The PQ4R Method: Learning to Learn

- The PQ4R method is a study method based on the work of educational psychologist Francis P. Robinson. Robinson believed that students will learn more when they take an active approach to learning.

- The PQ4R method includes these six steps: preview, question, read, reflect, recite, and review.
Preview

• Previewing a textbook means getting a general picture of the material before you start to read.
• Many textbooks are designed to encourage previewing.
• Previewing helps form a cognitive map of a chapter.

Question

• You can create learning goals by writing questions about the chapter after you preview it.
• One way to write questions is to read the headings or the first sentence of each paragraph and write a question about it.
Read
• Read the chapter with the goal of answering the questions you wrote.
• As you read, jot down a few key words that will remind you of the answer.

Recite
• After you have answered your questions, recite the answers out loud or silently to yourself.
• You can recite alone or with a study group. Both are effective.

Reflect
• Relate new information to old information.
• Relate new information to events in your own life or to people you know.

Review
• Learning that occurs regularly and is distributed over time is distributed learning.
• Learning that occurs all at one time is massed learning, or cramming.
THE PQ4R METHOD

The PQ4R method is a system of active learning that has six steps.

1. Preview
   Get a general picture of the material before you begin.

2. Question
   Change headings into questions.

3. Read
   Look for the answers to your questions as you read.

4. Reflect
   Try to relate the material to past learning or to personal experience.

5. Recite
   Speak the answers to your questions aloud to solidify the information in your mind.

6. Review
   Review the material regularly.
Psych Videos

- Learning and Visualization
- Learning from Mistakes