### SQ3R Reading Strategy

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| - Look over the material: title, preview, headings, visuals (charts, pictures), bolded words, summary  
- Read the summary if possible  
- Think about background knowledge or related information | - Turn headings into questions  
- Write in the margins  
- Underline or highlight important concepts  
- Break up the reading into chunks  
- Take breaks when needed | - Say it out loud in your own words  
- Write a summary of the paragraph or section  
- Write notes or notecards for information  
- Create a mind map or graphic organizer of the ideas and how they relate | - Look over your readings or notes and quiz yourself on the information  
- Make connections between readings and notes from class  
- Revisit it weekly and test yourself on new and old material each week |

|-------------|--------------|-----------|-------------|-------------|
| - It gives you the big picture  
- It helps you decide what’s important  
- You can connect information to what you already know  
- It prepares you to read | - It helps you stay focused on the reading  
- It gives you a purpose (looking for the answer) and creates interest  
- It’s good practice for quizzing yourself on topics | - It’s how to get information from the textbook!  
- It’s good preparation for your lectures & discussions  
- It’s an essential part of test preparation | - It helps you retain information after you read it  
- It checks for your level of understanding  
- It’s a way to interact with the reading and stay awake | - It helps you retain information week to week  
- It helps you prepare for exams, papers, and assignments |

**Why Review?**

- It helps you retain information week to week  
- It helps you prepare for exams, papers, and assignments