

# SQ4R Technique

SQ4R stands for *survey, question, read, recite, relate, and review*.

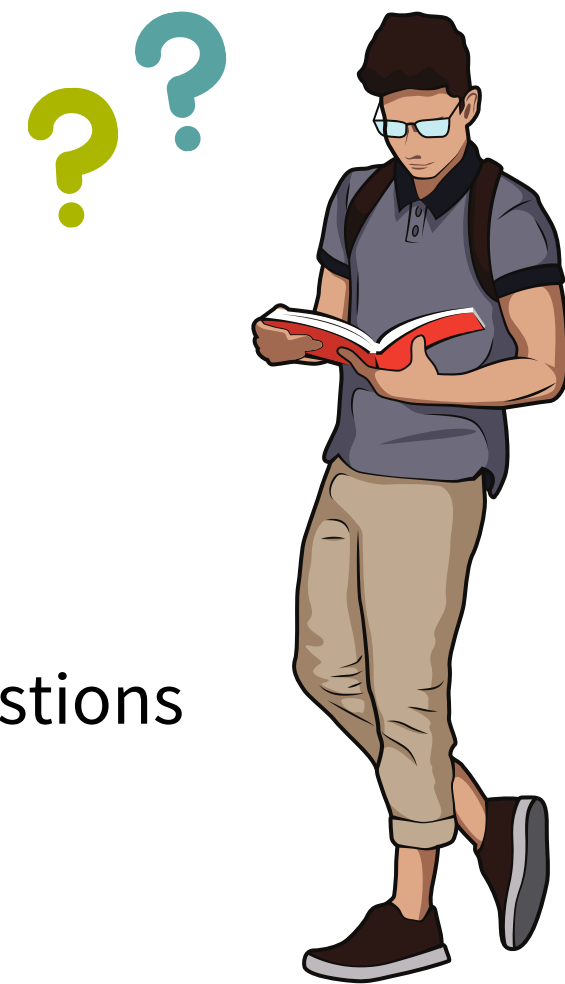
Following these six steps will help you to remember what you read more effectively.

## Survey

Preview the material. Note the chapter and section headings, examine figures and tables, look for keywords, and read summaries. This will give you a sense of what is going to be important.

## Question

For each section you read, try to formulate a question that you think that portion of the text will answer.



## Read

Find the answers to the questions you posed. Often, other questions will arise or be answered by the material you are covering.

## Recite

Try to answer the questions in your own words. Say it aloud, write it down—whatever works for you, so long as you are not copying the text verbatim. Consider this the portion of time you're spending on rehearsing the answers as though being tested.

## Relate

How does this information fit in with everything else you know? Does it contradict a former assumption? Does it confirm your beliefs? Does it matter? Find ways to relate the new material to the other stuff you keep in your head. Trying to establish relationships amongst ideas will contribute to retention.

## Review

After you've finished with a chapter or section, skim it once more. Do this to evaluate your understanding. Use the headings, bold text, figures, or tables to review the things you've just covered. Reread sections that caused you confusion. Reread sections that you aren't sure about. Write out a list of questions that you can ask a professor or a tutor if you still need clarification.

