

SQ3R Process[edit]

1. Survey

The first step, survey or skim, advises that one should resist the temptation to read the book and instead glance through a chapter in order to identify headings, sub-headings and other outstanding features in the text. This is in order to identify ideas and formulate questions about the content of the chapter.

2. Question

Formulate questions about the content of the reading. For example, convert headings and sub-headings into questions, and then look for answers in the content of the text. Other more general questions may also be formulated:

- *What is this chapter about?*
- *What question is this chapter trying to answer?*
- *How does this information help me?*

3. Read (R¹)

Use the background work done with "S" and "Q" in order to begin reading actively.

4. Recite (R²)

The second "R" refers to the part known as "Recite/wRite" or "Recall." Using key phrases, one is meant to identify major points and answers to questions from the "Q" step for each section. This may be done either in an oral or written format. It is important that an adherent to this method use his/her own words in order to evoke the active listening quality of this study method.

5. Review (R³)

The final "R" is "Review." In fact, before becoming acquainted with this method a student probably just uses the R & R method; Read and Review. Provided the student has followed all recommendations, the student should have a study sheet and should test himself or herself by attempting to recall the key phrases. This method instructs the diligent student to immediately review all sections pertaining to any key words forgotten