Get Studying with PQRST

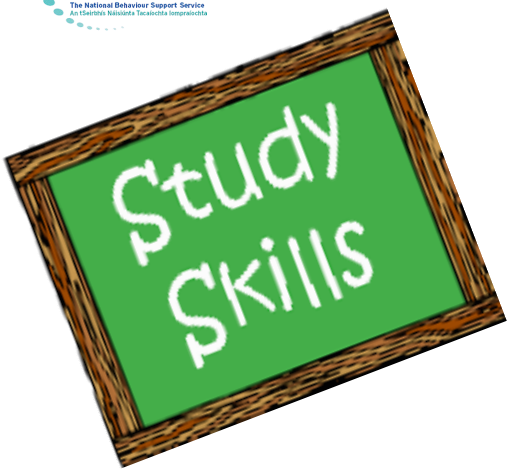
Preview – Skim and scan the text to get the gist

Question – Ask yourself questions about what you have read

Read – Find the answers to your questions as you read carefully

Summarise - what you read in your own words

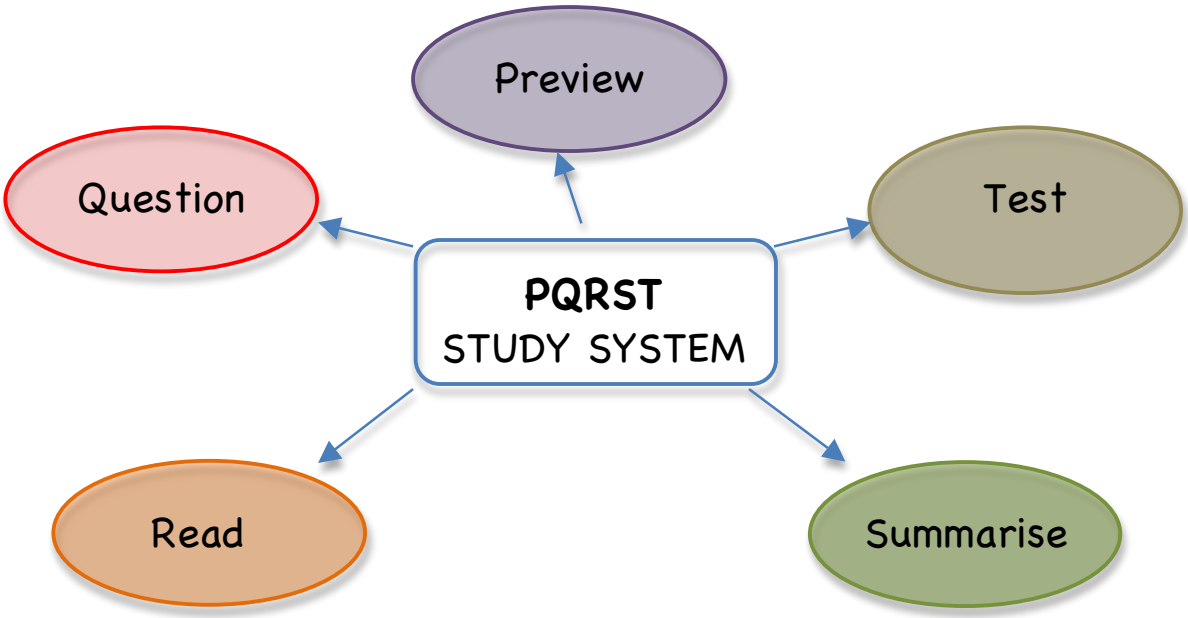
Test – yourself immediately and later!



PQRST

What is the PQRST Study System?

Preview, Question, Read, Summarise, Test



PQRST is a study method that helps you read and remember

Preview the chapter or article

- Check the table of contents and map out the organisation of ideas
- Read the summary and/or intro and conclusion, headings, pictures, charts, etc
- If there are none of the above aids, read the first sentence of every 2nd or 3rd paragraph to get an overall view.

Question before you read

Ask questions:

- based on the title of the chapter or piece
- based on each heading
- based on your previous knowledge.

Read to answer your question

- Read in 3-5 minute "chunks"
- Read to find the answer to your question
- Vary your pace: when the text seems to be providing answers to your question, slow down and focus in. If the material seems familiar to you, speed up. Guess and read quickly to confirm.

