No matter the content area, SQ3R is a great way to stay on top of your course load, and be adequately prepared for any papers and exams that arise. The method is described below:

**Survey** – Before you read, it is a good idea to get a sense of what the chapter is about. This first step allows you to scan over the following elements:

- the title of the chapter
- section headings and subheadings
- bolded vocabulary terms
- pictures, diagrams, charts, and their captions
- the first, or last, sentence of each section or paragraph

**Question** – As you scan the chapter, begin to formulate questions to which you’ll find the answers as you read. For example:

- What are the key topics in this chapter or section?
- What are the important terms I need to know in this chapter?
- What does the diagram, chart, or graph tell me?
- From the chapter summary (if included), what are the main ideas I should know?

**Read** – Take your time and read the chapter. You may want to break it apart by sections and answer the questions generated from the second step.

- Locate key concepts and facts
- Take notes of these concepts on note cards (index cards). You can color code them based on topic, vocabulary, etc.
- Read out loud to help comprehension.
- Jot down answers to the questions previously formulated.

**Review/Rehearse** – After reading the text, take a moment to review what you’ve learned. Begin to transfer information to your long term memory. You can do this by verbalizing key concepts, facts, and terms from your note cards.

**Recite** – Challenge yourself to review the content without your notes. This will give you an idea of how much has been comprehended and internalized.

- Rehearse the main concepts in your own words.
- Recall definitions to key vocabulary terms.
- Reflect on questions asked and answered.
- Anticipate possible exam questions (i.e. short answer, essay, true/false)