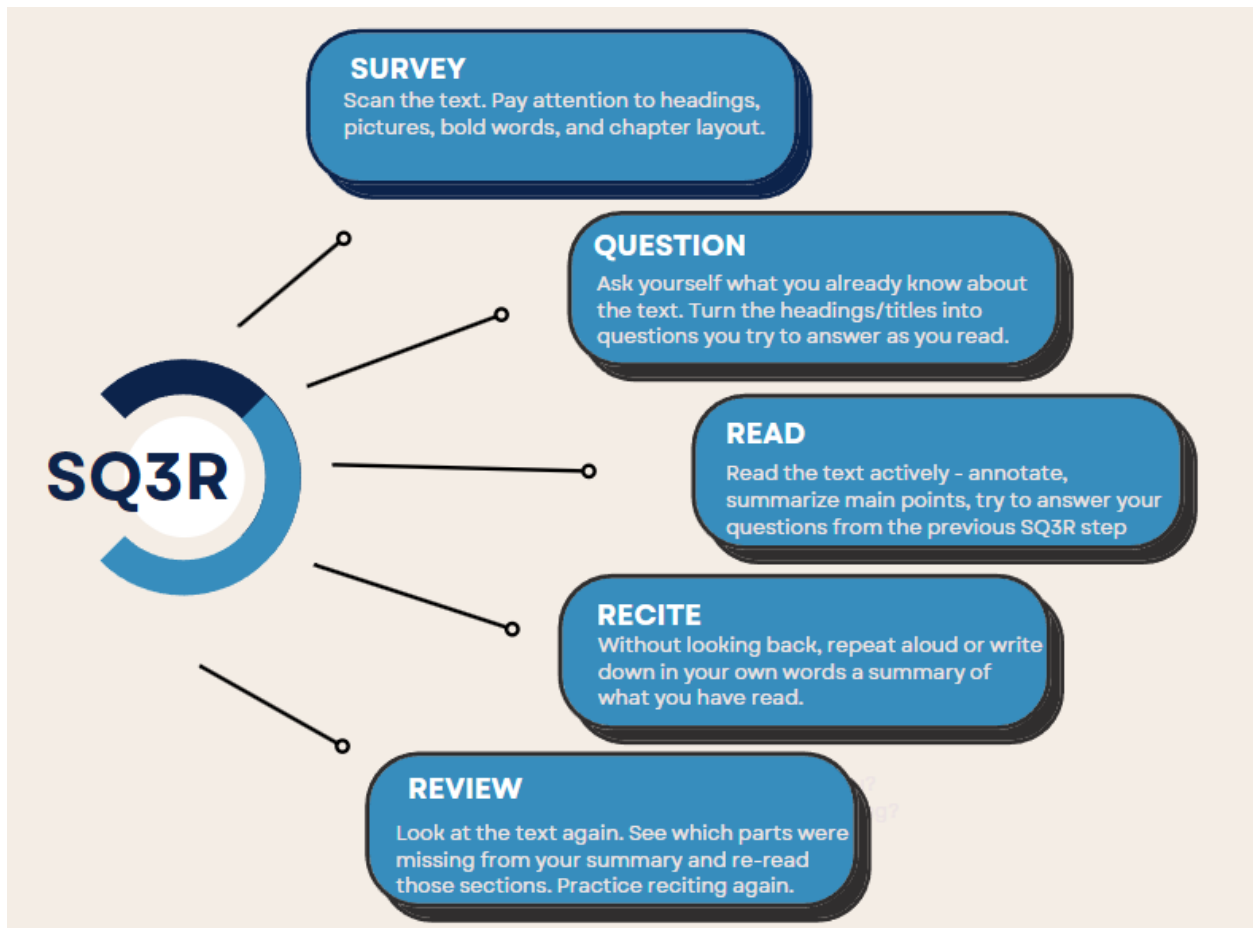


Reading to Learn and Remember (The SQ3R Method)

What is SQ3R?

The Survey-Question-Read-Recite-Review (SQ3R) method is a strategic way to approach reading texts. It is designed to help you understand and retain the information you read by helping you actively engage with it.

SQ3R takes some practice to get used to, especially when you are used to just opening a text and starting to read. However, by taking time to preview material, ask questions, actively engage with it while reading, practice recalling the material at the end, and refresh what you don't remember, you are providing your brain *five opportunities* to interact with the information instead of just one!



Guide to the SQ3R Method

- **SURVEY** (5-10 minutes): Before diving into a text, skim through the introductory sections of the material. Next, scan through the reading. Read all the different headings, examine any diagrams, graphs, or pictures. Also read the conclusion/summary of the text. Surveying a text in this way gives you a clearer understanding of the purpose of the text and helps you to identify key concepts and main ideas.
- **QUESTION** (1-2 minutes per heading/title): Try formulating questions from titles and headings and writing these in the margins. For example, the heading “Long-Term Effects of Stress” can become, “What are the long-term effects of stress?”. Generating questions will help you stay focused and identify key points of the reading.
- **READ**: Keep the questions you created in mind and try to answer them while you read. Engage with the text, stopping after each section to summarize main points or annotate the text itself. Take a break after every few sections or so when you notice your mind wander.
- **RECITE**: Once you’ve read sections of a text, close it and in your own words recall what you’ve just read. You can do this orally and/or on paper. See if you were able to answer the questions you generated at the beginning or if they need to be refined.
- **REVIEW**: Look back in the chapter to help clarify ideas that were hard to describe or to fill in the main points you forgot. Continue the recite/review process until you feel that you understand the material!

SQ3R Template

Survey-Question-Read-Recite-Review. These are the steps for this active reading strategy and promote learning. When you clear your mind for the task of studying, you are alert and centered. You make yourself ready to learn and remember.

SURVEY: After glancing through the titles, subtitles, tables, illustrations and summary ask yourself:

- What is this chapter about:

- What is the purpose for reading this chapter:

- What do I already know about this topic:

QUESTION: Before reading the chapter, develop at least 5 questions that you want to answer from the material. (Try to narrow your questions by using the subheadings)

1.

2.

3.

4.

5.

READ: Read a small section at a time: 1) make note of key items in the margins, and 2) develop a short outline of the chapter in your own words.

- | | |
|-------------------|-----------------------------|
| ▪ Definitions | ▪ Examples |
| ▪ Lists | ▪ Causes/ Effects |
| ▪ Characteristics | ▪ Similarities/ Differences |
| ▪ Name/ Dates | ▪ Formulas |

RECITE: While looking away from the book, answer the questions you developed:

1.

2.

3.

4.

5.

What else do you remember?

REVIEW: When you have completed the entire chapter or assigned section, re-read your outline, look away and recite main ideas that were included in your questions and annotations. Continue this process until you feel that you understand and know the material.