

The **SQ3R** System of Studying:

A Method that Works

Recitation lies at the heart of a method of studying that has produced excellent results for students who have tried it. This is the so-called SQ3R system that holds that the most efficient way to study is to follow five steps that can readily be remembered by their first initials SQRRR.

1. SURVEY

Study the outline at the beginning of the chapter and then glance through the chapter to get a general idea of how much attention is devoted to each point in the outline. Pay particular attention to bold-faced type and topics that divide sections within a chapter.

2. QUESTION

Look through the chapter again, asking yourself questions that the headings suggest. Let the topics whet your curiosity. Create questions that you think will anticipate the information in that chapter.

3. READ

Now read the chapter straight through without taking notes.

4. RECITE

You have already surveyed and read the chapter, now ask yourself about its contents. Challenge yourself to see how much of the chapter you can recite. Do this either by yourself or with a friend.

5. REVIEW

Go through the chapter again, asking another survey of its topics and noting how much of it you were able to recite and what points you left out. This review will show you where you must devote further study. After making this additional study, you will probably want to repeat steps 4 and 5. If you were not able to successfully grasp the meaning of the chapter, survey (step 4) the areas of the chapter you had trouble with again and then review (step 5) the chapter once again to ensure understanding. If you are still having some difficulty, you may need to study the information more using SQ3R. Going through the five steps of SQ3R and repeating which ever steps elude your understanding, as often as necessary, is an exercise in deep processing that will lead to increased understanding and improved memory retention. Rote memorization of content may get you by in the short-term but will not be as nearly effective as SQ3R in the long term.