

Spill: <https://umanitoba.ca/sites/default/files/2020/07/sq3r-reading-strategy.pdf>

SQ3R Reading Strategy

Reading at the university can be challenging because of the

- amount of reading
 "I have to read 100 pages a week or more!"
- short length of time to complete readings
 "I have to finish 4 books in my summer course!"
- density or level of difficulty of the reading material
 "I can't seem to find the main idea!"

If you find yourself struggling with some or all of the above reading challenges, you should try SQ3R, a reading strategy designed to help students improve their comprehension (understanding), memory, and efficiency in reading. The strategy consists of five steps that deepen your thinking as you read.

Survey

Survey means flip through the pages assigned with the purpose of getting a "general idea" about what the chapter, section, or article is about. This step begins the active reading process. By seeing how the chapter is organized and what topics will be covered, you can begin to organize the material as you read, enhancing your memory. You don't need to spend a lot of time on this stage, just quickly look over the:

- titles, headings, and sub-headings
- introduction and conclusion
- questions
- figures, graphs, tables, or diagrams
- words or ideas in **bold** or *italics*
- summary or abstract
- the number of pages you need to read
- the level of difficulty

The objective at this point is to figure out:

- the direction or purpose of the topic
 "What is this about? What are they trying to teach me?"
- the language necessary to understand the topic
 "What is the key vocabulary needed to understand this topic?"
- an estimate of how much time you need to complete the reading task
 "Will I be able to read this in one study session?"
 "How much time will I need to get through this reading?"

Question

Using the information you gathered at the survey stage, prepare some questions about what you want to/need to learn in the reading task. You can do this by:

- turning a heading into a question
- turning **boldface** or *italicized* words into a question
- using the chapter's questions
- using the course objectives to make questions
- making your own questions based on your own interest in the topic