

SQ3R – A Reading Study Strategy

SURVEY - Gather the information necessary to focus and formulate goals.

Read the title, introduction and/or summary. Notice the boldface headings and subheadings, graphs, charts, maps, diagrams; scan each page quickly to become familiar with the material. Notice reading aids - italics, bold face print, underlined words, chapter objective, end-of-chapter questions; these are included to help you sort, comprehend and remember. This process shouldn't take more than a couple of minutes.

QUESTION - Engage your mind and concentrate.

Turn the headings and sub-headings into questions. Jot them down in the margin of your book or notes. When your mind is actively searching for answers to questions it becomes engaged in learning. This will bring to mind information you already know, thereby helping you understand that section more quickly.

READ - Seek answers.

Read each section, actively looking for the answers to your questions. Make up new questions, as needed.

RECITE - This helps transfer information from short-term memory into long-term memory.

After each section, stop, recall your questions, and see if you can answer them in your own words. If not, re-read and try again. Do not go on to the next section until you can recite accurately.

REVIEW – Gain an integrated view of the entire chapter.

Once you have finished the entire chapter using the preceding steps, go back to the beginning of the chapter, glance at the headings and recall the answers you have already recited. Work your way to the end of the chapter. Go over the material within 24 hours of covering it. Review again after one week. Review approximately once a month until your exam.

Adapted from Walter Pauk's How to Study In College (Houghton Mifflin Co.: Boston, 2001).