



# The SQ4R Reading Method

SQ4R is a method for reading texts that will help you absorb the information you are studying. It is a strategy that applies your senses and allows you to actively engage by translating the text into your own words.

**S - Survey** the information you are about to read.

- Take note of key words, titles, and themes. Preview the table of contents, subheading, as well as the captions beneath any photos charts, maps or graphs. Next, skip to the end of the chapter and read the chapter summary and study questions. This will allow you to determine what important information will be covered in this chapter.

**Q - Question** what you read.

- Why are you reading? What do you hope to learn from your reading? Write your questions down and say them aloud. Identify what you don't know and would like to learn, and work from there.
- Turn each subheading or title into a question. For example, if the subheading is The Placebo Effect, ask yourself: "What is the placebo effect?"

**R1 - Read** the information in small, digestible pieces. Don't take in too much information at once.

- Engage in active reading by thinking about your questions and trying to find the answers in the text.
- Re-read passages you do not understand. Connect any graphics or charts to the information you are reading.
- Focus on one section at a time and make sure that you understand what is written.

**R2 - Record** the answers and information.

- Now that you have read the chapter and understand it, you can record the information.
- It is important that you understand the material before recording it - do not attempt to do both at once.

**For more information or to book an appointment**

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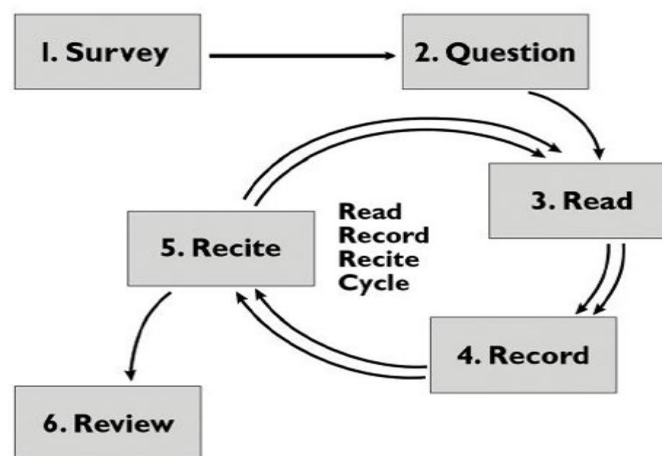


**R3 – Recite/Respond** to or answer your questions using your own words. If you can answer these questions fluently, you will be able to recite those answers later.

- Try to summarize what you have just read, making special note of any key concepts or terms.
- If you cannot answer your original question, re-read the section.
- You may also find that your original question was not applicable, and needs to be changed; for example, “What is qualitative research?” may not have been answered in the section and your question may need to be changed to: “What are some examples of qualitative research methods?”

**R4 - Review** the questions, answers and information to make sure you understand everything.

- Once you are finished the entire chapter, read over your notes and use the questions you created to quiz yourself.
- Try reciting your answers out loud as another way to remember the information.
- It is also important to integrate a regular review period into your routine to make it easier to remember old information.
- If you review your notes on a weekly basis, you will find it much easier to study when it comes time for exams. Instead of re-learning information you have long forgotten, you will simply be reviewing material with which you are already familiar.



## Student Learning Centre

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