

SQ4R Method for Reading Textbooks

S: Survey

Previewing will help you get your bearings and save time.

Preview the textbook: Read the front material, especially the table of contents.

Note typographical and visual aids.

Look for the glossary and other aids.

Quickly read heading, subheading, and introduction.

- Review what you already know about the subject matter.
- Find the author's purpose.

Preview the chapter: Divide the chapter into small reading segments.

Read the summary if there is one.

Q: Question

A questioning attitude makes the reader think.

Ask: What does the title of the chapter mean? What do I already know about the subject?

- Question your purpose for reading the chapter. Why am I reading this? What do I want to get out of it?
- Look at questions the author may have at the beginning or end of the chapter.

R1: Read

- Use reading speed appropriate to the material and your purpose.
- Develop more than one reading skill.
- Read to get the main idea and supporting details.
- Compare, analyze, and systemize as you read.
- Answer specific questions. Make headings into questions.

R2: Recite

- Recite orally *in your own words* as soon after reading as possible.
- Talk to yourself, using the form in which you will need the information for discussion, answering specific questions, etc.

R3: (W)rite

- Write a brief summary *in your own words* relating main idea to details.
- Turn headings into questions and answer them.

R4: Review

- Recitation and review must be a continuous process.
- Make sure you understand the general idea behind what you've read.
- Use a critical attitude toward material you've read.
- Relate new material studied to what you already know.

Advantages of the SQ4R Method

- Increases reading efficiency
- Increases interest
- Helps concentration
- Relates new knowledge to previous knowledge
- Builds confidence in ability to recite and take tests
- Practice and regular application help achieve success