

# The SQ5R Reading Method

Survey! Question! Read! Respond! Record! Recite! Review!

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The SQ5R (SQRRRR) method, if applied, and practiced, should result in an increase in reading comprehension, an improved ability to identify important points and better retention of material. The SQ5R method is useful for textbooks and in depth material.

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Step	Description
<p>Before you read, <b>S</b>urvey the chapter:</p>	<ul style="list-style-type: none"> <li>• The title, headings, and subheadings</li> <li>• Captions under pictures, charts, graphs or maps</li> <li>• Review questions or teacher-made study guides</li> <li>• Summary, introductory and concluding paragraphs</li> </ul>
<p><b>Q</b>uestion while you are surveying:</p>	<ul style="list-style-type: none"> <li>• Turn the title, headings, and/or subheadings into questions</li> <li>• Read questions at the end of the chapters or after each subheading</li> <li>• Ask yourself, "What did my instructor say about this chapter or subject when it was assigned?"</li> <li>• Ask yourself, "What do I already know about this subject?"</li> </ul> <p><b>Note:</b> If it is helpful to you, <u>write</u> out these questions for consideration. (This variation is called <b>SQW3R</b> – the "W" stands for <b>Write</b>.)</p>
<p>When you begin to <b>R</b>ead:</p>	<ul style="list-style-type: none"> <li>• Look for answers to the questions you first raised</li> <li>• Answer questions at the beginning or end of chapters or study guides</li> <li>• Reread captions under pictures, graphs, etc.</li> <li>• Note all the underlined, italicized, bold printed words or phrases</li> <li>• Study graphic aids</li> <li>• Reduce your speed for difficult passages</li> <li>• Stop and reread parts which are not clear</li> <li>• Read only a maximum of a 20 minute section at a time and recite after each section</li> </ul>
<p>After each section <b>R</b>espond to your Questions</p>	<ul style="list-style-type: none"> <li>• After each section think about the material you have just read and answer the questions you have asked</li> <li>• This step can be done at the same time as the reading step</li> <li>• The main purpose of this step is to notice what material is important</li> </ul>
<p><b>R</b>ecord information</p>	<ul style="list-style-type: none"> <li>• After you read each section go back and take notes</li> <li>• You can take notes on a separate piece of paper, cue cards, or any way that works well for you</li> <li>• Pay special attention to make sure your notes are organized and neat</li> </ul>
<p><b>R</b>ecite after you've read a section:</p>	<ul style="list-style-type: none"> <li>• Orally ask yourself questions about what you have just read or summarize, in your own words, what you read</li> <li>• Take notes from the text but write the information in your own words</li> <li>• Underline or highlight important points you've just read</li> <li>• Use the method of recitation which best suits your particular learning style but remember, the more senses you use, the more likely you are to remember what you read - i.e.,</li> </ul> <p><b>Triple Strength Learning:</b> Seeing, saying, hearing  <b>Quadruple Strength Learning:</b> Seeing, saying, hearing, and writing!</p>

Step	Description
<p><b>Review:</b> an ongoing process:</p>	<p><b>Day One</b></p> <ul style="list-style-type: none"> <li>• After you have read and recited the entire chapter, write questions in the margins for those points you have highlighted or underlined</li> <li>• If you took notes while reciting, write questions for the notes you have taken in the left hand margins of your notebook</li> </ul> <p><b>Day Two</b></p> <ul style="list-style-type: none"> <li>• Page through the text and/or your notebook to re-acquaint yourself with the important points</li> <li>• Cover the right hand column of your text/note-book and orally ask yourself the questions in the left hand margins</li> <li>• Orally recite or write the answers from memory</li> <li>• Make "flash cards" for those questions which give you difficulty</li> <li>• Develop mnemonic devices for material which needs to be memorized</li> </ul> <p><b>Days Three, Four and Five</b></p> <ul style="list-style-type: none"> <li>• Alternate between your flash cards and notes and test yourself (orally or in writing) on the questions you formulated</li> <li>• Make additional flash cards if necessary</li> </ul> <p><b>Weekend</b></p> <ul style="list-style-type: none"> <li>• Using the text and notebook, make a Table of Contents - list all the topics and sub-topics you need to know from the chapter</li> <li>• From the Table of Contents, make a Study Sheet/ Spatial Map</li> <li>• Recite the information orally and in your own words as you put the Study Sheet/Map together</li> </ul> <p>Now that you have consolidated all the information you need for that chapter, periodically review the Sheet/Map so that at test time you will <u>not</u> have to cram.</p>