

## SQ 3-R STUDY METHOD

### A Proven Technique for Improving Textbook Learning

- ❑ **SURVEY**-- Look through the chapter before you begin reading by scanning topic headings, captions for illustrations, and any chapter preview, summary, or review. Get a "feel" for what the chapter is about on this first pass.
- ❑ **QUESTION**—To focus your attention when you read (next step), turn topic headings or other focal points into questions. For example, the topic heading STAGES OF SLEEP might raise questions such as, "How many stages are there?" and "What are the stages of sleep?" or "How do sleep stages differ?" Asking questions that can be answered when you read will increase your interest in and involvement with the material.
- ❑ **READ**—The first "R" refers to *read*. As you read, try to answer the questions you raised. Read in small "chunks"—perhaps individual topic units--pausing after you read to think about the material before moving on. Move on only when you are confident that you understand fully what you have just read.
- ❑ **RECITE**—The second "R" stands for *recite*. After you have read a "chunk" or "unit," and, after you have thought about it a bit, rehearse silently the answers to your questions and to any other new questions you might create. Summarize what you have read to yourself, check your memory for some of the new facts you've learned, practice verbal answers to possible test questions, *etc.* REPEAT THE *QUESTION, READ, RECITE* cycle until you finish the chapter.
- ❑ **REVIEW**—When you have finished reading and reciting, and have taken a break (for an hour, several hours, or a day or two), skim back over the chapter, read any notes you have taken, have a classmate ask you questions, or re-read the chapter to make sure you thoroughly understand what its all about.