



SQ3R Textbook Studying Method

To read effectively, it's important that you read with a purpose. The SQ3R Textbook Studying Method helps students:

- ✓ select the important ideas and facts in a text
- ✓ understand a text
- ✓ retain information you need to learn
- ✓ make important information easy to review

S Survey

Flip through the chapter and read the major headings. If there are questions, or if there's a summary of the chapter, read that as well. If there are no headings, read the first sentences of each paragraph. This will give you an overview of the text.

Spend 2 – 5 minutes surveying the text.

Q Question

Turn each heading into a question, or write a series of questions you have about the material you're about to read. You should be able to come up with a good set of questions based on your survey.

Spend 5 – 10 minutes writing your questions.

R Read

Read the text with the purpose of answering the questions you wrote. Actively search for the main idea; don't expect it to jump off the page!

This should take about 20% of your study time.

R Recite

Write the answers to your questions in your own words and recite them out loud.

This will take the bulk of your study time: 70 – 80%.

R Review

Review the notes you took on the chapter often until you are certain you understand and know the information.

Spend 5 – 10 minutes reviewing your notes.