

THE SQ4R READING STRATEGY

TRAIN TO LEARN EFFECTIVELY: TIP SHEETS

Survey – Question – Read – Recite – Record – Review

The SQ4R method of reading textbooks is an excellent strategy for both understanding and remembering information. It allows for you to actively engage with your learning, by translating the text you're reading into your own words.

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| Before you read, SURVEY the chapter | <input type="checkbox"/> Survey the title, learning objectives, introduction and conclusion. <input type="checkbox"/> Survey the headings and subheadings. <input type="checkbox"/> Identify the bold and italic print and marginal definitions. <input type="checkbox"/> Look for example problems, diagrams, graphs, tables, formulas. <input type="checkbox"/> Review the list of key terms at the end of the chapter. |
| QUESTION while you are surveying | <input type="checkbox"/> Read one section at a time. Before you start to read, make or find questions. <input type="checkbox"/> You may find questions in the learning objectives, at the end of the chapter, or in the study guide. <input type="checkbox"/> Create your own questions from headings/ subheadings or the learning objectives. |
| When you begin to READ ... | <input type="checkbox"/> Read the section to find the answers to your questions. The questions will help you concentrate. <input type="checkbox"/> Re-read sections you don't understand and seek to clarify your understanding, as needed. |
| RECITE after you have read a section | <input type="checkbox"/> Recite the information by covering up the text and answering your questions out loud. <input type="checkbox"/> You can also recite the answers by writing them as notes. This step is a way for you to test/ monitor your learning. <input type="checkbox"/> For quantitative courses, test yourself by doing the exercises or assigned problems after each section. |
| Once you understand the information, RECORD it | <input type="checkbox"/> Record the information only once you've read and understood it. |
| REVIEW is an ongoing process | <input type="checkbox"/> Review the entire chapter as soon as you have finished. Again, for each section, cover the text or your notes and try to answer the questions. <input type="checkbox"/> If you don't remember an answer, repeat it until it's fixed in your memory. |

It's important to remember that there is a Read – Record – Recite Cycle. You need to read, record and recite the material until you're comfortable with it and feel you have a strong understanding of it. Then, you can proceed with the review.

Reference

This tip sheet was adapted from the following sources:

OntarioTech University Student Learning. (2019). SQ4R: A Method for Reading Textbooks. Retrieved from: <https://nool.ontariotechu.ca/study-skills/reading-note-taking-and-learning-strategies/index.php>