SQ3R: A Great Reading and Studying Technique

Improve Your Study Skills
SQ3R stands for “Survey, Question, Read, Recite, Review.” It is a proven technique to sharpen your study skills. In college, you’ll be required to do lots of reading. You’ll often have to complete reading assignments in several different books for several different courses at the same time. SQ3R helps make reading and studying purposeful and effective, so that you use your time most efficiently. Here’s how this strategy works.

Survey
Let’s say your assignment is to read one chapter. First, get an idea of what the chapter is about by reviewing the highlights:

- Read the title, headings and subheadings.
- Notice words that are italicized or bold.
- Look at charts, graphs, pictures, maps and other visual material.
- Read captions.
- Read the very beginning and end of the chapter.

Question
As you survey the text, ask a question for each section. Ask what, why, how, when, who and where questions as they relate to the content. Here’s how you can create questions:

- Turn the title, headings or subheadings into questions.
- Rewrite the questions at the end of the chapter or after each subheading in your own words.

Write down your questions. Questions help you pay attention, understand the text better and recall the information more easily later on.

Read
Read one section of the chapter at a time, actively looking for an answer to your question for that section. Pay attention to bold and italicized text that authors use to make important points.

Be sure to review everything in the section, including tables, graphs and illustrations — these features can communicate an idea more powerfully than written text.

Recite
At the end of each section, look up from the text and in your own words recite an answer to your question for that section. Then write down your answer. Be sure to provide examples that support it.

Now repeat the Question, Read and Recite steps for each section of the chapter. First ask a question for the next section. Then read to find the answer. Finally, recite the answer in your own words and jot it down. The written questions and answers can help you study in the future.

Review
After completing the chapter, review your notes. Identify the main points by looking for the most important idea in each section. Recite, or write, a brief summary of the assignment.

Review your study notes every week to help you remember the information. When it's time to prepare for your tests, you'll find you've created an invaluable study guide.
Study Plan: Session 1

1. Read the outline for the chapter. Survey the topics for your chapter. This can be found on my website or the table of contents.
2. Read chapter objectives as shown below. The chapter objectives can also be found on the publisher’s website.
3. Read the corresponding section(s).
4. Make a detailed outline of the section you just read.
5. Answer the objectives for the section shown below. Answer with as much detail as possible. Describe examples of the psychological concepts.
6. Practice learning the vocabulary. Use the electronic flashcards from the publisher’s website.

### Chapter outline

**Psychology’s Roots: The Path to a Science of Mind**
- Psychology’s Ancestors: The Great Philosophers
- From the Brain to the Mind: The French Connection
- Structuralism: Applying Methods from Physiology to Psychology
- Titchener Brings Structuralism to the United States
- James and the Functional Approach
- The Real World: Improving Study Skills

**The Development of Clinical Psychology**
- The Path to Freud and Psychoanalytic Theory
- Influence of Psychoanalysis and the Humanistic Response

**The Search for Objective Measurement: Behaviorism Takes Center Stage**
- Watson and the Emergence of Behaviorism
- B.F. Skinner and the Development of Behaviorism

**Return of the Mind: Psychology Expands**
- The Emergence of Cognitive Psychology
- Hot Science: How to get your name in this chapter
- Technology and the Development of Cognitive Psychology
- The Brain Meets the Mind: The Rise of Cognitive Neuroscience
- The Adaptive Mind: The Emergence of Evolutionary Psychology

**Beyond the Individual: Social and Cultural Perspectives**
- The Development of Social Psychology
- The Emergence of Cultural Psychology

**The Profession of Psychology: Past and Present**
- Psychologists Band Together: The American Psychological Association
- What Psychologists Do: Research Careers
- WHERE DO YOU STAND: The Perils of Procrastination

### Chapter objectives

**Psychology’s roots: The Path to a Science of the Mind**

1. Define psychology and distinguish between the mind and behavior.
2. Distinguish between nativism and philosophical empiricism and identify an ancient Greek philosopher associated with each philosophical view.
3. Summarize the contributions of René Descartes, Thomas Hobbes, Franz Gall, and Paul Broca to the early development of the science of psychology.
4. Explain how the study of physiology contributed to the development of psychology, noting especially the work of Helmholtz on reaction time.
5. Define structuralism, describe how Wundt and Titchener used introspection to study consciousness, and identify the major weakness of this method.
6. Define functionalism, and describe how James incorporated ideas from Darwin into this school of thought.
Chapter 1: Psychology: The Evolution of a Science

