

Example questions include:

- "Why is this concept or idea important?"
- "How does this idea relate to ideas in earlier sections?"
- "Why do they use this word so often in the chapter?"
- "How is this idea related to what we talked about in class?"
- "I learned about this idea before. How is this information different?"

Although some students are tempted to skip this stage and start reading, research tells us it is important to formulate questions in order to:

- keep you alert and involved in the reading (otherwise you might feel sleepy or unable to concentrate)
- help you remember what you read by linking it to what you already know or linking it to what you have learned in lecture

For these reasons, it helps to write your questions on a piece of paper or separate document and write them in your own words.

Read

Go for it! However, don't "go for it" in a passive, sleepy, "I don't feel like doing this" kind of way. Be active while you read by:

- underlining or highlighting key ideas (limit yourself to 10% of the page-not everything is important, so make choices)
- jotting down notes, questions, comments, or symbols in the margins
- trying to answer your questions
- noticing and noting down information that is directly related to what you talked about in lecture (you may want to take out your lecture notes)
- making a list of questions to ask your professor during class or office hours

Recite

After you have completed a section of the reading, close your text and put away your notes for a moment. In your own words, either out loud or on paper, can you:

- summarize purpose of the reading?
- the main ideas?
- the key terms?
- the answers to your initial questions?

The truth is that you may have to peek at your notes or your text a few times. However, reciting is a good test of how well you have understood the section. If you have great difficulty reciting, you may not be reading actively, or you may need some help from a classmate, study group, or your professor to understand the ideas. Don't wait to seek some extra help if you need it.

Review

This stage is important to "glue" the key information into your memory. It is important for the information to "stick" now so that you do not have to relearn it again later (in a stressful all-night cram session the night before the exam, for example).