

"I Can't Remember What I Read!" The SQ4R reading system is designed to help you study your textbook and apply reading and notetaking skills. The letters in SQ4R stand for five steps: survey, question, read, record, recite, and review. These steps will help you gain more from what you read and be better prepared for quizzes and exams. Consider the SQ4R strategy as an efficient way to read, study, and create a study guide all in one system! It is time well invested!

S = Survey (Determine how information is organized and what you need to learn)

- Read the title of the chapter or the article.
- Read the headings and subheadings.
- Read the introduction and summary to get an overview of the main ideas.
- Read the captions under the visual aids.
- Read any study questions at the end of the chapter or article and use them as goals in your reading.

Q = Question (Turn headings and sub-heading into questions)

- Ask which, what, how, when, who and why questions about headings, subheadings, and captions.
- Write questions onto 3x5 cards or in your notebook to refer to as you read and to study from later.
- Ask yourself what you already know about the subject to help make connections with new information.

R = Read (Actively explore and watch for answers to your questions)

- Read one section at a time, reminding yourself of your questions.
- Look for main ideas and supporting details.
- Read to answer questions that were raised in the QUESTION step.
- Read carefully all of the underlined, italicized, boldfaced words or phrases.

R = Record (Take notes to improve retention)

- As you read, record bullet point notes with headings and brief details to support what you read.
- Record definitions, important details, facts, and explanations of concepts in your own words.
- Be sure to be brief and use single words, short phrases or symbols in place of sentences.
- Record questions about anything you need to clarify.

R = Recite (Verbalize to make connections between what you already know and what you are reading.)

- After each section, recite your notes out loud.

R = Review (Review soon after class, weekly, and before a test to improve retention)

- Look over your bullet point notes, slides and class notes.
- Look at your questions and try to answer them. Explain the answers to yourself out loud.
- Reread any sections that you need to solidify until you are confident you know the information.
- Make practice test questions and check your knowledge.
- Be resourceful if you need further explanation of concepts by asking your instructor or peers for help.

Contact your academic strategist for support with SQ4R Active Reading and other learning strategies!!

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