

SQ3R FOR SUCCESS

An explanation of the SQ3R reading technique (explained below) can reduce your study time and significantly increase your ability to grasp essential information. This study aid will help you to learn to use a series of five learning strategies developed and tested by a psychologist: Survey, Question, Read, Recite, and Review. Together, these steps are known as the SQ3R method. You will learn and remember more if, instead of simply reading each chapter, you follow these steps. Here's how they work:

✦ Survey.

- First, scan the chapter. Spend about 10 minutes taking a “sneak preview”.
- Examine the title of the chapter and the chapter outline to help you preview the content.
- Read each section heading and the learning objective questions.
- Look over the illustrations and tables.
- Then read the summary, which is usually found at the end of each chapter.

✦ Question.

- Approach each chapter by tackling one major section at a time.
- Before reading a section, reread its learning objective questions. Don't stop there.
- Add a few questions of your own as you glance over the section's subtitles and key terms.
- Using words like who, what, when, where, why, and how; turn each heading into a question.

✦ Read and Underline.

- Keeping the learning objective questions in mind, read the section and note the examples provided to help you understand major concepts.
- Look at the photos and read the captions as well.
- Read the section first; then go back and underline, highlight, or mark the material.
- Do not be afraid to move your lips or read aloud.
- Critical reading may require several readings to completely understand a sentence or passage.

✦ Recite.

- Write a short summary of the material that answers the learning objective questions.
- Compare your summary with the answers for the learning objective questions that are provided in the summary at the end of the chapter.
- If necessary, reread the selection.
- Remember that recite means “say out loud”.

✦ Review.

- As you finish a section try to answer the questions from the chapter review that pertains to it.
- If you cannot answer the questions, review those sections that you found the most difficult to recall or understand and then answer the questions again.
- Check your answers against the key provided at the back of the book.
- When you have finished the entire chapter, go over the summary and key terms.
- If you don't know the meaning of a term, turn to the page where that term is defined.

Adapted from Western Nebraska Community College -
www.wncc.net/students/tutoring/docs/Academic_Success_Handouts/How_to_Study_A_Chapter.pdf