

# SQ3R

The **SQ3R** Method is a sequence of reading strategies to use whenever reading content or informational texts.

1. **Survey** the text before you read, looking for the following:
  - a. The title, headings, and subheadings
  - b. Captions under pictures, charts, graphs or maps
  - c. Review questions or teacher-made study guides
  - d. Introductory and concluding paragraphs
  - e. Summary
2. **Question** the text:
  - a. As you survey the text,
    - i. Turn the title, headings, and/or subheadings into questions
    - ii. Read questions at the end of the chapters or after each subheading
  - b. Ask yourself questions like
    - i. "What did my instructor say about this chapter or subject when it was assigned?"
    - ii. "What do I already know about the subject?"
3. **Read** the text:
  - a. Look for answers to the questions you first raised
  - b. Answer questions at the beginning or end of chapters or study guides
  - c. Reread captions under pictures, graphs, etc.
  - d. Note all the underlined, italicized, bold printed words or phrases
  - e. Study graphic aids
  - f. Reduce your speed for difficult passages
  - g. Stop and reread parts which are not clear
  - h. Take notes from the text but write the information in your own words
  - i. Underline or highlight important points you've just read
4. **Recite** from the text after you've read a section:
  - a. The more senses you use the more likely you are to remember what you read
  - b. Triple strength learning: Seeing, saying, hearing
  - c. Quadruple strength learning: Seeing, saying, hearing, writing
5. **Review** the section or whole text by:
  - a. Answering questions you asked while surveying
  - b. Going over the notes you took while reading

Adapted from the Study Guides and Strategies Website and Robinson, Francis Pleasant. (1970) Effective study. New York: Harper & Row.