



SQ3R

Survey * Question * Read * Reflect * Review

SQ3R is a study system that promotes active reading, which in turn improves concentration and comprehension.

SURVEY: A warm-up that helps with focus and can improve reading rate

Provides an overview of the chapter to be read. Start by reading the title and asking yourself what you already know about the subject. Read the introduction or objectives to determine what will be covered in the chapter. Look carefully at all charts, diagrams, bold-faced words, and pictures. Read the summary, if there is one, for a reiteration of the main ideas presented in the chapter.

QUESTION: Provides a purpose for reading and improves rate and comprehension

Develop questions from the title, major headings, and subheadings. Read to find the answers. Topic sentences can also be turned into questions. As you begin to read, try to predict the types of questions your instructor will be likely to ask.

READ: For some lecture classes, survey BEFORE class and read closely AFTER

Read carefully, looking to find the answers to your questions. Pay attention to words printed in boldface or italics. After reading a section, go back to highlight or annotate important points.

REFLECT: Consolidates information and helps monitor comprehension

When you have finished reading a section or subheading, pause to reflect on what you have read. Re-read your margin notes or highlights, and repeat the main ideas. Do you understand what you've read? Have you answered your questions, or come up with any new ones?

REVIEW: Important for retention and recall

When you have finished reading the whole chapter, take a few minutes to look again at your highlights, annotations, the graphic aids, and the summary. This should be done periodically to aid retention and recall.

How to Adapt SQ3R for Different Subject Areas

- Math: Add a "practice" step for solving problems (book closed)
- Literature: Expand *reflect* and *review* to include *interpret* and *evaluate*
- Sciences: Add a "draw" step to illustrate principles and processes
- Foreign Languages: Add flash cards and conjugation charts to your *review* step
- Social Sciences: Make question charts to compare/contrast theories, etc.