

# SQ4R

**S = SCAN**

each page quickly.

**Q = QUESTION**

as you scan.

**R = READ**

(does *not* mean reading every word.)

**R = REFLECT**

– think about what you've just read.

**R = RECITE**

aloud to yourself as you read;  
talk to yourself.

**R = REVIEW**

what you've just read.