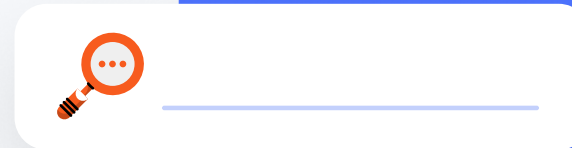# SQ4R
Reading Strategy

Survey • Question • Read • Reflect • Recite • Review •

Survey

Scan the chapter or article first. Look for headings, terminology, charts, and chapter summaries to get a sense of what you'll be learning.

Question

After you scan, and before you start reading, turn chapter headings and sub-headings into questions. This helps with focus! Example: Let's say you are reading a chapter in Psychology and the first heading you see is "Experimental Research". You could turn that into a question by asking "What is experimental research?"

Read

As you read, try and answer your questions.

Recite

Recite answers out loud.

Reflect

Pause after each section to process what you read and write your answers down.

Review

Review your answers and any additional notes you took.

Turn the chapter heading into a question. "What are different types of mindsets?"

Turn the sub-heading into a question. "What is a growth mindset?"

Chapter 1: Mindsets

Growth Mindset

What happens when you are learning something new, and don't quite understand the material right away or don't pick up on concepts quickly? Do you lean into the discomfort, stick with it, and tell yourself that with consistent effort, strategies, and support you can grasp it or get frustrated, lose confidence in your ability, and give up more easily?

A growth mindset is where you believe you can improve your ability and performance while a fixed mindset is where you believe your abilities and intelligence can't change or develop.
It's possible to feel both!

As a student you can develop a growth mindset by asking for help, focusing on learning instead of just grades, and by trying new study strategies when you are stuck.

As your read, look for answers to your questions.

Highlight and recite important information from each paragraph