

PQ4R SHEET: CHAPTER 1 — VALUES

(SAMPLE ONLY)

PREVIEW & QUESTION

Scan/preview and note below questions that you want answered

<p>Q1: If values are so important why don't more people talk about them?</p>	<p>Answer: He doesn't really answer this question.</p> <p>Reflection: I suppose it is hard for people to talk about something that personal, and it probably doesn't pay well. I don't know? It might be something to do with would I actually pay someone to help me? Could we do this as part of school? I suppose, since they are there even if I don't think about them, knowing them is better than not. It seems it could clarify a lot of the things I am already feeling, I would know myself better.</p>
<p>Q2: Which values are most important?</p>	<p>Answer: There is not a list of most important values.</p> <p>Reflection: I kind of like that I don't have to adopt some predetermined list, it is mine and mine alone. My values have to be doable (is that a word) by me alone, they cannot depend on others. That feels hard and potentially lonely.</p>
<p>Q3: What is the difference between a value and a principle?</p>	<p>Answer: Values are personal and will change over time, principles are true in all ages of time</p> <p>Reflection: I suppose that means today as well.</p>
<p>Q4: Why do I need to go through this process anyway? Do I have to answer the questions in step 4?</p>	<p>Answer: It is my book and my life; I suppose I don't have to do anything just because it is there.</p> <p>Reflection: I guess it would make my values more real to answer the questions. Kind of like creating a vision of what that would be like and if it is really worth it to me.</p>



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Q5:

There may be no “right” values, but are there “better” values?

Answer:

By tying my values to principles, I start to align my life by the way the world works.

Reflection:

I don't really want my life focused on fads. It seems this is still a bit vague, but I feel liberated at the same time. They are after all my own values and I don't need to justify them to anyone.

4R

Read

Read the material with purpose — to answer your questions. You may have additional insights, which can also be recorded above. Using paper? Put additional questions/insights on the back of the page.

Reflect

How might you apply what you have learned? Why is this relevant, or how could this be relevant? Note reflection/insight/application above

Recite

Record the questions section. Saying out loud connects verbal and speaking centers of your brain creating more long-term connections and pathways.

Review

Try to recall the main questions without any prompts, read through your questions section, listen to your recording, review the full text again. Ideally repeat your review every 2 days for a week — it should only take a few minutes. Calendar this, which days will you review on?

This is a sample only. It reflects one person's experience with the PQ4R process and the material in the chapter. You can see that it is individual, there is no standard or correct question or answer. The key is that it gets you to think about something that is real, that is there whether you recognize it or not. It helps you know yourself better, and begins a process of living more intentionally as the captain of your own life.

