

Textbook Reading Tips and SQ3R

1. Read the Table of Contents.
2. Check for an Index and Glossary and review them.
3. Page through the book to see how it is organized.
4. Scan the chapter you want to read. Look for bolded words and definitions. Study pictures and charts. Read captions.
5. Read any questions at the end of the chapter first so that you're reading for answers.
6. Turn section headings into questions before reading. For example, if the heading is Genetic Decoding, read to answer the question: What is genetic decoding?
7. Read the chapter in sections. Note key concepts and phrases in the margins or in a notebook.
8. Look up words you don't understand in the glossary or a dictionary. Write down new words and terms.
9. Take small breaks if your mind starts to wander, but then come back to the reading after a rest.
10. Review what you read before, and then continue to the end of the assignment.
11. Write down questions to ask your professor.
12. When you reach the end of the chapter answer the review questions.
13. Try writing three questions of your own about the material you've read.
14. Review your textbook notes before your next class.

The SQ3R Study Method

Step 1: SURVEY

- Skim through the book and read the headings and subheadings.
- Read the summaries at the end of each chapter.
- Try to anticipate what the author is going to say.
- Write these notes on paper, in sequence, then look over your notes to get a general idea of the reading.

Step 2: QUESTION

- Change paragraph titles or heading to questions.
- Ask yourself what do you already know about the subject? What do you want to know? How can this material relate to your field of interest?
- Read any study or review questions first.

Step 3: READ

- Read the section with these questions in mind.
- Highlight or make note of new terms or important facts.
- At the end of the section, can you answer the study or review questions?

Step 4: RECALL

- Immediately after finishing the reading, and without looking at your book or notes, mentally visualize or summarize the important points in the material.

Step 5: REVIEW

- Review your questions, answers, notes, and book to see how well you remember the material.
- Note any points that remain unclear.
- Form a logical sequence of the reading, ideas, concepts, or problems.
- Do you have a mental picture of the topic? Can you now answer the questions at the end of the chapter?

