S.Q.3.R. METHOD

More Than Reading!

Survey

- Skim the title, headings, subheadings, and introductory paragraphs.
- Look at bolded terms, visuals, charts, and summaries.
- Get a general sense of the structure and topics.
- Identify how the chapter or article is organized.

Question

- Turn each heading or subheading into a question (e.g., “What is active listening?”).
- Ask yourself what you already know and what you hope to learn.
- Use these questions to give your reading a purpose.
- Write your questions in the margins or a notebook.

Read

- Read one section at a time with your questions in mind.
- Look for answers and highlight or take notes on key points.
- Focus on main ideas, definitions, and examples.
- Avoid passively skimming—stay actively engaged.

Recite

- Pause after each section to summarize the main ideas in your own words.
- Say key points out loud or write them from memory.
- Check that you understood what you read before moving on.
- Use this step to build long-term retention.

Review

- Revisit your questions, notes, and summaries after reading.
- Clarify anything you didn’t fully understand the first time.
- Quiz yourself using your questions and key terms.
- Review again after a day or two to strengthen recall.

S.Q.3.R. Method for Reading

Survey - Skim the material to get a general idea of the content. Look at headings, bold terms, and visuals.
Example: Before reading a chapter on "Interpersonal Communication," you glance at the section titles: "Nonverbal Cues," "Listening Skills," and "Conflict Styles." You also notice a bold term: active listening.

Question - Turn each heading into a question to guide your reading.
Example: Change the heading “Nonverbal Cues” into “What are common nonverbal cues in communication?”

Read - Read actively to find answers to your questions. Highlight or jot down key ideas.
Example: While reading about “active listening,” you underline “maintaining eye contact” and “paraphrasing the speaker’s message.”

Recite - Pause and say or write the key points in your own words without looking at the book.
Example: You say aloud, “Active listening means showing you're paying attention and restating what someone says to confirm understanding.”

Review - Go back over the material to reinforce what you learned and clarify anything confusing.
Example: You look back at your notes and realize you forgot to define “conflict styles,” so you reread that section and add it in.

Using S.Q.3.R.

Now that you have learned the S.Q.3.R. method for reading, try using the questions below to guide you as you read for class

1. What did you notice in your survey of the material (headings, bold terms, and visuals)?

2. What questions did you write based on the headings or sections?

3. What key ideas stood out to you as you read?

4. Summarize one section in your own words. What did you recite or remember most clearly?

5. After reviewing, what connections or big-picture insights did you take away from the reading?