



Reading Textbooks

Academic Learning Centre



University
of Manitoba





TRADITIONAL TERRITORIES — ACKNOWLEDGEMENT —

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.

We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.





Don't Get Lost!

Pre-read





SURVEY

QUESTION

3 READ, RECITE, REVIEW


SQ3R © Robinson, F.P. (1970). *SQ3R: Effective study*
(4th ed.). Harper and Row.

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SQ3R

Survey

- Survey and skim the text for:
 - Table of Contents
 - **Bold print** or *italics*
 - Sidebars
 - Any type of graphics
 - Summaries
 - Questions
 - Introductions and Conclusions





SQ3R

Survey Goals



Find
chapter objectives



List key
vocabulary



Estimate time
and create plan





SQ3R

Question

“What do I need to learn?”

“What might be on the test?”

“Who, what, where, when, why, how?”





SQ3R

Suggestion questions:

- Turn headings into questions
- Turn **boldfaced** and *italicized* words into questions
- Use the chapter's questions
- Use the course objectives to make questions
- Create own questions



SQ3R

Stress: Chapter 9

Defining Stress (p. 291)

What is stress?

Measuring Stress (p. 295)

How is stress measured?

Social Readjustment Scale

The Life Experience Survey

Types of Stress (p.298)

Frustration-Aggression Hypothesis

What is the frustration-aggression hypothesis?

Approach-Approach Conflict

Approach-Avoidance Conflict

Avoidance-Avoidance Conflict

Dealing with Stress (p.302)

How can people deal with stress?

Problem Analysis

Relaxation Therapy





SQ3R

Read

1st round
For understanding



2nd round
For learning/memorizing





SQ3R

Reading strategies

- Highlighting
 - Develop a system and be consistent
 - Highlight the right amount (10-20%)
 - Key terms only (definitions, examples, and lists)
- Break the reading into sections





Exercise

According to social psychologists, there is a cognitive bias known as the primacy effect that overemphasizes the importance of first impressions. This is generally assumed to be because people are especially attentive during introductions.





Exercise

def { According to social psychologists, there is a cognitive bias known as the primacy effect that overemphasizes the importance of first impressions.

cause { This is generally assumed to be because people are especially attentive during introductions.





SQ3R

Recite

- Answer Questions
- Write a summary without citing the text
- Review flashcards
- Learn term definitions
- Reread difficult sections





SQ3R

Review

- Summarize the text
- Verbalize understanding
- Explain the idea to someone else
- Answer practice questions





Active Reading Strategies

- Highlight text
- Take notes
- Use flashcards
- Make mind maps
- Draw diagrams
- Build models
- Create mnemonics
- Try a study group





SQ3R

- **Survey:** Preview to determine familiarity and activate background knowledge.
- **Question:** Formulate questions in order to focus on topics.
- **Read:** Read actively by underlining, adding notes, and answering questions.
- **Recite:** Practice recalling information from memory.
- **Review:** Review old material frequently to keep ideas and concepts easily accessible.





Academic Learning Centre Services



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One
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