

## **SQ3R - Helpful Guide for Reading a Textbook**

### **S - Scan/Survey**

Go through the assigned chapter you are reading. Look at the headings, see if there are charts or images you'll need to know, look to see if there are bolded vocabulary words, and look to see if there are comprehension questions. Overall, get a general sense of what to expect from the chapter, but don't actually read it yet!

### **Q - Question**

Turn the headings into questions.

*Example: If a heading says "Biology" ask the question "What is biology?"  
If a subheading says, "Organisms" ask the question "What are organisms?"*

Go through the entire chapter and turn all headings/subheadings into questions.

### **R - Read**

And take notes! As you're reading, answer the questions you created in the previous step. When you get to a new heading/question, your brain will shift gears as you read the content after it to look for the new main idea of that specific section. Take some notes as you read to help create a study guide you can use in the future.

### **R - Recite**

Summarize in your own words what you read in each section.

### **R - Review**

Review your notes and attempt to answer the questions you created without looking at the answers. Try to do this consistently and spend some time every day reviewing the material, not just before you take a test.