

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 and Question

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, Reflect, Recite, Review

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

QUICK
FACTS

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