



Textbook Reading

Using the SQ3R Method

Survey: Gather the information necessary to focus and formulate goals.

- Look at the chapter title. What do you already know about this subject? Consider what the chapter may cover.
- Look over the whole chapter taking time to read headings and subheadings found in bold or italic print.
- Divide long reading assignments into segments with breaks in between (i.e. read 10 pages at a time).

Question: Using the chapter headings and subheadings, formulate possible questions for each section of the chapter.

- Identify the main ideas that should be considered when reading.
- For example, questions formulated for the chapter heading “Depression” may include: What is depression? Is it an illness with physiological consequences? Can depression be treated?
- If you are having difficulty formulating questions focus on who, what, when, where, and why questions.
- You may write questions down to study chapters later.

Read: Read each section and search for answers to formulated questions.

- While reading look for answers to formulated questions.
- Try to gain a general understanding without getting bogged down with details.
- Circle or underline key words, phrases, definitions, names, and dates.
- Write down your own ideas or questions in the column next to the reading section.
- Put a question mark next to any section you did not understand and need clarified by a Professor, TA, tutor, or friend.

Recite: After each section, recall the questions and recite the answers.

- Recite material out loud using your own words to express thoughts.
- If you have a study partner quiz each other.

Review: Go back over all questions and answers from every section for review.

- Reviewing material immediately after reading, writing, or hearing a lecture triples the amount of information you are able to retain and reduces study time by **up to 90%**.