

The SQ4R method is a strategy for reading and understanding textbooks, articles, or other written materials. SQ4R stands for survey, question, read, recite, relate, review.

Survey the chapter to get a sense of what the reading is about.

Look at chapter and section titles.

Look at highlighted words and words in margins.

Look at the pictures and consider what the captions discuss.

Look quickly over charts and graphs.

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Make a list of questions to focus your reading. It is helpful to write these questions out so that you can refer to them during your reading.

Turn chapter and section titles into questions.

Read the questions at the end of the chapter and / or section.

Can you answer any of the questions already?

Did your instructor cover this information in lecture or lab?

What do you already know about the subject matter?

Read the text to answer the questions you created in the previous step. In order to find relevant material:

Sometimes referred to as Recall, the goal here is to test and reinforce your understanding of the material by trying to recite it from memory using your questions as prompts.

Ask your questions aloud. Answer those questions you can without looking to the text.

If you need to, revisit the text to answer those questions you found difficult.

Recite key terms and concepts.

How would you put the information in your own words?

Relate the material to other information with which you are familiar to reinforce and deepen your understanding of the material. This process is ongoing, so take a little time each day to review your notes.