

Academic Skills

SQ3R

This approach helps you get the most out of your reading assignments. It will help you create notes from your reading from which to study.

1. **S**urvey: Carefully *pre-read* the chapter. Look at the title, subtitles, boldface and italics, graphs and diagrams, summary and/or conclusion, and questions at the end of the chapter.
2. **Q**uestion: Reading is a thinking process; inquiry makes you an active reader. Formulate questions before you read. Convert titles, subtitles, etc. into questions. **WRITE THESE DOWN!**
3. **R**ead: Thoroughly read the chapter and fill in the answers to your questions as you go along. Important: Read for meaning, not only the answers! Write down any information you sense is important.
4. **R**ecite: Talk to yourself. Read your questions, answers and notes out loud. Translate key ideas and new terms into your own words. Research any answers or information that don't seem clear enough.
5. **R**eview: Reread your notes as often as possible. Frequent review enables you to better retain the material.

BE FLEXIBLE! At first go through SQ3R step-by-step, and later alter it to suit your own purposes and style.