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SQRRR / SQ3R

**BEST FOR UNDERSTANDING
COMPLEX TEXTBOOKS**

WHAT

5-step studying method for better understanding.

WHY

- Promotes active learning
- Less time to cover the syllabus

HOW

Survey: Get a general idea of the book.

Go through the table of contents, introduction, headings in each chapter, first sentence of each section, quotes and highlighted text, images, graphs and anything that catches your eye.

Questioning: Write down every question that comes to your mind.

As you survey the book, write down every question to which you don't yet know the answer.

For example:

Read: Read to find the answers to your questions and take notes
You can skip all the topics you are already familiar with (saves time).

Recite: Answer your questions without the book
Try answering all your questions without referring to anything.

Review: Read again what you couldn't remember.