



# SQ3R Study Method

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## What is the SQ3R study method?

The SQ3R method stands for a method of comprehension for students including study, question, read, recite, and review. Each step is designed to form a mental map of the text and to ensure you understand the material.

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## Why choose the SQ3R study method?

- It helps you to retain information
- Although it may take a lot of time and reading, your comprehension of the material will be better.
- It is better than cramming for a test

## Survey – Question – Read – Recite – Review:

### Survey: Glance over the material

- **This is not reading for comprehension but for exposure to the text.** -
- Flip through each page
  - Evaluate the amount of words vs. images
  - What jumps out at you?
- Go back to the beginning of the chapter and read **ONLY** the bold printing
  - This includes titles, headings, subheadings, italicized words, definitions, and possibly the summary of the chapter (if there is one)
- Read the first and last sentences of every paragraph (**TEXTBOOKS ONLY**)
  - The first and last sentences should summarize what is within each paragraph
  - This will help you to create a mental map of the chapter.

### Question: Create study questions

- Go to end of chapter and see if there is a quiz
  - If so, look over the questions to know what to look for within the chapter
- Create study questions for yourself based off of the survey you did

### Read: Read and comprehend the material

- Read through the entire chapter
- Note the answers to each question you created
  - **This is reading for comprehension of the text not for exposure.** -

### Recite: Write notes in your own words

- Take notes in your own words that explain what was discussed in the chapter
  - See if you can do this without looking at the text

- Go back over the text and highlight/underline only what the main points were. (No more than 10-15% of the text)

**Review:** Review the material

- Review the questions and answers you created, the notes, etc.
- Use the headings and sub-headings to test whether you can explain the material without looking.

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**Works Consulted**

<https://youtu.be/nqYmmZKY4sA>

<https://learningcenter.unc.edu/tips-and-tools/reading-textbooks-effectively/>

[https://www.cuesta.edu/student/resources/ssc/study\\_guides/reading\\_comp/305\\_read\\_text.html](https://www.cuesta.edu/student/resources/ssc/study_guides/reading_comp/305_read_text.html)

<https://e-student.org/sq3r-study-method/>