

SQ3R

SQ3R is a tried and traditional approach to study – an oldie but a goodie!
Review the method below to make the way you study much more effective.

SURVEY – Before you start to study or to read a section of your text or notes, get the big picture first. This allows your brain to see how everything is related BEFORE you start learning the information in detail and will make your study much more effective. Flick through all your notes and textbook, look at the headings, diagrams and see what the section you are about to study is all about.

 Do you take the time to get the big picture before studying? YES / NO

QUESTION - Ask yourself questions as you read. If you just read it without thinking about it you will find that you don't take much of the information in! Think what questions you might be asked – think about the what, why, how, when, who and where of the content you are reviewing. As you answer the questions you ask yourself, you will find out if you are understanding what you are reading and start to make sense of the material. This question and answer method also helps you retain the information more effectively than by simply reading the words. It will make a greater impression on your memory. A great technique is to write down the questions you are asking yourself when you are reading and keep them to test yourself at the end of your study session and when the test or exam is closer.

 Do you ask yourself questions so you aren't just reading mindlessly? YES / NO

READ – As you read, make the process active. This means not only asking yourself questions as you read but being alert as you read. Take note of diagrams, graphs, tables, different size headings, different styles of print and think about what these indicate and what they are emphasising. You can also take notes as you read by either highlighting key points, summarising the material or adding points to previously written study notes.

 Do you read actively by being alert and taking notes? YES / NO

RECITE – Every now and then during the process, stop reading and see if you can recall what you read. Try to recall the main information, the important concepts, definitions and key ideas by reciting out loud what you can remember (without looking back at what you are reading). Talk about it in your own words if possible, to make it more real and assessable to you. Talk about how it relates to other material you have read or studied previously. This is an important part of the process of moving the information into your long term memory. Once you have recited out loud everything you can remember, look back and see how accurate your recall was. Make a note of or highlight the info you didn't remember fully, Keep stopping periodically and checking your recall of the information.

 Do you stop now and then to check how much you can recall of what you read? YES / NO?

REVIEW – At the end of your time of study, review what you studied during that session. It is sort of like what you did at the start of the session except that you already have the big picture and you are filling in the holes in your information. Re-reading is an important part of ensuring you have maximum retention of the information. Read with purpose – read to check and see that you understand what you studied, that it seems familiar to you and to clarify points. You may like to add in notes as you go about anything that you don't feel as confident about. The next day, review what you studied yesterday before starting to review new material.

 Do you review what you studied at the end of the study session and the next day before you start new material? YES / NO