



PQ4R Study method

We'll go through the method as you'd apply it to a book, but you can also take the principles and apply it to various other learning situations.

Preview

Get a feel for the book by reading the table of contents, the introduction, scan the headings, read some first & last sentences of paragraphs, look at any diagrams or pictures and read the summary.

After you have got a feel for the book ask yourself some questions to engage with it. What do you want to get from reading the book? What are you looking out for? What do you already know?

The next stage is to work through individual chapters and chunks of those chapters.

Question

Ask yourself questions about what you are reading, what is meant by this? What question is the author trying to answer here? Try to ask lateral and deep questions as well as surface level ones.

Read

Read bits that you struggle with several times. Use different paces while you're reading.

Reflect

Think about what you are reading, reflect on what you have covered, ask yourself questions.

Recite

Covering up the chunk you were reading say outloud the main points you have just understood. Engage all your senses, picture the words and visualise conceptual pictures. Use your body to emphasise points as you say them outloud. Listen to your voice as you say things. Write notes or draw pictures to engage your motor cortex.

Review

Recall the main points of a chapter. Repeat the process multiple times until you really have it mastered, take breaks between repetitions. Be aware that you forget a lot within the first 24 hours, so if possible review it within that time frame, then again at intervals afterwards.