

SQ3R Method for Textbook Reading

Survey

- Look over the material *before* you read.
- Set a goal for how much you want to read in your allotted study time.
- Read the chapter objectives, skim headings and subheadings.
- Pay attention to graphics and items in margins.

Question

- Turn chapter title, headings, and subheadings into questions
- Write down questions on a separate piece of paper so you can go back to them
- Ask yourself what information you want to get from each section, and turn that into a question

Read

- Only read when you're alert
- Determine an amount of time you want to spend reading, typically no more than 30-40 minutes at a time.
- Read one section at a time, searching for answers to your questions.
- Answer the questions in your own words.

Recall

- After a short break, try to answer your questions in your own words, without looking back at the material.
- Answer questions one section at a time.
- Once you're sure of the correct answers, write them down.
- Make connections to other parts of the material

Review

- Within 24 hours, go back over your questions and try again to answer them in your own words, without looking back at the material or the answers you wrote down.
- Pay close attention to the questions you have difficulty with
- Repeat periodically to study for the exam.