

## Textbook Reading: SQ4R

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Use the SQ4R method to read textbooks:

Survey  
Question  
Read  
Recite  
Reflect  
Review

### Survey

**Survey the whole text.** Skim the preface, table of contents, summary, glossary, etc., before beginning to read any assigned chapter.

**Why?** To provide some understanding of the content and difficulty of the book.

**Survey the chapter.** Read the introduction, chapter headings, charts, summary, chapter questions, etc., before reading each chapter.

**Why?** To find out what the chapter is about.

### Question

**Turn each heading/subheading into a question before you start to read.** Also, read to answer chapter questions, if provided.

**Why?** It makes reading an active process.

**Example:** Read a section from a Psychology textbook on "Theories of Learning." Possible questions: What are the major theories and how are they different?

### Read

Read each section to **answer the question you asked.** Read one paragraph or short section at a time. Ask yourself what is the main idea in each paragraph.

### Recite

**Recite in your own words** what you've just read. Check to make sure you're right.

**Why?** It helps you concentrate, understand and remember.

### Reflect

**Think about** what you have just learned and how it ties in with ideas from previous readings.

**Why?** It assists with recall and greater understanding.

### Review

**Review** the entire chapter **immediately after** you finish reading it. Review again on a regular basis.

**Why?** It puts together all the separate parts of the chapter.