Study Skills - 4

How efficient are you at understanding what you read?

Learning from Textbooks
Textbooks are basic tools in every student's learning. Efficient use of the textbook is therefore a very important study skill. There are ways of improving your reading so that you can understand and learn more.

One of the key points is to become more active and engaged with your textbook. Let's face it, textbooks are rarely exciting in themselves. The following proven method of using textbooks will improve your ability to learn. If you follow the method outlined below your textbook can become the most important tool at your disposal.

The SQ3R system is a reading method practiced by many students with good success. Read down through the descriptions and have a go at using this method the next time you use a textbook.

For each item, indicate whether you currently use this method. If you do, mark the box on the left - indicating that this contributes to your study success. If not, mark the box on the right, indicating that this is moving you away from your study goals.

S = SURVEY - The information necessary to focus more sharply on the material.
R = READ - fill in the information around the questions you have come up with.
R = RECALL - test how much of what you have just read you can remember.
R = REVIEW - re-enforce what you have just learned.

What actions can you now take to increase your study success?

www.careersportal.ie/studyskills