THE PQ4R METHOD

The PQ4R method is used to effectively read and comprehend detailed scientific texts. The emphasis here is on understanding and retaining the content and not on reading speed. The letters P, Q and 4xR stand for the individual steps required to work through the text.

**Preview**
Browse through all chapters and identify the topics covered. Pay attention to the (sub-)headings and try to divide up the sections that are to be read in one go. The following four steps then apply to each of these sections.

**Questions**
Formulate questions for each section and note them down.

**Read**
Read each section carefully and try to answer the aforementioned questions.

**Reflect**
Consider the content of the section, try to find examples, counter-examples, develop additional arguments or critically review the arguments given and relate these to your previous knowledge of the subject.

**Recite**
Put the text down at this point and try to recall the content. Then try to answer the previously formulated questions again.

**Review**
After completing an entire chapter with steps 1-5, go through the steps one more time in your head and try to recall the most important aspects. Using this method, the contents of the text should remain in your mind for much longer than if you were merely reading it – even if it initially seems more time-consuming. Scientific studies have shown that the ability to ask questions independently leads to a more focused consideration of the text and thus to a better ability to retain the information.

In dependence on:

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