No. 119

AI TOOLKIT SERIES · THE METHOD

Your Thesis Aced

Take your thesis or dissertation from research question to defense, with AI and without cheating.

Ten prompts to frame, read, write and defend, while your thinking and your sources stay your own.

Free for the SYSTINFO community

SYSTINFO · 2026

GOOD TO KNOW

Good to know

In 2026, AI assistants summarize articles, structure an outline and polish a paragraph in minutes. Three cues before you lean on them for graded work.

1. **The AI assists, the analysis stays yours.**
   It organizes and rephrases very fast. But the idea, the argument and the contribution are you. That is what the panel grades and what integrity demands.

2. **Check every citation.**
   The AI can invent a credible reference that does not exist. Before citing, make sure the source exists, that you read it and that it truly says this.

3. **Follow your institution's rules.**
   Every university has rules on AI use in graded work. Respect them, declare the AI if asked, and do not share unpublished data.

Good reflex: the AI speeds up the form, you keep the thinking, the proof and respect for your university's rules.

THE METHOD

The Method

Five moves, ten prompts ready to copy. Carry your thesis end to end, step by step.

1 Frame
01 The Research Question · 02 The Detailed Outline

2 Explore
03 The Literature Map · 04 The Source Checked

3 Build
05 The Method Laid Out · 06 The Data Read

4 Write
07 The Section Polished · 08 The Discussion Deepened

5 Finish
09 The Clear Abstract · 10 The Defense Prepped

THE RCTFE RECIPE

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

PROMPT 01 · FRAME

The Research Question

PROMPT TO COPY

```
Role: you are a thesis supervisor who helps frame a topic.
Context: I am preparing a thesis in [field] on [theme],
[master's] level.
Task: turn my theme into a clear research question and
sub-questions.
Format: a one-sentence research question, 3 sub-questions,
and 2 angles too broad to keep.
```

WHAT YOU GET

A topic you can actually handle, not a vague theme. You know what question your thesis really answers.

PROMPT 02 · FRAME

The Detailed Outline

PROMPT TO COPY

```
Role: you are a methodical thesis supervisor.
Context: my research question is [X], my thesis is about [60 pages].
Task: propose a detailed outline, chapter by chapter, well balanced.
Format: the main parts, the sub-parts, and the target page count for each.
```

WHAT YOU GET

A full map before you write. You know where each idea goes and you stop going in circles.

PROMPT 03 · EXPLORE

The Literature Map

PROMPT TO COPY

```
Role: you are a research assistant who synthesizes readings.
Context: here are [5 articles or abstracts] I have read on [theme]: [paste].
Task: draw me a structured synthesis and the points of disagreement.
Format: a table (author, key idea, method, limit) and 3 recurring themes.
```

WHAT YOU GET

Your readings put in order, not a pile of PDFs. The field's debates show up at a glance.

PROMPT 04 · EXPLORE

The Source Checked

PROMPT TO COPY

```
Role: you are a rigorous librarian.
Context: the AI suggested this reference: [title, author, year, journal].
Task: help me verify it truly exists and tell me how to find it.
Format: the points to check, where to look (database, DOI), and a reminder: never cite unread.
```

WHAT YOU GET

Zero invented reference in your bibliography. You cite only what you have seen with your own eyes.

PROMPT 05 · BUILD

The Method Laid Out

PROMPT TO COPY

```
Role: you are a methodologist who advises students.
Context: I want to answer [my question] with [a survey,
interviews or analysis of X].
Task: help me describe my method and spot its limits.
Format: the approach step by step, the tools, the sample,
and 3 limits to own.
```

WHAT YOU GET

A method that stands up before a panel. You explain what you do and why.

PROMPT 06 · BUILD

The Data Read

PROMPT TO COPY

```
Role: you are an analyst who explains results simply.
Context: here are my results [table, figures or quotes]:
[paste].
Task: help me describe what they show, without over-reading
them.
Format: the factual findings, what answers my question, and
what stays uncertain.
```

WHAT YOU GET

Your results told, not just displayed. You separate what is proven from what is assumed.

PROMPT 07 · WRITE

The Section Polished

PROMPT TO COPY

```
Role: you are a proofreader who improves an academic text.
Context: here is my draft of [section]: [paste my text].
Task: improve clarity and flow, without changing my ideas
or inventing content.
Format: my rewritten version, then the list of changes
made, keeping my citations.
```

WHAT YOU GET

A clearer text that stays yours. The AI polishes the form, your ideas and proof do not move.

PROMPT 08 · WRITE

The Discussion Deepened

PROMPT TO COPY

```
Role: you are a demanding thesis supervisor.
Context: here are my results [X] and my literature review [Y].
Task: help me discuss my results and set them against other work.
Format: the agreements, the gaps to explain, the limits, and 2 leads for what is next.
```

WHAT YOU GET

A discussion that converses, not repeats. Your work takes its place among the others.

PROMPT 09 · FINISH

The Clear Abstract

PROMPT TO COPY

```
Role: you are a scientific writer.
Context: here is my finished thesis: [paste the outline and key findings].
Task: help me write an abstract and an introduction that make people want to read.
Format: a 200-word abstract, 5 keywords, and an opening hook.
```

WHAT YOU GET

The shop window of your work, polished. The reader grasps your contribution in a minute.

PROMPT 10 · FINISH

The Defense Prepped

PROMPT TO COPY

```
Role: you are a panel member, kind but demanding.
Context: I defend my thesis on [topic] in [X days].
Task: prepare me for the hard questions and a [10-minute] presentation.
Format: 10 likely questions with answer leads, and a timed talk outline.
```

WHAT YOU GET

The big day faced without panic. You arrive with your answers already thought through and rehearsed.

No. 119

YOUR TURN

Thesis, Done

You now know how to carry your thesis: frame, explore, build, write, finish. Ten prompts, one recipe to reuse.

The AI speeds up the form, you keep the thinking, the checked sources and respect for the rules.

Join the SYSTINFO community to get a card like this one every day.

WhatsApp

Mattermost

LinkedIn

Facebook

Free for the SYSTINFO community