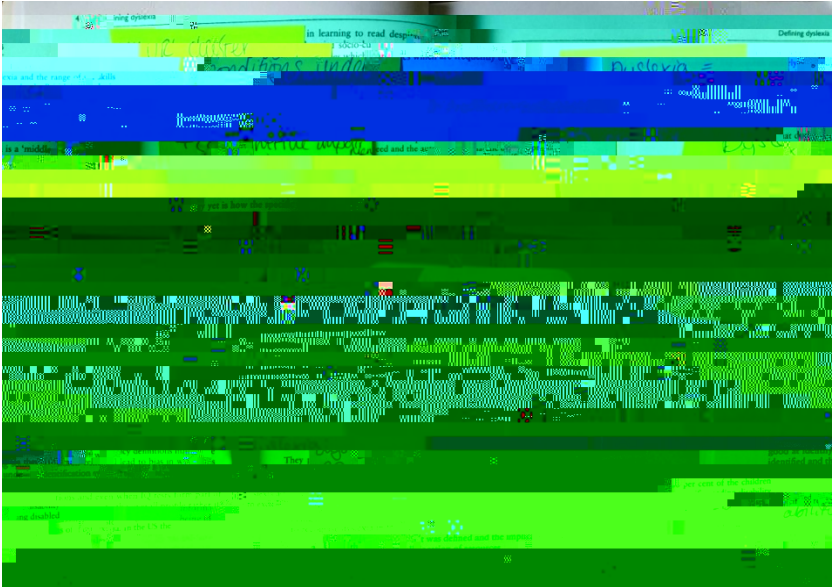


Good practices when reading

- As you read, summarise the content and your thoughts in brief notes on post-it notes and stick them over the appropriate section:

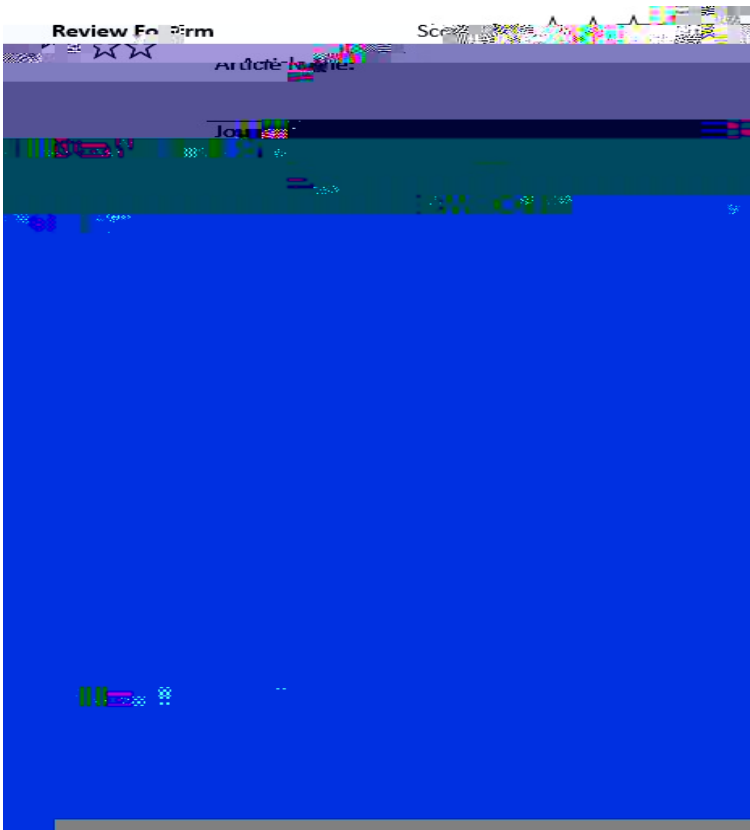


The SQ4R Method

- The SQ4R Method is a systematic way of reading effectively and efficiently. It breaks down the act of reading into six simple stages. Survey, Question, Read, Recite, Review and Reflect. If you struggle to ascertain information from a text, try the SQ4R Method.

Record and review

- Keep a record of everything that you have read and where you found it and your thoughts about it.
- Try using the review form below to structure your thoughts about the article.



- Interact with the text, think about what you are reading and evaluate its relevance. Ask yourself for example, “What is it saying?”, “What do I think about this?”, “Can I sum this up in ten words?” and note down your thoughts.

