



SQ4R System

Survey the chapter to get a sense of what the reading is about.

- Look at chapter & section titles.
- Look at highlighted words and words in margins.
- Look over charts & graphs.
- Summarize what you've noticed to articulate what the reading is about.

Questions – create a list of questions to focus your reading. Write them down.

- Turn chapter & section titles into questions. Read any questions provided within the text.
- Can you answer any of these questions already? What do you already know?
- Will this text answer your outstanding questions?

Read the text to answer the questions you created. In order to find what's important:

- Pay attention to captions and section summaries.
- Pay attention to bold, underlined, and italicized words & phrases.
- Stop & re-read if you don't understand something.
- Slow down. It's quality vs quantity.

Recite (or Recall) material out loud. Test and reinforce your understanding by answering your questions out loud from memory.

- If you need to, revisit the text to answer the questions you found difficult.
- Recite key terms and concepts.
- Put it in your own words.

Relate the material to other information you are familiar with to reinforce your understanding. This should be an on-going process as you learn new things every day.

- Try to link new information to concepts or previous information with which you are familiar
- How does this new concept relate to the concepts you already know?
- How does the reading relate to what you are learning in AHD or rounds?
- Are there discrepancies? How can you account for them?

Review in an on-going iterative fashion to build your long-term memory.

- Do it immediately after reading, a few days later and briefly throughout the following weeks.
- When finished reading, go back over the text and your notes/questions one final time.
- Come back to the material when you catch gaps in your knowledge.