<table>
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<th>Step</th>
<th>Description</th>
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| 1. Survey | - Check organization of content, headings, subheadings, and side-bars  
- Look over maps, diagrams, and charts  
- Read introduction and conclusions |
| 2. Question | - Ask yourself what you want to learn from this reading.  
- Ask questions about headings, subheadings as you work through them  
- Form questions about each section. Try “who, what, when, where, why, and how” questions. How does this section relate to the others? |
| 3. Read | - Read material in chunks.  
- Look for the answers to your questions as you read |
| 4. Recite | - Check your recall of the material.  
- Can you answer the questions you formulated? Put the material into your own words. Talk about what you have read. |
| 5. Record | - Highlight key words or phrases  
- Record key points of what you have learned using your preferred method of note-taking.  
- Repeat steps 2, 3, 4 & 5 for each section of the material. |
| 6. Review | - After you have read the whole assignment, look over your notes.  
- Go for the large picture  
- Notice how the ideas are linked  
- Try to recall the main points.  
- What are the sub-points for those main points? |
| 7. Reflect | - How does the material you learned fit in with what you already know  
- Consider class notes, previous learning, and class discussions |
PRACTICE USING THE SQ5R SYSTEM

1. Survey the chapter taking only about 2 minutes per 10 pages. What are the main ideas in the reading? What do you expect to learn?

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2. Write down 5-10 questions which if you knew the answers, you would understand the main ideas of the reading.

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3. How does this material fit in with what you already know?

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