

THE SQ3R METHOD OF TEXTBOOK STUDY

The SQ3R method is a proven, step-by-step strategic approach to learning and studying from textbooks. Why is it successful? Because it helps you to discover the important facts and ideas that are contained in your textbook, and master and retain that information so that you are prepared for an examination.

The SQ3R symbols help you remember the steps and make references to it simpler: Survey, Question, Read, Recite, and Review.

These five steps, when applied to textbook assignments, will help you in making your study time more efficient and effective. And, because many instructors use the textbook as an outline for their courses, test questions will be coming from the same source as yours. As you review your notes and texts, you will be able to predict and prepare answers for many exam questions.

Survey (Before Class)

The survey step should take no more than 10-25 minutes, even on the longest chapter. The purpose is to get a general idea of what it is going to be about, what kind of information the author gives, how many sub-topics the information is broken down into, and how much time you will have to spend reading it.

- Chapter Title
- Introduction
- Objectives
- Vocabulary
- Summary
- Review questions
- Boldface headings
- Graphics and their accompanying captions

Question (Before Class)

Turn each boldfaced heading into a question by using who, what, where, when, why, and how. This sets a purpose for reading the material in more detail. When you are reading to find the answer to a specific question, you're reading actively.

Read (After Class)

Actively read the the text, keeping in mind the question you asked for that section in step 2. The answer will usually be made up of the main idea(s) of the paragraph(s) and the supporting details. Read the section to find the answer.

Recite (After Class)

Recite the answer to each question to yourself. Put the answer into your own words. Be sure that you can recall the answer, not just recognize the information as correct. Write the questions in your notebook along with a few key words or phrases that summarize the answer. This will help you think about and understand what you have read. When you rewrite or rephrase what you read, your comprehension and retention will improve.

Review (Before Next Class)

To review, cover the answers and ask yourself your questions. If you cannot answer it, look at your notes and test yourself again. Once you are sure you know and understand the question and answer, check it off. This will help you prepare for the test. Remember that very few people read textbooks for pleasure; they are read to acquire information and apply it in a testing situation. Reviewing helps you remember it.