

# Reading a Textbook

The SQ3R method is a system designed for studying a textbook. It was developed by Francis P. Robinson, a psychologist from Ohio State University. It has been successfully used by many students.

**SURVEY:** Glance over the headings in the chapter to see the big points. Read the final summary paragraph if the chapter has one. This will take just a minute or two. Try to get the main ideas of the chapter. This will help you organize the ideas as you read them later.

**QUESTION:** Now begin to work. Turn the first heading into a question. This will give you a specific purpose for reading the material and thereby increase comprehension. The question will also make important points stand out at the same time that detail is explained.

**READ:** Read to answer the question, i.e. to the end of the first headed section. This is not a passive plodding along each line, but an active search for the answer.

**RECITE:** Having read the first section, look away from the book and try to recite the answer to your first question, IN YOUR OWN WORDS. If you can do this, you know what is in the book; if not glance over the section again. Repeat these first 4 steps for each section.

**REVIEW:** When the lesson has been read through in this way, look over your notes to get a birds-eye view of the points and their relationship. Check your memory of the content by reciting the major subpoints under each heading. This checking of memory can be done by covering up the notes and trying to recall the main points. Then look at each major point and try to recall the subpoints listed under it.