

# I CAN'T REMEMBER WHAT I READ!

A system to help you retain your reading material

**The SQ3R reading system** is designed to help you study your textbook and apply reading and note-taking skills. The letters in SQ3R stand for five steps: survey, question, read, recite, and review.

These steps will help you gain more from what you read and be better prepared for quizzes and exams. In other words, you will maximize the return on your time investment for reading!

Yes, it takes more time than just reading the words, but have you noticed that just reading the words in your text is a waste of your valuable time? Consider the SQ3R system as an efficient way to read, study, and create a study guide all in one system! Students who use this system report how much time they actually save because they are studying for the exam as they read!

## S

Survey

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

## Q

Question

- As you read each of the above parts, ask yourself what is meant by the headings. Make questions and write these down on 3x5 cards.
- Ask yourself what you already know about the subject?
- Ask yourself what your instructor said about the assignment in the class?
- Ask yourself what you want answered from reading the assignment?
- Ask yourself what you will have to do with the information?

## R

Review

- Look over your outlines, underline, and any notations you made in your textbook.
- Study briefly the main ideas to keep the information fresh in your mind.
- Make practice test questions from review notes.

## R

Read

- Read and think actively.
- Look for main ideas and supporting details. Use outlining, underlining, and test marking skills.
- Read to answer questions that were raised in the QUESTION step.
  - Read carefully all of the underlined, *italicized*, **boldfaced** words or phrases.

## R

Recite

- Use good judgment about places to stop and recite.
- Use outlining and underlining skills. (Do not underline long passages. Mark after you understand it.)
- Write your own summary statement of each section.
- Quiz yourself on the main points.
- Connect new material with what you already know.
- Write questions on any material you do not understand and ask your instructor to explain it.
  - Write the answers to the questions from the QUESTION step.

The SQ3R system works particularly well for courses where much of the information for quizzes and exams comes from the text, and you must know and understand a lot of detail. Try it for two weeks and see if it doesn't improve your reading comprehension and even your enjoyment of a course!