

## SQ4R method improves both comprehension and grades.

(from West Virginia University)

<p><b>Before you read, <u>Survey</u> the chapter</b></p>	<ul style="list-style-type: none"><li>• The title, headings, and subheadings.</li><li>• Captions under pictures, charts, graphs or maps.</li><li>• Review questions or teacher-made study guides.</li><li>• Introductory and concluding paragraphs.</li><li>• Summary.</li><li>• Try to get an overview of what lies ahead.</li><li>• Read vocabulary terms, if listed.</li></ul>
<p><b><u>Question</u> while you are surveying</b></p>	<ul style="list-style-type: none"><li>• Turn the title, headings, and/or subheadings into questions.</li><li>• Read questions at the end of the chapters or after each subheading.</li><li>• Ask yourself, "What did my instructor say about this chapter or subject when it was assigned?"</li><li>• Ask yourself, "What do I already know about this subject?"</li><li>• Example, the heading "Stages of Sleep" might lead you to ask: "Is there more than one stage of sleep?" What are they and how do they differ?" Asking questions helps you read with a purpose.</li></ul> <p><b>Note:</b> If it is helpful to you, <u>write</u> out these questions for consideration. This variation is called SQW4R</p>
<p><b>When you begin to <u>Read</u></b></p>	<ul style="list-style-type: none"><li>• Look for answers to the questions you first raised.</li><li>• Answer questions at the beginning or end of chapters or study guides.</li><li>• Reread captions under pictures, graphs, etc.</li><li>• Note all the underlined, italicized, bold printed words or phrases.</li><li>• Study graphic aids.</li><li>• Reduce your speed for difficult passages.</li><li>• Stop and reread parts which are not clear.</li><li>• Read only a section at a time and recite after each section.</li></ul>
<p><b><u>Recite</u> after you've read a section:</b></p>	<ul style="list-style-type: none"><li>• Orally ask yourself questions about what you have just read and/or summarize, in your own words, what you read.</li><li>• Take notes from the text but write the information in your own words.</li><li>• Underline/highlight important points you've just read.</li><li>• Use the method of recitation which best suits your particular learning style.</li><li>• Remember to look for answers as you read and to recite or take notes before moving on.</li><li>• Recite key terms and concepts.</li></ul>
<p><b><u>Relate</u></b></p>	<ul style="list-style-type: none"><li>• It is easier to remember ideas that are personally meaningful.</li><li>• When you study a chapter, try to link new facts, terms, and concepts with information you already know.</li></ul>
<p><b><u>Review</u> an ongoing process.</b></p>	<ul style="list-style-type: none"><li>• When you're done reading, skim back over the chapter, or read your notes. Then check your memory by reciting and quizzing yourself again.</li><li>• Make frequent review a key part of your study habits.</li></ul>