

PQRST READING STRATEGY

A STUDY READING METHOD THAT HELPS YOU READ AND REMEMBER!

PREVIEW THE CHAPTER OR ARTICLE:

- Check the table of contents and map out the organization of ideas
- Read the learning objectives, summary and/or intro and conclusion, headings, pictures, charts, etc.
- If there are none of the above aids (such as in an article), read the first sentence of every 2nd or 3rd paragraph to get an overview of the whole article

QUESTION BEFORE YOU READ:

Ask questions:

- based on the title of the chapter or article
- based on each heading
- based on your previous knowledge

READ TO ANSWER YOUR QUESTION:

- Read in 3-5 minute “chunks”
- Read to find the answer to your question
- Vary your pace:
 - slow down when you think you see the answer
 - speed up when the material seems familiar
 - guess and read quickly to confirm

SUMMARIZE YOUR ANSWER AFTER READING:

- Say the answer out loud in your own words
- Highlight only the most important words and ideas, *after* reading the chunk
- Write down key words and phrases for each chunk to jog your memory when you review

TEST YOURSELF IMMEDIATELY AND LATER:

- At the end of the session, test yourself on what you just read
- Talk your way through the headings, explaining the main ideas
- Elaborate on the key words you wrote in your notes, giving examples if appropriate
- Test yourself again the next day, in a few days, and in a week or so