

SQ4R Study Technique

SQ4R is an active reading technique that helps the learner engage with the text, write notes and remember what they have read. Simply reading over a chapter or reading notes will not result in you remembering the details you need or it will not help you to fully understand the topic. It is important to follow the steps with this technique and then you will see results- a better understanding of the topic, being more prepared for tests and able to remember details.

Step 1: S= Survey/Scan Survey the chapter/notes, look at titles, key words, headings, diagrams. This means that you are not reading every sentence in the chapter. Instead you are looking for clues to see what the chapter is about and what are the most important points in the chapter.

Step 2: Q=Question Now look through the chapter and create your own questions- turn titles, key words etc. into questions. Write the questions down in your notes copy. This helps you to think like a teacher and to also predict what could come up in a class test.

Step 3: R= Read Now read the chapter, finding the answers to your questions. Also create more questions if you missed some important points.

Step 4: R= wRite Write the answers to your questions in your notes copy. Make sure to write the answer in your own words. This will help you to remember.

Step 5: R= Recite Check your learning by reading the questions, covering your answers and checking if you now know the answer off by heart.

Step 6: R= Review For the topic to go into your long-term memory you need to review, review, review. You won't need to spend much time on this, simply read over your questions and answers/ scan the chapter again/ test yourself by covering the answers to check if you know them. When reviewing a chapter you could create a mindmap to check your knowledge and then correct the mindmap while reading through the chapter.