

# GET THE MOST OUT OF YOUR READING

SQ3R stands for Survey, Question, Read, Recite, and Review, a popular method for reviewing and taking notes on textbook reading assignments that was developed by Francis P. Robinson. This method suggests that you use the following five steps for each reading assignment:

S	Survey	Glance at the headings and captions to get a feel for the topic being covered.
Q	Question	Rephrase the headings in your mind as questions, so you have an idea of what information to look for as you continue with reading.
R	Read	Read each section carefully, keeping in mind those questions you phrased, attempting to answer each question and taking notes on key points.
R	Recite	Write down answers to the questions formed using the headings and summarize findings in written form or out loud.
R	Review	Review your notes the next day and create flash cards based on the material to test yourself the next week and prior to an exam.

At first this may seem like too much extra work, especially if you are a slow reader. However, by using the “pre-reading” of surveying and questioning, you are “priming the pump” of your brain, getting it ready to learn what is in your text. That means that the information you read will actually stick with you better, and you may in fact move through it more quickly.

The most important benefit, though, is that you are preparing your brain for the information that you read. By getting a good sense of the topics that are coming, and by actively engaging in asking what this all may mean, you are creating “hooks” in your brain for the information to attach to when you read. If you have hooks, you are much more likely to make sense of the information and to remember what you have read. **It’s powerful stuff!**

