

STUDY TECHNIQUES

SQ3R method

▪ Survey

Instead of reading the entire book, start by skimming the first chapter and taking notes on any headings, subheadings, images, or other standout features like charts.

▪ Question

Formulate questions around the chapter's content, such as, What is this chapter about? What do I already know about this subject?

▪ Read

Begin reading the full chapter and look for answers to the questions you formulated.

▪ Recite

After reading a section, summarize in your own words what you just read. Try recalling and identifying major points and answering any questions from the second step.

▪ Review

Once you have finished the chapter, it's important to review the material to fully understand it. Quiz yourself on the questions you created and re-read any portions you need to.

Retrieval Practice

▪ Utilize practice tests

Use practice tests or questions to quiz yourself, without looking at your book or notes.

▪ Make your own questions

Be your own teacher and create questions you think would be on a test. If you're in a study group, encourage others to do the same, and trade questions.

▪ Use flashcards

Create flashcards, but make sure to practice your retrieval technique. Instead of flipping a card over prematurely, write the answer down and then check.

The PQ4R Method

▪ Preview

Preview the information before you start reading to get an idea of the subject. Skim the material and read only the headers, subheadings, and highlighted text.

▪ Question

Ask yourself questions related to the topic, such as, What do I expect to learn? What do I already know about this topic?

▪ Read

Read the information one section at a time and try to identify answers to your questions.

▪ Reflect

Did you answer all of your questions? If not, go back and see if you can find the answer.

▪ Recite

In your own words, either speak or write down a summary of the information you just read.

▪ Review

Look over the material one more time and answer any questions that have not yet been answered.

The Feynman Technique

- Write the subject/concept you are studying at the top of a sheet of paper.
- Then, explain it in your own words as if you were teaching someone else.
- Review what you wrote and identify any areas where you were wrong. Once you have identified them, go back to your notes or reading material and figure out the correct answer.
- Lastly, if there are any areas in your writing where you used technical terms or complex language, go back and rewrite these sections in simpler terms for someone who doesn't have the educational background you have.