



The SQ3R

Method



Survey

Skim the book, chapter, body of text etc. focusing on headings, subheadings, images, or other features like charts.

Question

Make questions about the text

- What do I already know?
- What are the main points of this topic?
- What is this chapter focusing on? Etc.

Read

Read the text and look
for the answers to
your questions



Recite

Summarise what you have just read in your own words
Try to identify the main points and answer the questions you made

Review

Review the material to ensure you full understand it

Quiz yourself and re-read the text if needed

Apps like quizlet are good for reviewing and creating flipcards

