



**Center for Student Academic Success**  
800 South Tucker Drive ▪ Hardesty Hall, Holmes Student Center,  
2<sup>nd</sup> Floor ▪ Tulsa, Oklahoma 74104  
ph: (918) 631-2315 / f: (918) 631-3459 ▪ E-mail: [csas@utulsa.edu](mailto:csas@utulsa.edu)  
[www.utulsa.edu/csas](http://www.utulsa.edu/csas)

## SQ4R Study Method

This is a classic method that works. It works because it hits on all the major learning styles and so can be used by anyone. We recommend trying all the steps at first and seeing which ones work best for you, as the entire method is lengthy and not all parts may help you. Once you know the steps, it can be done very quickly! And if you want to know your learning style, come see CSAS.

### **S** = Survey

**Surveying** is a quick preview of the reading/material. This is like skimming quickly and getting your brain doing a “warm up” exercise like you would before jogging—it’s like a mental stretch to get your mind in the right attitude for studying well. Read titles/headings, diagrams, the first and last sentences of paragraphs, and the entire introduction and conclusion paragraphs.

### **Q** = Question

Before you start reading, you do another warm up exercise. After Surveying, take the titles/headings and first sentences/last sentences and turn them into **Questions** you will try to answer later and can be used for studying. For example, if the title of the chapter is “Quadratic Formula,” the question you write might be, “What is the quadratic formula?”

### **R1** = Read

Now you actually **Read** the material. However, do not read passively but do so actively and engage with the text. Underline or highlight key points, think about what you are reading, try to find the answers to the questions you wrote down.

### **R2** = Record

Once you have read the material, you should work on **Recording/writing** by summarizing key points in your own words. If there are definitions, write those down in your own way. You might take notes while you are reading—jot down key information. Write answers to the questions you wrote down earlier.

### **R3** = Recite

Now you engage another part of your brain by **Reciting** material you wrote down. Read and answer the questions aloud. Read important portions of the text/notes aloud.

### **R4** = Review

**Reviewing** is the final step. Look back over your notes, recorded information and questions, highlights, etc. You can also use this for reviewing before an exam. If it is a course with a lot of factual material or formulas to remember, you can review regularly (at least once a week during the semester). The more you engage with the material, the more firmly developed the neural pathways in your brain become, which means your memory of the material improves.