SQ5R Reading System

SQ5R allows students to read and study books actively. This is a way to learn more information and understand it in less time. This method of active learning combines all three of the learning styles: visual, auditory, and kinesthetic.

THE STEPS OF SQ5R

1. **Survey** the chapter
2. Write **Questions** for each heading and subheading
3. **Read** the information one paragraph at a time.
4. **Record** Information
5. Actively **Recite** important points from the paragraph
6. **Reflect** on what you have read
7. **Review** the chapter as a whole for retention
Step One: Survey the chapter
- Read the introductory materials carefully
- Read the headings and subheadings
- Look at the visual materials such as charts, graphs, or pictures
- Read marginal notes
- Skim over terminology or information in special print
- Read the end-of-chapter materials, including conclusion, summary, or chapter review questions

Step Two: Write Questions
Write potential questions based off of the section headings in order to address the main points in the section. You will have a chance to answer these later, in step five.
- Which? (specific items)
- When? (time periods)
- What? (specific facts)
- Why? (reasons)
- Where? (specific locations)
- How? (specific processes)
- Who? (specific people)

Step Three: Read Carefully and Thoroughly
- Read one paragraph at a time
- Read slowly enough so that you can concentrate and comprehend each paragraph
- Pay attention to facts, ideas, relationships
- Pay close attention to bold text, graphs, tables, and illustrations

Step Four: Record Information
After reading each paragraph, take notes of the important information you will need to study, memorize, learn, and use. This allows you to have a condensed form of the information you are expected to know. Notes also allow you to be actively involved in the learning process. Writing information offers another way for you to hold information in working memory and encode it for your long-term memory.

Examples of note-taking systems:
- Index Note Cards
- Highlighting
- Formal Outlines
- Comparison Charts
- Annotations
- Cornell Notes
- Visual Mapping
- Hierarchies
- 2 or 3 Column Notes
- Marginal Notes
Step Five: Recite Information

Before moving on to the next paragraph, recite the information written in your notes by speaking out loud and in complete sentences. Reciting helps encode the information for memory and creates important retrieval cues. This is the time where you can answer the questions written in step two. If unable to recite what you read or unable to the answer questions, go back and re-read.

Step Six: Reflect

Reflect on the information that you have just read. Try to make personal connections with the material that way recalling information later will be easier. Write down any reflections or connections you have made in your notes to come back to them again later if you forget them. If something is not clear, make a note of it and ask classmates or the professor in class.

Repeat the Read-Record-Recite-Reflect Cycle for each paragraph in the entire chapter

Step Seven: Review

Once the surveying, questioning, reading, recording, reciting, and reflecting steps are completed, you may proceed to the review step. The suggested actions below will help you review the chapter.

- Answer any questions at the end of the chapter.
- Study and recite from the notes that you took in the Record step.
- Write a summary of the information in the chapter.
- Personalize the information by asking yourself additional questions:
  - How can this information be used?
  - How does the lecture from this class fit in with this information?
  - Why is this important to learn?

Create additional study tools such as index cards, audio recordings, or visual mappings. For math and science textbooks with math problems and formulas, copy the problems from the book, then work the problems. Compare the steps you used and your answers with those in the textbook.