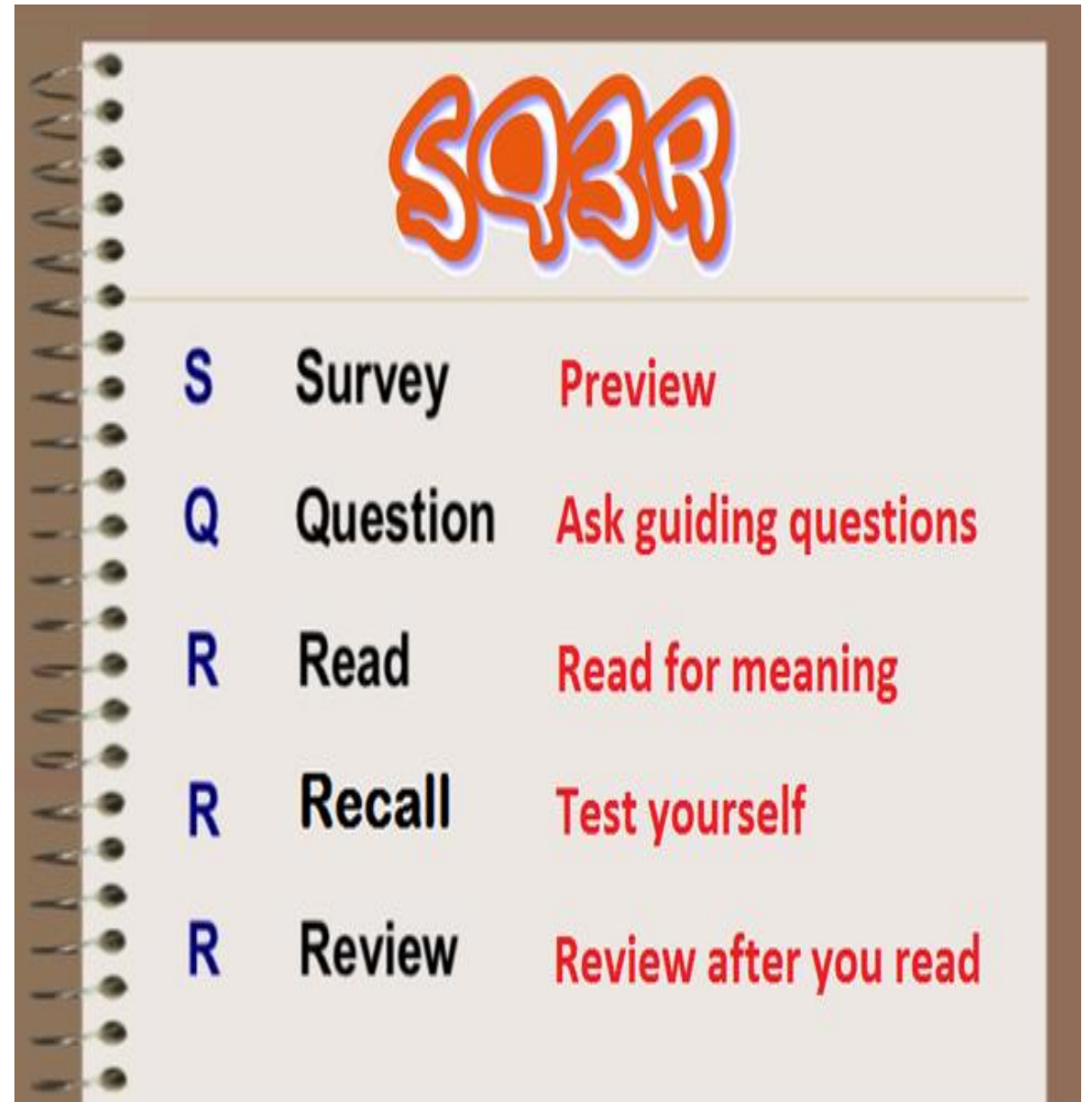


SQ3R METHOD

- Active elaboration of material that you read
- It consists of 5 steps
- It can be adapted to almost anything

(Robinson, 1970)



The graphic shows a spiral-bound notebook with a light gray cover. At the top, the letters 'SQ3R' are written in a large, stylized, orange font with a white outline and a blue shadow. Below this, a horizontal line separates the title from a table. The table has five rows, each representing a step of the SQ3R method. The first column contains the letters S, Q, R, R, and R in blue. The second column contains the words Survey, Question, Read, Recall, and Review in black. The third column contains the descriptions Preview, Ask guiding questions, Read for meaning, Test yourself, and Review after you read in red.

S	Survey	Preview
Q	Question	Ask guiding questions
R	Read	Read for meaning
R	Recall	Test yourself
R	Review	Review after you read

SQ3R

1. Survey (1-5 minutes):

- **Before reading, look through the whole chapter**
- **What are the major headings & subheadings**
 - The hierarchical structures are easy for our brains to grasp
- **Read the introductory and summary paragraphs**
- **See if you can identify 3 to 6 major ideas in the chapter**

SQ3R

2. **Question** (usually less than 30 seconds):

- **Ask yourself what this chapter is about:**
 - What is the question(s) that this chapter is trying to answer?
 - What question(s) do I have that this chapter might help answer?
- Repeat this process with each **subsection** of the chapter
- Try turning each heading into a question

SQ3R

3. **Read** (slower for some than others):

- Read one section at a time
 - **Look for the answer to the question proposed by the heading**
- ***Active* reading requires *concentration***
 - Find yourself a place and time where you can concentrate
 - Free from all distractions

SQ3R

4. Recall/re-phrase (about 1-3 minutes):

- **Say aloud or write down**
 - Any key phrase that sums up the major point of the section or answers the question
- **Use your own words, do not just copy a phrase from the book**
 - Research shows that we remember our own (active) connections better than ones given to us (passive)

SQ3R

- 5. **Review (less than 5 minutes):**
 - **After repeating steps 2-4 for each section**
 - Write down your list of key phrases
 - It provides an outline for the chapter
 - **Test yourself by covering up the key phrases and seeing if you can recall them.**
 - Do this right after you finish reading the chapter
 - If you can't recall one of your major points, that's a section you may need to re-read.