



Effective Reading

Much of your study time will be taken up in reading books, journals and articles for your courses. Of course, the way you read while studying is not like reading a book for pleasure. There is a method, which can make your study reading more effective – **the PSQ5R method**. PSQ5R stands for Purpose, Survey, Question, Read selectively, Recite, "Rite", Reflect and Review. Here's how it works:

* **Purpose:** Before you start reading, spend 5–10 minutes determining why you are reading the material. You have to know why you are reading a book to study effectively. Are you supposed to be looking for general concepts or specific information? How does this tie into the instructor's intentions?

* **Survey:** Look quickly through the entire item you are reading and find out how it is organized, e.g. topic and chapter headings, etc. This allows you to understand the author's purpose, and what material is relevant to what you are studying. This can be a valuable way to save time.

* **Question:** Determine what questions you need to have answered before you read the material: what problems or topics are of concern to you? You will learn better if you are actively searching for answers to particular problems, and you will be better able to ration your time while reading.

* **The 5 Rs--Read selectively, Recite, "Rite", Reflect and Review:** If you have followed the above advice, you are now ready to start reading the material, and will benefit from the work you have already done. Do your reading with the purpose and your questions in mind. If you mentally recite what you have just learned, you are much more certain to remember it. As well, you should write down what you have learned from the reading, usually in an outline or point form. At the end, you should spend a few minutes thinking about the material, and deciding whether or not your main questions have been answered by what you have read. Review the material within 24 hours to ensure that you remember what you have learned. The review should not be a rereading of the article, but an attempt to see what you remember, and if you need to review your notes again.