Effective Textbook Reading

VANCOUVER
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Reading textbooks can be challenging compared to a novel or website. Students often spend lots of time re-reading without recalling what they just read. If you use active reading strategies, you will understand and recall what you have read more effectively. How? Use the SQ3R strategy: **Survey, Question, Read, Recite, Review.**

1. SURVEY
Spend 5-10 minutes previewing the reading. This prepares your brain to learn new information. Focus on:
- Chapter summary
- Chapter introduction and learning objectives
- Skim the titles, headings and subheadings, **bold** or *italic words*
- Pictures, charts, graphics

2. QUESTION
What do you need to know or do after your reading? Having a purpose will focus your attention and your notes. You can:
- Use learning objectives from the text or instructor
- Use chapter review questions
- Turn headings and subheadings into questions. *Example heading: "The Health Care Team"* → *"Who is the health care team?" "Why is the health care team important?"*

3. READ
Break the reading up so it's manageable- by chapter, section, or page. Keep your questions in mind as you read

4. RECITE
Record your learning at the end of each section.
- Write down answers in your own words (paraphrase) and any new questions
- Summarize aloud at the end of each section

5. REVIEW
- Summarize the key concepts of the whole reading. Think about how the reading links to lecture, your previous class, and what you already know.
- Check if you can answer the questions you created without looking at your notes or the book. Review any sections where you couldn't.

FINAL TIP: It will take some practice to get used to SQ3R. If all 5 steps seem overwhelming, try adding just one or two into your reading approach.