

# ChatGPT for lesson planning and preparation

Recent NFER research, funded by the EEF and HG Foundation, measured how using ChatGPT for lesson preparation can impact time spent preparing lessons and resource quality. The trial involved **259 Year 7/8 science teachers** from **68 secondary schools**.

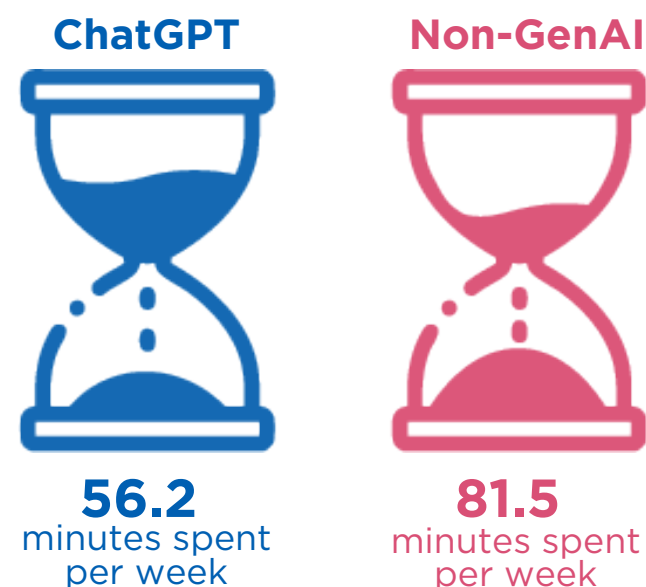
Find out more



To read our full research summary for schools, or the full report, go to [nfer.ac.uk/classroom](https://nfer.ac.uk/classroom)

## What did we find?

Our research found that teachers using ChatGPT spent **31% less time on lesson planning**.



There was **no evidence of a difference in lesson resource quality** between the two groups.

**25.3 minutes saved per week**

## How did teachers use ChatGPT?

Teachers in the study used ChatGPT selectively to:

- ✓ Generate **questions and quizzes**
- ✓ Tailor resources to their **classes' needs**.
- ✓ Find **fresh activity ideas**
- ✓ **Rephrase explanations** for clarity

## Practical considerations for using ChatGPT in your lesson preparation



### Access support for using AI tools

Many resources can support the use of ChatGPT, including the Bain & Company guide used in this trial, which provides examples across different subjects and key stages.



### Use ChatGPT selectively

Even small-scale use, like generating questions, can save time. Other resources and teacher expertise remain crucial for lesson planning.



### Tailor ChatGPT to your needs

Start small: use it for activity ideas or quiz creation. If the output isn't quite right, refining prompts can help, such as adjusting detail level, reading age or focus.



### Share and collaborate

Share learning and discuss what works and what doesn't, including prompts that worked well.



### Expand AI use beyond this study

While this study focused on lesson planning in science, ChatGPT could support broader curriculum planning.



### Support teachers with AI

Teachers may need support in learning to use AI tools, particularly those who may be less confident with technology or their subject knowledge.



### Remember

Follow your school's privacy and data protection policies and never enter personal data.

AI/ChatGPT can make errors, so always verify output accuracy.