SQ3R Reading Method

Before You Read

S: Survey
Read the introduction.
Briefly survey the entire reading selection.
Look at titles, headings, graphs, etc.
Read the summary.

Q: Question
Turn headings and subheadings into questions- think: how, what, where, why and when.
Write these questions down and prepare to record the answers as you read.

While You Read

1st R: Read
Read each section with the intention of answering the questions you created.
Stay focused and alert as you read.
Look up unfamiliar words.
Reduce your speed for difficult passages.
Take the time to re-read passages that are unclear.
Read only a section at a time and recite after each section.

After You Read

2nd R: Recite
Quiz yourself: answer your questions in your own words- preferably aloud.
Write your answers in your reading notes.

3rd R: Review
Regularly quiz yourself over your questions/answers.
If you get stuck, use notes/other materials to find and record correct answers.

Adapted from:
https://expertprogrammanagement.com/2018/02/sq3r-reading-method/