**SQ3R Reading Strategy**

***Objective:*** *To practice an active reading strategy and understand the importance of each phase*

**Survey** the chapter before you read

* + - Titles, headings, and subheadings
    - Captions under pictures, charts, graphs, or maps
    - Review questions or teacher-made study guides
    - Read introductory and concluding paragraphs
    - This helps to formulate background information

**Questions** are generated while you are surveying the text

* Turn the title, headings, and/or subheadings into questions
* Read questions at the end of the chapters or after each subheading
* Ask yourself, “What did my instructor say about his chapter or subject when it was assigned?”
* Ask yourself, “What do I already know about this subject?”
* This helps your brain seek information

**Read** the material one section at a time

* + - Look for the answers to the questions you just raised
    - Answer questions at the beginning or end of chapters or study guides
    - Note all the underlined, italicized, bold printed words or phrases
    - Reduce your speed for difficult passages
    - Stop and reread sections that are not clear
    - Only read one section at a time and recite after each section
    - This helps to remember what you read

**Recite** after you have read a section

* + - Ask yourself out loud your questions about what you have just read or summarize, in your own words, what you read
    - Take notes from the text but write the information in your own words
    - Use repetition (in order to recall information)
    - Practice (Need to practice seven times to move to long-term memory)
    - Make it relatable to your life so that you can remember it better
    - This helps to move the information from your short-term to your long-term memory

**Review** the material throughout as it is an ongoing process

* + - Write questions in the margins of your notes
    - Identify what is important to remember
    - Organize the information for an essay or a test
    - Self-test yourself by using the chapter questions or the questions you generated
    - Actively recite the information from your study guide to assess your level of understanding