

SQ4R

TEXTBOOK READING

Office of
Academic
Resources

SQ4R is an effective strategy for reading and studying textbooks. It stands for **Survey, Question, Read, Respond, Record, and Review**. You can begin by applying each step to understand the full process, then choose which are most effective for you and your courses!

Survey

Quickly glance over the book's preface, table of contents, and index to get an overview. Before each chapter, review titles, subtitles, images, and summaries for the framework of main ideas.



Question

Form questions from section titles or first sentences of each paragraph to guide your reading. For instance, ask "What are the functions of the spinal cord?" when reading that section.



R # 1 = READ

Actively read to find answers to your questions. Be thorough to avoid missing information while seeking specific answers.



R # 2 = RESPOND

After reading, summarize what you've learned, either out loud or in writing. If you can't answer the question on the first try, re-read that section until you can. If, after several tries, you still can't answer your question, go on to the next few sections and see if things become clearer. You can also change your question.



R # 3 = RECORD

Once the material is understood, note down the key points in your own words. Use highlighting, annotations, or note-taking, and be sure to summarize before recording.



Highlighting

Pros:

- Quick
- Charts & Graphs stand out

Cons:

- Over-highlighting is common
- Can lead to over-reading
- Makes textbooks less neat
- Harder to integrate with lecture notes

Note-taking

Pros:

- Encourages concise and selective recording of information
- Creates a portable study tool
- Condensed study notes save time long-term

Cons:

- Time-consuming
- Might lead to copying text instead of processing it

R # 4 = Review

Regular review, like weekly sessions, helps cement learning. Begin reviews early and include varied rehearsal methods, such as practice exams. As the course progresses, the volume to review grows but older material will require less time to revisit.

