The University of Texas Rio Grande Valley
Academic Advising & Academic Support

How to Use the SQ4R -- Steps to Reading Effectively

And Why Using the Technique Helps You Learn

Survey the Material	Create Questions	Effective Reading	Recite Information	Review the Material	Reflect/Relate/Connect
1. Read the Title 2. Read the Preface 3. Review Subheadings 4. Read the Summary	1. Make the heading a question 2. Create Questions: What? When? Who? Why? How? (as appropriate)	1. Break the reading into small blocks of time. 2. Look for answers to your questions 3. Underline/highlight important concepts 4. Take breaks	1. Restating or paraphrasing helps promote understanding 2. Briefly summarize what you have read 3. Create notecards 4. Create a mind map or concept map	1. Review your notes and quiz yourself 2. Review new and old material weekly	1. Compare and find relations from readings and class notes
Survey	**Questions**	**Reading**	**Recite**	**Review**	**Relate/Connect**
1. Main Idea/Big Picture 2. Tells you the important aspect what you will learn 3. Outlines the important parts of the topic 4. Provides the important areas to focus on	1. Helps you focus on the reading 2. Assists you in a purpose by looking for the answer and maintaining interest 3. Good practice in learning to use the strategy of quizzing yourself	1. Reading in small blocks allows for full focus 2. You are actively thinking and looking for answers 3. Highlights the main points and prepares you for lecture 4. Breaks help you process and assimilate what you have read and refresh/focus for continued reading	1. Helps promote understanding 2. Checks your level of understanding 3. Important points are formulated into small chunks of information 4. Interacts with the reading and relates concepts	1. Keeps the information fresh 2. Prepares you for assignments now and for short and long term exams	1. Synthesizes new learning to concepts