

# SQ3R Study Methods when Preparing for Exams



1. Keep up-to-date in your revision during the term, using SQ3R techniques for nightly revision too. Also use it for new notes you get in class. Underline selectively (don't underline lots and lots of phrases and words - only important bits) and write notes in the margin of your textbook or revision copy. Do not wait until the last minute and try to cram half-understood, half-memorised material!
2. Allow enough time before the exam to review (go back over) properly the material you understood previously when you were revising it. Timetable several revision sessions for each subject rather than one long session before your exam.
3. Try this method of reviewing your revision notes and textbook:
  - a. Glance at the heading of a section
  - b. Recite (out loud) what you remember
  - c. Scan the material to see if your memory is accurate – did you get it right!
  - d. If you left out important material note it down carefully.
4. Next, jot down the points you believe are the most important ones on the topic.
5. Make up essay questions based on those key topics and try to recite answers to them. (This method of question-prediction-state main ideas, helps your memory).
6. Get a good night sleep. Do not come to exams full of coffee or Red Bull! If you have used SQ3R study method, there is no need for anxiety or cramming!
7. Make a realistic timetable for your time each week. List what things you have to do:
  - School
  - Work
  - Sleeping
  - Eating
  - Meeting Friends



Then plan study and revision/review times.

DO NOT list "study, study, study" but instead list study times based on topics/chapters in the different subject areas e.g Geography - Volcanoes.

REMEMBER!!!!!! Allow time for fun too!