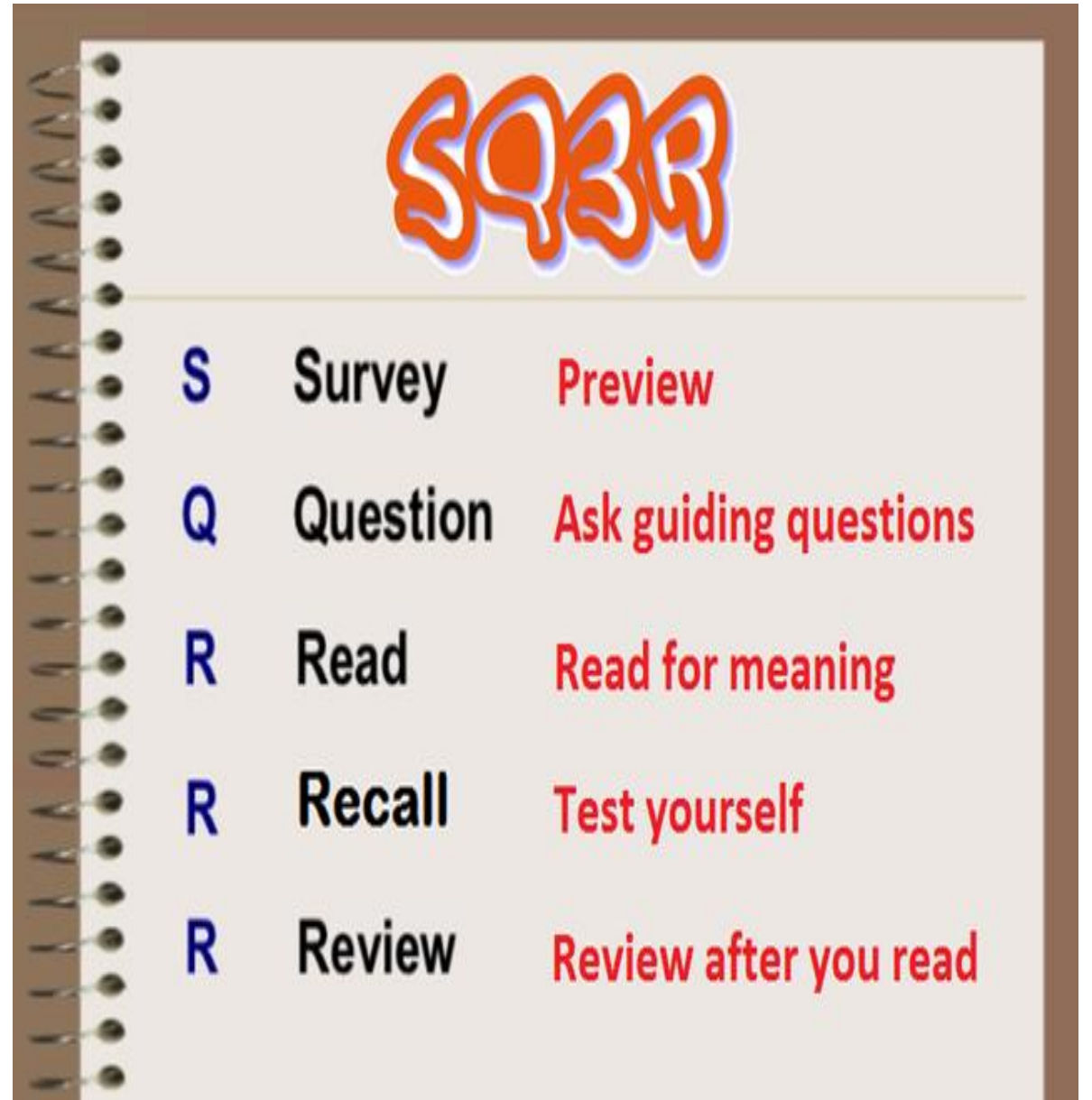


SQ3R METHOD

- 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 the SQ3R acronym at the top in a stylized orange font. Below it, a table lists the five steps: Survey (Preview), Question (Ask guiding questions), Read (Read for meaning), Recall (Test yourself), and Review (Review after you read). The letters S, Q, R, R, R are in blue, while the descriptions are in red.

Letter	Step	Description
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.