### SQ3R Textbook Reading

| Before you read, Survey the chapter: | • Title, headings, and subheadings.  
| | • Captions under pictures, charts, graphs, or maps.  
| | • Questions or teacher-made study guides.  
| | • Introductory and concluding paragraphs.  
| | • Summary.  |

| Question while you are surveying: | • 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, write out these questions for consideration. This variation is called SQW3R  |

| When you begin to Read: | • Look for answers to the questions you first raised, write them in your notes.  
| | • Answer questions at the beginning or end of chapters or study guides.  
| | • Reread captions under pictures, graphs, etc. and study graphic aids.  
| | • Note all the underlined, italicized, bold printed words or phrases.  
| | • Reduce your speed for difficult passages; reread parts that are unclear.  
| | • Read only a section at a time and recite after each section.  |

| Recite after you've read a section: | • Answer your questions orally. See if you can recall them from memory.  
| | • Summarize in your own words (orally) what you read.  
| | • The more senses you use the more likely you are to remember what you read.  
| | **Triple Strength Learning:** Seeing, saying, hearing  
| | **Quadruple Strength Learning:** Seeing, saying, hearing, writing!!!  |

| Review: an ongoing process: | • Rescan the reading selection and your notes.  
| | • Check your memory by reciting (again) the major points under each section. Do this from memory without looking at the text or your notes.  
| | • Periodically review the material depending on the difficulty and more often as an exam approaches.  |