

Study Skills: Using the SQ3R method

Using this method to interact with the text and actively use your thinking skills means you are more likely to remember what you have learnt!

Survey

- Gather the necessary reading to focus and formulate goals.
- Read the title to help your mind prepare to receive the subject at hand.
- Notice subheadings and build a structure for the thoughts/details.
- Notice any images or charts.

Question

- Turn the headings for each section into as many questions as you think of.

1st Read

- To fill in the information around the mental structures you've been building.
- One section at a time with the aim of answering the questions you've created.

2nd Recite

- Your questions and see if you can answer these in your own words from memory - you may need to go back in the text to do this.

3rd Review

- Go back over the whole text and see if you can answer the questions you made.
- Look back and refresh your memory to find any answers you could not recite.