

SQ3R Reading Strategy and Reading Your Textbook

Ellet High Freshman Seminar

Do you want to be successful when studying your textbook, research material, or even a novel? Do you find that sometimes you read material, and then can't remember the information? If this has happened to you, then you need a reading method/strategy to help you comprehend the material, and remember it. SQ3R is such a method. It has been used for decades, and has proven to be a simple, yet effective method for reading comprehension and assists the reader in remembering the material read.

What is it? SQ3R is a technique for extracting the maximum benefit from your reading time. It helps you to organize the subject being read in your mind. It also helps you separate important information from irrelevant data. SQ3R is a 5 stage active reading technique. The stages are:

- Survey
- Question
- Read
- Recall
- Review

S=SURVEY

Determine the structure or organization of the chapter.

- Check amount of reading to be done
- Establish manageable units
- Think about the title; guess what will be included in the chapter
- Read the introduction and look for main ideas. The main ideas will help you understand or make sense of the details
- Read the main-headings (boldface type) which are typically the main ideas
- Read the summary
- Read the questions at the end of the chapter. These will help you to identify important parts of the chapter
- Look at charts, graphs, maps, pictures, other visuals

Q=QUESTION

- Turn each heading and subheading into a question. Especially while you are practicing this technique, write the questions down. This gives you a focal point for crystallizing a series of ideas (the answer)
- Take one section at a time; Keep answers brief; Use your own words.
- Write out end-of-chapter questions that interest you

R1=READ

- Read only one section, looking for the answers to your questions
- Read quickly
- Sort out ideas and evaluate them. If content does not relate to the question, give it only a glance
- **READ SELECTIVELY**
- Separate main ideas from supporting material
- Judge importance or specifics of supporting material
- Select a paragraph or short section: Stop and Ask yourself these questions:
 - What is the main idea?
 - How is it supported?
 - What do I need to know from this paragraph?

R2=RECITE

- Answer the question in your own words, not the author's
- Write the answer to the questions you wrote using only key words, listings, etc. to help recall the ideas. Using your own words, **say** or write the ideas and details. By saying the information aloud, you are using two more senses (saying and hearing) which help you remember the material more than if you had only silently read the material
- Look back at the material to check for accuracy; find the missing information
- Follow the above technique for each section of the chapter

R3=REVIEW

Increase retention and cut cramming time by 90% by means of immediate and delayed review.

Immediately:

- Try to construct a mental picture of the whole selection
- Recite the main ideas and answers to your questions
- Manipulate the ideas
- Speculate
- Compare/contrast
- Reorganize
- Categorize
- Consider the ideas in relation to other things you know, other selections in the same book, or other topics
- Make study notes in conjunction with lecture notes

Later, Review:

- Marked material
- Answers to questions
- Written recitation notes
- Notes gathered by manipulating material
- Study notes

Use an SQ3R Graphic Organizer

Survey (title, headings, pictures, captions, charts, graphs, etc.)

"I already know..."

Question

"I want to learn..."

Read

Recite (restate what you have read and record what you have learned)

"I learned..."

- 1.
- 2.
- 3.

Review (Reread as necessary; repeat the cycle of Question, read, Recite, and Review for the same section, or begin a new cycle of SQ3R for a new section of text.)

Reading Your Textbook: SQ3R is a reading strategy you can use when reading your textbook. Using it will help you understand or comprehend what is being discussed in the book. You should also be aware of what tools your textbook has to help you find information:

The Table of Contents is located in the front of the book. It tells you the names of the chapters.

The Index is an alphabetical listing of topics discussed within the book. It tells you what pages you can find information about the topic.

A glossary is like a dictionary of words that are introduced in the book. Typically it is located in the back of the book.

Every chapter in a textbook will have titles, subtitles, and typically will have words in boldface print. These are important tools to help you know what the chapter is covering and what the main ideas are in the chapter.

Review questions are typically found at the end of every chapter in a textbook. It would be a good idea to look at the questions before you even begin reading the chapter. Many teachers pull their test questions or essay questions from these questions. If you know what might be asked on a test it gives you an idea of what to look for while you are reading. It is also a good idea to look at these questions again after reading to make certain you know the answers.

Reading Novels: When reading a novel stay involved in the story. Figure out the setting. Who are the main characters and how do they relate to each other? What is the conflict in the story? Make predictions of what you think will happen next. Make connections to your own life, the world, or other things you've read. Visualize how this story would look if it was made into a movie. By using these strategies, you will stay involved in the story and find you will stick with the book until the end.

Works Cited

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