# The SQ3R Method

**Survey – Question – Read – Recite - Review**

| Before you read, **Survey the chapter:** | • the title, headings, and subheadings  
| | • captions under pictures, charts, graphs or maps  
| | • review questions or teacher-made study guides  
| | • introductory and concluding paragraphs  
| | • summary  
| | • Turn the title, headings, and/or subheadings into questions;  
| | • Read questions at the end of the chapters or after each subheading;  
| | • Ask yourself, "What did my instructor say about this chapter or subject when it was assigned?"  
| | • Ask yourself, "What do I already know about this subject?"  
| **Note:** If it is helpful to you, write out these questions for consideration. This variation is called SQW3R  
| **Question while you are surveying:** | • Look for answers to the questions you first raised;  
| | • Answer questions at the beginning or end of chapters or study guides  
| | • Reread captions under pictures, graphs, etc.  
| | • Note all underlined, italicized, bold printed words or phrases  
| | • Study graphic aids  
| | • Reduce your speed for difficult passages  
| | • Stop and reread parts which are not clear  
| | • Read only a section at a time and recite after each section  
| **When you begin to Read:** | • Orally ask yourself questions about what you have just read or summarize, in your own words, what you read  
| | • Take notes from the text but write the information in your own words  
| | • Underline or highlight important points you’ve just read  
| | • Use the method of recitation which best suits your particular learning style but remember, the more senses you use the more likely you are to remember what you read - i.e.,  
| | • TRIPLE STRENGTH LEARNING: Seeing, saying, hearing-QUADRUPLE STRENGTH LEARNING: Seeing, saying,
<table>
<thead>
<tr>
<th>Review: an ongoing process.</th>
<th>Day One</th>
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<tr>
<td></td>
<td>After you have read and recited the entire chapter, write questions in the margins for those points you have highlighted or underlined.</td>
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<td>If you took notes while reciting, write questions for the notes you have taken in the left hand margins of your notebook.</td>
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**Day Two**

- Page through the text and/or your notebook to re-acquaint yourself with the important points.
- Cover the right hand column of your text/note-book and orally ask yourself the questions in the left hand margins.
- Orally recite or write the answers from memory.
- Make "flash cards" for those questions which give you difficulty.
- Develop mnemonic devices for material which need to be memorized.

**Days Three, Four and Five**

- Alternate between your flash cards and notes and test yourself (orally or in writing) on the questions you formulated.
- Make additional flash cards if necessary.

**Weekend**

Using the text and notebook, make a Table of Contents - list all the topics and sub-topics you need to know from the chapter. From the Table of Contents, make a Study Sheet/ Spatial Map. Recite the information orally and in your own words as you put the Study Sheet/Map together.

Now that you have consolidated all the information you need for that chapter, periodically review the Sheet/Map so that at test time you will not have to cram.