SQ3R is a strategy that makes reading and recording notes more purposeful and effective.
Vertically spaced write: SQ3R
S=SURVEY: Read title, headings, subheadings. Notice words that are highlighted. Look at charts, graphs, pictures, etc. Read captions. Read the very beginning and end of chapter.
Q=QUESTION: As you survey, turn title and headings into questions and write them down in your notes.
R=READ: As you read each section try to answer your question. Write down your answer, in your own words.
R=RECITE: At the end of each section, look up and silently recite what you read. Add examples to your notes.
R=REVIEW: After reading review notes, look for key ideas and write a brief summary.

*More ideas at: www.cwu.edu/~gen_ed/readingcurriculum

Strategy: SQ3R

- Do you highlight almost everything, not just the important information?
- Do you feel unorganized when studying for a test or participating in class discussions?
- Do you sometimes find that you don’t know how to take effective notes?

If you answered YES to any of these questions, then the SQ3R Strategy may be for you.