The SQ3R reading system is designed to help you study your textbook and apply reading and note-taking skills. The letters in SQ3R stand for five steps: survey, question, read, recite, and review. These steps will help you gain more from what you read and be better prepared for quizzes and exams. In other words, you will maximize the return on your time investment for reading!

Yes, it takes more time than just reading the words, but have you noticed that just reading the words in your text is a waste of your valuable time? Consider the SQ3R system as an efficient way to read, study, and create a study guide all in one system! Students who use this system report how much time they actually save because they are studying for the exam as they read!

The SQ3R system works particularly well for courses where much of the information for quizzes and exams comes from the text, and you must know and understand a lot of detail. Try it for two weeks and see if it doesn't improve your reading comprehension and even your enjoyment of a course!

Adapted from “I Can’t Remember What I Read!”. Utah State University Academic Resource Center.