The SQ4R Method: **Survey** Question **Read** Recite **Relate** Review

**SURVEY**

*Survey* the chapter to get a sense of what the reading is about:
- Look at chapter and section titles.
- Look at highlighted words and words in margins.
- Look at pictures: what do the captions discuss?
- Look quickly over charts and graphs.
- Summarize what you’ve noticed to get a sense of what the reading is about.

**QUESTION**

Make a list of *questions* to focus your reading. *Sometimes it is helpful to write these questions out so that you can refer to them during your reading.*
- Turn chapter and section titles into questions.
- Read the questions at the end of the chapter and / or section.
- Can you answer any of the questions already?
  - Did your instructor cover this information in lecture or lab?
  - What do you already know about the subject matter?

**READ**

*Read* the text to answer the questions you came up with.
- In order to find relevant material:
  - Pay attention to captions and section summaries
  - Pay attention to **bold**, underlined, and *italicized* words and phrases
- Stop and reread if not clear.
- SLOW DOWN if you need to … remember quality vs. quantity.

**RECITE**

*Sometimes referred to as Recall, the goal here is to test & reinforce your understanding of the material by trying to recite it from memory using your questions as prompts.*
- Ask your questions aloud. Answer those questions you can without looking to the text.
- If you need to, revisit the text to answer those questions you found difficult.
- Recite key terms and concepts.
- How would you put the information in your own words?

**RELATE**

*Relate* the material to other information with which you are familiar to reinforce and deepen your understanding of the material and improve your ability to remember it.
- Try to link new information to concepts or previous information with which you are familiar:
  - How does the new concept relate to the concepts you already know?
  - How does the reading relate to your lecture notes? What are discrepancies?
  - Aim to relate the information to information from the course, your field of study, and your own experiences.

**REVIEW**

*Review* is an on-going process that helps build long-term memory of the material
- When finished reading, go back over the chapter and your notes / questions one final time.
- Review is ongoing, so take a little time each day to go over your notes and readings for each class.