

HOW TO:

Use the SQ3R Method of Studying a Textbook

(S) SURVEY:

Glance over the headings in the chapter to see the few big points that will be developed. Also, read the final summary paragraph if the chapter has one. This survey should not take more than a minute and will show the core ideas around which the discussion will cluster.

(Q) QUESTION:

Turn the first heading into a question. This will spark your curiosity and increase comprehension. It will bring to mind information you already know, helping you understand that section more quickly.

(R) READ:

Read to answer your first question, i.e. to the end of the first section. This is an active search along each line for the answer.

(R) RECITE:

Having read the first section, look away from the book and try briefly to recite the answer to your question. Use your own words and cite an example. If you can do this, you have a good understanding of what is in the section; if you cannot, glance over the section again. An excellent way to do this is to jot down brief cue phrases in your outline.

(R) REVIEW:

When the lesson has been read through in this way, look over your notes to get a bird's eye view of the points and their relationship, and check your memory by reciting major subpoints under each heading. This memory-check can be done by covering up notes and trying to recall the main points.