TEXTBOOK STUDY SYSTEM SQ5R

S - SURVEY  Skim the chapter, reading the title of the chapter, the introduction, each boldface heading, and the summary. Notice any graphs, pictures, or illustrations. The goal is to gain a broad overview of the chapter.

Q - QUESTION  Turn the headings into questions. This helps to establish a purpose for reading. Begin with the first section and proceed to the next step in the system.

R₁ - READ  After formulating a question for the first section, read the material in that section. What is the main idea? What are the important supporting details? Are there new terms introduced? What should you remember about this section?

R₂ - RECORD  Using the Cornell notetaking system, record the main ideas and supporting details in your own words in a notebook. Pull out the major topics for the RECALL COLUMN.

R₃ - RECITE  Using the RECALL COLUMN of your notes, recite aloud the material in your own words. Check your accuracy by looking back at your notes in the RECORD COLUMN.

REPEAT STEPS - Q, R₁, R₂, R₃ - FOR EACH OF THE REMAINING SECTIONS IN THE TEXTBOOK CHAPTER

R₄ - REVIEW  Look over the notes you have taken on the whole chapter and try to fit them into a complete picture. A good idea is to diagram the major concepts and terms in a structured overview which may serve as an “idea framework” showing the relationships between main ideas. You should review your notes and overview every 7 days to combat forgetting.

R₅ - REFLECT  Think about the information in the chapter and your notes and write down your reflections at the end of your notes. How does this information fit with what you already know? How can you use this information? Do you agree/disagree with what you have read? What test questions could you make up about this material? What important vocabulary words should you know?
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