

# SQ3R

## Method of Reading

### Back on Track



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#### SURVEY ----- QUESTION ----- READ ----- RECITE ----- REVIEW

**Survey:** This step takes only a few minutes. Go through the chapter quickly. Glance at the chapter title, the introduction, headings, and summary paragraphs, if any. Notice any pictures, diagrams, graphs, tables, etc. Read any bold print. Previewing your text gives you some background about topics you may have never encountered before. You pick up general information. You know where to find information. You gain a better idea of how the information is organized and presented. It opens up a place in your brain where the new information will be stored. It saves time by reducing the amount of time it takes to read the chapter. Another advantage is that it creates an interest in what is coming up. It motivates you to read less interesting material to get to the “good stuff.”

**Question:** Before you begin reading a section, turn the heading into a question. For example, if the heading is Basic Causes of Stress, your question would be "What are the basic causes of stress?" This arouses your curiosity and increases your comprehension. It also brings to mind information you already know. The questions you ask help make important points stand out as you read. This forces you to think about what you are reading.

**Read:** Read the material under the heading with the purpose of getting the answer to your question. Read with concentration. Identify the main ideas and highlight or underline them. Read sections at a time and stop to ask questions. Jot down notes and ask yourself what you just read. If you can answer your question, read on. If not, look it over again. A good practice for more difficult reading is to do an outline of chapter in your notes. By leaving extra space you can fill in details during the class lecture. Make note of new vocabulary and write definitions in your notes.

**Recite:** This step requires that you recite **out loud** the answer to the question you asked prior to reading a section of the text. Say it in your own words. If you find you cannot answer your question, go back and look for the answer, then try again. This way you will know if you have understood the material. Besides answering your questions, look away from the book and try to state in your own words what the reading is about. You may jot down brief notes about what you read. When you are done, go back and make an outline of the chapter.

**Review:** After you have read the entire chapter, look over the notes you made to familiarize yourself with the important information. Check your memory by reciting the main points out loud. Then review the main points in your notes, making sure you understand them. Add to your notes from the text, if necessary. Always do a review of the chapter after completing your reading. Then do quick reviews **before and after** each class. Do longer, more in-depth reviews before exams. Don't wait until exam time to review your textbook. Review once a week all the readings from that week. Be sure you can summarize the key points. Write them down to further reinforce learning.

*Finally, make up test questions from what you have read. Be sure to write them down and answer them.*

## **ADVANTAGES OF THE SQ3R METHOD**

The SQ3R Method of reading sets the stage for interacting with your text material. As you go through the five steps you are gaining information, formulating questions, thinking about what you are reading, and trying to find answers to your questions. You are also reciting information out loud. All of these steps require the use of your **auditory, visual** and **kinesthetic senses**. When more senses are involved, more effective learning takes place.

## **SOME ADDITIONAL TIPS FOR READING TEXTBOOKS:**

- Know what to read by following your syllabus or list of assignments. Never fall behind, but always stay ahead in your reading.
- Divide chapters into readable chunks. Reading ten pages at a time will seem manageable compared to reading forty pages.
- Always preview the chapter before you read.
- If your text has any practice tests, do them. Pay particular attention to the essay questions. If you can answer them, you will have a good grasp of the information in the chapter.