

# PQ4R SHEET: \_\_\_\_\_

## PREVIEW & QUESTION

Scan/preview and note below questions that you want answered

Q1:

Answer:

Reflection:

Q2:

Answer:

Reflection:

Q3:

Answer:

Reflection:

Q4:

Answer:

Reflection:



## PREVIEW & QUESTION

Scan/preview and note below questions that you want answered

Q5:

Answer:

Reflection:

### 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?

