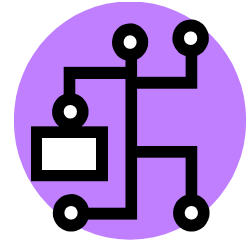


Quick Tip of the Week

Did you know . . .

There are strategies available to make you a better reader! One popular reading method is called **SQ3R**. What does this mean? Well, SQ3R stands for the 5 steps a person should take to better process and remember what they read. The five steps are:

1. Survey
2. Question
3. Read
4. Recite
5. Review



So, how do you use these steps? Glad you asked!

To **Survey**, scan the title, pictures, introductions, conclusions, bold or italicized print, questions, first and last sentences of paragraphs, and footnotes to figure out the purpose of the writing.

To **Question**, write down any questions you may have while you survey the writing. This will help keep you focused and alert. Also look at other questions that may already be available and write them down in your own words.

Now **Read** to answer the questions you wrote down. Write down the answers as well. Be sure to write the answers in your own words. Doing this will help you understand the material better.

Recite your questions and answers out loud one at a time.

Review the material (the writing and your notes) within 24 hours of covering it. Review again after 1 week. Then review once a month to retain the information for longer periods of time.

Easy enough, right? Now grab that book you've been wanting to read and find a quiet place to enjoy it!