



Textbook Reading

How can I remember what I read?

It is most likely you will remember something if you understand it. The **SQ4R method** is a proven way to read textbooks based on this principle.

Survey

Survey the whole section or chapter very quickly. It gives you an overall understanding of the content and difficulty. Also, pay attention to the concepts in the text and how they will progress.

Question

Turn headings into questions before you start to read or read in order to answer chapter questions if provided. It makes reading an active process.

Read

Read one paragraph/section at a time, asking yourself what the main idea in each paragraph is.

Recite

Summarize, in your own words, what you've just read. Check to make sure you're right. It helps you focus, understand and remember.

Reflect

Think about what you've just learned and how it ties in with ideas from previous readings and class lectures. Association fosters remembering.

Review

Review the entire chapter immediately after you finish reading it. Review again on a regular basis. Doing so helps to link and organize information.

Marking your Textbook

Do not highlight as you read—it can create the false impression you have learned something just by the act of marking it. *Underline or highlight* by reading a section first, then going back to underline or highlight. Concentrate on key ideas. **Avoid highlighting too much.**

Write down *key words and/or brief notes* in the margin. Summary notes could be made on a separate sheet of paper, always in your own words.

Develop a *diagram or roadmap* to illustrate main ideas and relationships between ideas.

Make up your own *test questions* for each chapter, and try answering these when you study for a test. Also, take a look at any examples provided and see how the examples differ from each other.



A few more hints:

Think about the notes you've made and ask yourself these questions:

- ◇ Have I learned something similar before?
- ◇ How could I use this information?
- ◇ What would be a possible test question on this?