The SQ3R Reading Strategy

SQ3R is a reading strategy to help you read faster and retain more information than ordinary reading methods. It consists of the following five steps:

S = SURVEY
- Before reading, survey the material
- Glance through topic headings to get an overview of the reading
- Notice pictures, questions, and bold or italicized print that emphasizes important information
- Read final summary paragraph to determine the most important ideas

Q = QUESTION
- Write questions that you may have after you survey the material
- Turn headers into questions to improve concentration and give purpose to your reading
- Create questions for pictures and graphs

R = READ
- Search for answers to your questions in each section
- Make notes and highlight main ideas that support the concept
- Reflect and summarize what you have read
- Consider what the author is saying and how to use the information

R = RECITE
- Answer questions aloud in your own words without looking at your answers
- Repeatedly reciting questions and answers in several different study sessions moves information from short-term to long-term memory

R = REVIEW
- Test your memory by asking each question
- Review notes to verify if you are correct
- Review the questions you missed a second time

If you have actively read and taken notes, you should not have to reread chapters. Reviewing notes each time you study will eliminate the need to “cram” for an exam.