prompt required.

Look for the **Studio** panel. Then select **Audio Overview**. NotebookLM may take a little while to create it, so this is a good moment to stretch, drink water, or clean exactly one square foot of your table.

NO-PROMPT MOVE

Usually, this move is just: upload source → Audio Overview. You are not writing a long prompt. You are choosing the right tool and using the right feature.

CAUTION BOARD

Audio Overviews are helpful, but they are still AI-made. If something sounds strange, check the PDF or your textbook. Your textbook is the referee.

☐ I clicked Audio Overview and waited for NotebookLM to generate it.

5 **Listen like a detective**

Do not just let the audio play while your brain leaves the room.

Press play. Keep a notebook open. Your job is to catch one useful idea, one confusing idea, and one word you need to revise.

Your study podcast should feel like this

Audio Overview · Chapter Revision Mode

Listen for the main idea, not every single sentence. Your goal is memory, not karaoke.

Weak listening

Audio plays. You scroll. Suddenly it ends. You remember nothing except the voice.

Strong listening

Audio plays. You pause twice. You jot three short notes. Now the chapter has hooks.

☐ I listened with a notebook or paper next to me.

6 Write the one thing that stuck

This is the actual learning moment. The audio helped. Your brain finishes the job.

After listening, close the audio. Without looking at the PDF, write one thing you remember. Then write one question you still have.

One thing I remember:

Example: I remember that photosynthesis needs light, carbon dioxide, water, and chlorophyll.

One question I still have:

Example: I still do not fully understand where oxygen comes from in photosynthesis.

WIN CONDITION

If you can write one thing from memory after listening, the podcast did its job. If you can write three, you are doing revision properly.

☐ I wrote one thing I remembered and one question I still have.

7 Optional side quest: turn this into an AI Move card

Make a small reminder card for yourself or your class.

CARD COPY

Title: AI Move of the Day

Move: Turn a PDF chapter into a study podcast.

Tool: NotebookLM

Steps: Upload PDF → Audio Overview → Listen → Write one thing you remember.

Closer: Listen on your commute. Jot one thing you remember.

DESIGN TIP

Keep the card clean: off-white background, dark text, one accent colour. No robot picture. The student is the main character, not the robot.

☐

I created, sketched, or planned the AI Move card.

Mission complete?

Finish with this. No submission. No upload. Just your brain proving it caught something.

☐ I used a school chapter PDF, not personal/private material.

☐ I generated the Audio Overview in NotebookLM.

☐ I listened without scrolling through something else.

☐ I wrote one thing I remembered after listening.

5-MINUTE FINISH

Write this sentence in your notebook:

Today I turned _____ into a study podcast. The one thing I remember without looking is _____.

Vanguard Scholar — Smart questions. Smarter answers. You, upgraded.

Made with care. No data collected.

Questions? Teachers and parents, write to us. Students, speak with your teacher or a grown-up first.