

Improve your Reading w/the SQ3R Method

Survey → Before you read, survey the chapter. Scan through the entire reading to give yourself a quick idea of what the chapter will be about. Briefly look over the following things:

- Titles, headings, and subheadings
- Captions under pictures, charts, graphs, or maps
- Browse summary questions at the beginning or end of the chapter
- Read introductory and concluding paragraphs

WHY? *This helps to formulate background information and make predictions of what is coming up*

Question → Formulate questions as you survey. Try to predict questions that will be easily answered in the text. Write your questions in margins or on a new sheet of paper:

- Turn the title, headings, and/or subheadings into questions
- Read questions at the end of the chapters or after each subheading
- Ask yourself, "What did my instructor say about his chapter or subject when it was assigned?"
- Ask yourself, "What do I already know about this subject?"

WHY? *This helps your brain seek information and actively think about what you read*

Read → Read the text with the goal of answering each of your questions:

- Read one section at a time and answer your questions as you go
- Note all the underlined, italicized, bold printed words or phrases
- Create new questions as you read if new information comes up that you did not predict
- Reduce your speed for difficult passages
- Stop and reread sections that are not clear
- Answer questions at the beginning or end of chapters or study guides

WHY? *This helps you focus on important information and stay engaged in your reading*

Recall → Challenge yourself to recall aloud or in writing answers to your questions after each section:

- Ask yourself your questions out loud and summarize the answers in your own words
- Take notes as you answer each question, writing the information in your own words
- Use repetition - repeat questions and answers multiple times
- Practice - attempt to answer the questions without looking at the material
- Make it relatable to your life so that you can remember it better

WHY? *This helps you remember what you read and checks your comprehension*

Reverview → Review the material and actively use the information to study

- At the end of each reading, try to summarize the information to check your comprehension
- Use your questions and answers to review reading material
- Identify important information, key points, and vocab terms
- Make study materials such as flashcards from your reading notes
- Combine your reading notes with your lecture notes
- Organize the information into an outline or study guide

WHY? *This helps you understand the material and study for tests and quizzes*