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## The SQ4R Method

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**SQ4R** is a method of reading academic textbooks. It stands for **S**urvey, **Q**uestion, **R**ead, **R**ecite, **R**elate, **R**eview. The aim is to learn the content as thoroughly and as quickly as possible. SQ4R reading is slower than pleasure reading but improved comprehension and retention.

For every chapter you've been assigned to read, SQ4R reading has 6 steps:

### 1. SURVEY

- Read the titles, headings and subheadings
- Notice words that are **bolded** or in *italics*
- Look at the pictures and read the captions
- Read any charts, maps or graphics
- Read the chapter introduction and objectives
- Read the chapter summary

### 2. QUESTION

- Identify what's important in the chapter. Some suggestions:
  - Read all the questions in the chapter
  - Look over any assignments or questions you'll need to complete after you finish reading
  - Ask yourself what you already know about the topic
  - Turn chapter headings into questions
  - Identify what you don't know
  - Read over your class notes about the chapter

Some students use these questions to structure their notes

### 3. READ

- Read the passage quickly:
  - Don't take notes
  - Don't highlight
  - Don't read anything more than once, even if you don't understand it on the first try
- As you read, try to find answers to your questions from Step 2
- Answer questions at the end of sections in your head and check your answers before continuing