

3 R's of Studying Your Textbook

READ: Read a paragraph enough times so you can answer the question “what did the author just say in this paragraph.”

RECORD: After reading for meaning, retain that learning by marking in your textbook, writing a brief description in a notebook, and/or highlighting important parts of a paragraph.

RECITE: Cover up your notes and recite what you just wrote. If you cannot remember it now, there is no way you will be able to remember it on a test or in class.

SQ3R Method for Through Study

Step 1: SURVEY: Skim through the book and read topical headings and subheadings. Read the summary sections at the end of the chapter. The goal is to anticipate what the chapter will be about. Write these notes on a piece of paper.

Step 2: QUESTION: Change topic headings into questions to ask yourself throughout going through the chapter. For example, instead of “3 R's of Studying your textbook,” write down “What are The 3 R's of Studying my Textbook?” Answer these questions as you go through your readings.

Step 3: READ: Read when you are alert and to answer the questions you have created for yourself. Answer the questions in your own words.

Step 4: RECALL: Without looking at your notes, write or mentally map out what you just read. Be sure to highlight the main point of the reading.

Step 5: REVIEW: Check your understanding of the material. Look over your questions, answers, notes, and book to see how well you recalled. Fix anything that does not make sense in your notes. Finish up with forming a big idea of what the reading was about.

*More time should be spent on recall than reading.

Adapted from F.P. Robinson.
Effective Study. New York: Har-
per and Bros. 1946. Chapter and
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mouth College 2001