Study Plan: Session 2

1. Read the outline for the chapter. Survey the topics for your chapter. This can be found on my website or the table of contents.
2. Read chapter objectives as shown below. The chapter objectives can also be found on the publisher’s website.
3. Read the corresponding section(s).
4. Make a detailed outline of the section you just read.
5. Answer the objectives for the section shown below. Answer with as much detail as possible. Describe examples of the psychological concepts.
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<table>
<thead>
<tr>
<th>Chapter outline</th>
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<tbody>
<tr>
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<td><strong>The Development of Clinical Psychology</strong></td>
</tr>
<tr>
<td>• Psychology’s Ancestors: The Great Philosophers</td>
<td>7. Discuss the development of Freud’s psychoanalytic theory and how it formed the basis for psychoanalysis.</td>
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<tr>
<td>• From the Brain to the Mind: The French Connection</td>
<td>8. Contrast psychoanalytic theory with the humanistic psychology introduced by Maslow and Rogers.</td>
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<td>• Structuralism: Applying Methods from Physiology to Psychology</td>
<td><strong>The Search for Objective Measurement: Behaviorism Takes Center Stage</strong></td>
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<tr>
<td>• Titchener Brings Structuralism to the United States</td>
<td>9. Describe the basic tenets of behaviorism, focusing on its insistence on studying objectively observable behavior.</td>
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<tr>
<td>• James and the Functional Approach</td>
<td>10. Describe Watson’s approach to behaviorism, noting how it built on the work of Pavlov.</td>
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<tr>
<td>• The Real World: Improving Study Skills</td>
<td>11. Describe Skinner’s approach to behaviorism, including the principle of reinforcement, and note its implications with respect to free will.</td>
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**The Development of Clinical Psychology**

- The Path to Freud and Psychoanalytic Theory
- Influence of Psychoanalysis and the Humanistic Response

**The Search for Objective Measurement: Behaviorism Takes Center Stage**

- Watson and the Emergence of Behaviorism
- B.F. Skinner and the Development of Behaviorism
- The Brain Meets the Mind: The Rise of Cognitive Neuroscience
- The Adaptive Mind: The Emergence of Evolutionary Psychology
- Beyond the Individual: Social and Cultural Perspectives
- The Development of Social Psychology
- The Emergence of Cultural Psychology
- The Profession of Psychology: Past and Present
- Psychologists Band Together: The American Psychological Association
- What Psychologists Do: Research Careers
- WHERE DO YOU STAND: The Perils of Procrastination
Study Plan: Session 3

1. Read the outline for the chapter. Survey the topics for your chapter. This can be found on my website or the table of contents.
2. Read chapter objectives as shown below. The chapter objectives can also be found on the publisher’s website.
3. Read the corresponding section(s).
4. Make a detailed outline of the section you just read.
5. Answer the objectives for the section shown below. Answer with as much detail as possible. Describe examples of the psychological concepts.
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<td>Return of the Mind: Psychology Expands</td>
<td>12. Define Gestalt psychology and give an example of how research on illusions led to its development.</td>
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<tr>
<td>Return of the Mind: Psychology Expands</td>
<td>14. Discuss the role that the advent of computers and advances in linguistics had on the development of cognitive psychology.</td>
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<tr>
<td>Return of the Mind: Psychology Expands</td>
<td>15. Define behavioral neuroscience and cognitive neuroscience, and note some of the techniques these approaches use to studying the mind and behavior.</td>
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<tr>
<td>Return of the Mind: Psychology Expands</td>
<td>16. Explain how Darwin’s ideas about evolution can be applied to psychology.</td>
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# Study Plan: Session 4

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2. Read chapter objectives as shown below. The chapter objectives can also be found on the publisher’s website.
3. Read the corresponding section(s).
4. Make a detailed outline of the section you just read.
5. Answer the objectives for the section shown below. Answer with as much detail as possible. Describe examples of the psychological concepts.
6. Practice learning the vocabulary. Use the electronic flashcards from the publisher’s website.

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<td><strong>Beyond Individual: Social and Cultural Perspectives</strong></td>
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<tr>
<td>• Psychology’s Ancestors: The Great Philosophers</td>
<td>17. Compare social psychology and cultural psychology, and describe some of the areas studied by each approach.</td>
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<td>• Influence of Psychoanalysis and the Humanistic Response</td>
<td>18. Distinguish between the American Psychological Association and the Association for Psychological Science in terms of focus of the organizations and the number of members.</td>
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<td><strong>The Search for Objective Measurement: Behaviorism</strong></td>
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<tr>
<td>• Watson and the Emergence of Behaviorism</td>
<td>19. Describe how women and members of underrepresented groups developed an increasing presence in professional organizations, applied settings, and departments of psychology.</td>
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<td>• B.F. Skinner and the Development of Behaviorism</td>
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<tr>
<td><strong>Takes Center Stage</strong></td>
<td>20. Discuss some of the careers available to those who have studied psychology.</td>
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<td>• The Emergence of Cognitive Psychology</td>
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Study Plan: Session 5

After the entire chapter has been covered:
- Review all sections and objectives. Allocate more time where there are more exam items (the number of exam items can be found on the website)
- Take the practice quizzes from the publisher’s website
- Spend about an hour reviewing the key concepts from previous chapters

Overall, you should have spent approximately 12 hours studying per chapter. If you are sleep deprived or multi-tasking, you will spend more than 12 hours studying and retaining less.