

## SQ3R – A READING/STUDY SYSTEM

**SURVEY:** Gather the information necessary to focus and formulate goals.

- **Read the title:** Help your mind prepare to receive the subject at hand. Read the introduction and/or summary; orient yourself to how this chapter fits the author's purposes, and focus on the author's statement of the most important points.
- **Notice each boldface heading and subheading:** Organize your mind before you begin to read; build a structure for the thoughts and details to come.
- **Notice any graphics:** Charts, maps, diagrams, etc. make relevant points. Don't miss them.

**QUESTION:** Help your mind engage and concentrate.

- One section at a time, **turn the boldface heading into as many questions as you think will be answered in that section.** The better the questions, the better your comprehension is likely to be. You may always add further questions as you proceed. When your mind is actively searching for answers to questions, it becomes engaged in learning.

**READ:** Fill in the information around the mental structures you've been building.

- Read each section, one at a time, with your questions in mind. Look for the answers, and notice if you need to make up some new questions.

**RECITE:** Use other senses to reflect on what you read.

- After each section, **recite (out loud, if possible) your questions and see if you can answer them from memory.** Write down what you are saying—the more senses you engage in the process, the better you will retain the information. Don't move on to the next section until you can recall what you have read.

**REVIEW:** Refine your mental organization and begin building memory.

- **Review questions:** After completing the reading, go back over all the questions you asked about each heading.
- **Test yourself:** See if you can still answer those questions. If you can't, look back and refresh your memory.

**REMEMBER:** *The information you gain from reading is important. If you just go through the motions without learning, you're wasting time. SQ3R will train your mind to learn and remember.*