

SQ5R

Getting the Most Out of Your Textbooks

Survey

- Look over your *entire* textbook prior to the first day of class.
- Skim the chapter you are about to read.
- Note the section headings.
- Read questions at end of the chapter *before* you read the chapter.
- Read section or chapter summaries.

Question

- Before reading each section of the assignment, ask a question that will help you think about what you read.
- Use who, what, when, where, why or how.
- Use review questions at the end of the chapter as a guide.
- Asking questions before you read will help lead you to main ideas or key information.

Read

- Read your assignment one section at a time.
- Read to answer your questions.
- Pay attention to facts, ideas, relationships.
- Pay close attention to bold text, graphs, tables & illustrations.
- Note whether or not you understand what you are reading.

“wRite”

- Take notes on what you read, even if you use a highlighter.
- Write notes in your own words rather than copying directly from the text.
- Write a brief summary for each section of text.
- If you use a highlighter, be selective about what you mark.
- Combine notes from your text w/ lecture notes.

Recite

- After you have finished reading the section, look up from the text and ask yourself “What did I just read?”
- Recite what you recall about the section to yourself.
- If you cannot remember, you should go back and re-read.
- Verbally answer the questions you came up with before reading.

Reflect

- Reflect on what you have read.
- Make personal connections with the material.
- Does the material have connections w/ what you are learning in other classes?
- Write any important reflections or connections in your notes.
- Do you have any reservations, concerns, or opinions about the material? Ask for clarification in class.

REVIEW

- Immediate review facilitates retention.
- After you have read the whole assignment, go back and review the chapter.
- Ask yourself some test questions about the assignment.
- Plan to begin studying for finals on the first day of class! Take 15-30 minutes per class each week to look over all material that will be covered on exams
- Plan a special Weekly Review session once a week per class to review and test yourself on the material.