Summarise your answer after reading

- Say the answer out loud in your own words
- Highlight only the most important words and ideas, after reading the chunk
- Write down key words and phrases for each chunk to jog your memory when you review.

Test yourself immediately and later

- At the end of the session, test yourself on what you just read
- Talk your way through the headings, explaining the main ideas and see can you answer your questions and the chapter questions
- Elaborate on the key words you wrote in your notes, giving examples if appropriate
- Test yourself again the next day, in a few days, and in a week or so.

PQRST Study System when Preparing for Exams

1. Keep up-to-date in your reading during the term, using the PQRST method. Select carefully what to underline and write notes in your textbook and notebook/copy. Do not wait until the last minute and try to cram half-understood, half-memorised materials.

2. Allow enough time before the exam to review comprehensively the material you understood previously. Make sure you do several review sessions rather than one lengthy session before the exam.

3. Try this method of reviewing your notebook and textbook:
    a. Glance at the heading of a section
    b. Recite what you remember
    c. Scan the material to see if your memory is accurate
    d. If you left out important material in 'said it out loud' note it carefully.

4. Next, jot down the points you believe are the most important ones on the topic.

5. Make up essay questions based on those key topics and try to say answers to them. (This method of question-prediction emphasises main ideas works).

6. Get a good night sleep. Do not come to exams full of coffee or Red Bull! If you have used PQRST study method, there is no need for anxiety or cramming!

7. Make a realistic schedule for your time each week. List your commitments and other things you also have to do:

    - School
    - Work
    - Sleeping
    - Eating
    - Football
    - Swimming
    - Visit Grandparents

Then plan study and review times.

DO NOT list "study, study, study" but instead list study times based on topics/chapters in the different subject areas e.g Geography - Volcanoes.

REMEMBER... Allow time for fun too!

PQRST Student Checklist

	PQRST Student Checklist	Student ☑	Teacher ☑
1.	Preview: • Look over the material • Bring up background knowledge • Check out visuals and headings • Read first and last paragraph		
2.	Question: • Turn headings into ?s • Think of ?s you have • Write all your ?s down		
3.	Read: • Actively!!! Look for answers to your questions. • Talk/write		
4.	Summarise • In your own words: say it or write, in your copy what you've learned. You could also use a mind map or graphic organiser to summarise* what you've learned.		
5.	Test: • Later….look back over what you've learned • Re-read and study your notes		

* Summary sheet examples on pages 10 -16

PQRST Record Sheet

Subject:	**Title**/Topic:
Date:	**Name**:
Preview:	[Record important titles and subtitles from chapter.]
Question:	[Write "Who, What, When, Where, Why and How" questions from main topics.]

Read: [Read and mark answers to the questions you have written down above.]

Summarise: [Record/write key words, facts and phrases as needed for each question.]

Test: [Create a summary paragraph for each question.]

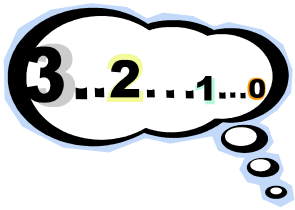
Question Stems

What is?	What did?	What can?	What would?	What will?	What might?
Where or when is?	Where or when did?	Where or when can?	Where or when would?	Where or when will?	Where or when might?
Which is?	Which did?	Which can?	Which would?	Which will?	Which might?
Who is?	Who did?	Who can?	Who would?	Who will?	Who might?
Why is?	Why did?	Why can?	Why would?	Why will?	Why might?
How is?	How did?	How can?	How would?	How will?	How might?

*** Use these question stems to help you create your own higher and lower order questions.** Lower order questions tend to be 'what' or 'when' questions. Higher order questions tend to be 'why' and 'how' questions which encourage you to think more deeply about a concept (idea) or the reasons for an answer.

Summary Sheet

After reading a page or paragraph in your textbook complete the chart below to help you sum up what you have learned.

	Keywords from the pages 1. 2. 3. 4. 5.
	Facts related to the main topic 1. 2. 3. 4,
	New words 1. 2. 3.
	Facts you already know 1. 2.
	Questions you still have 1.

Summary Sheet

Name:_____ Title of Section:_____

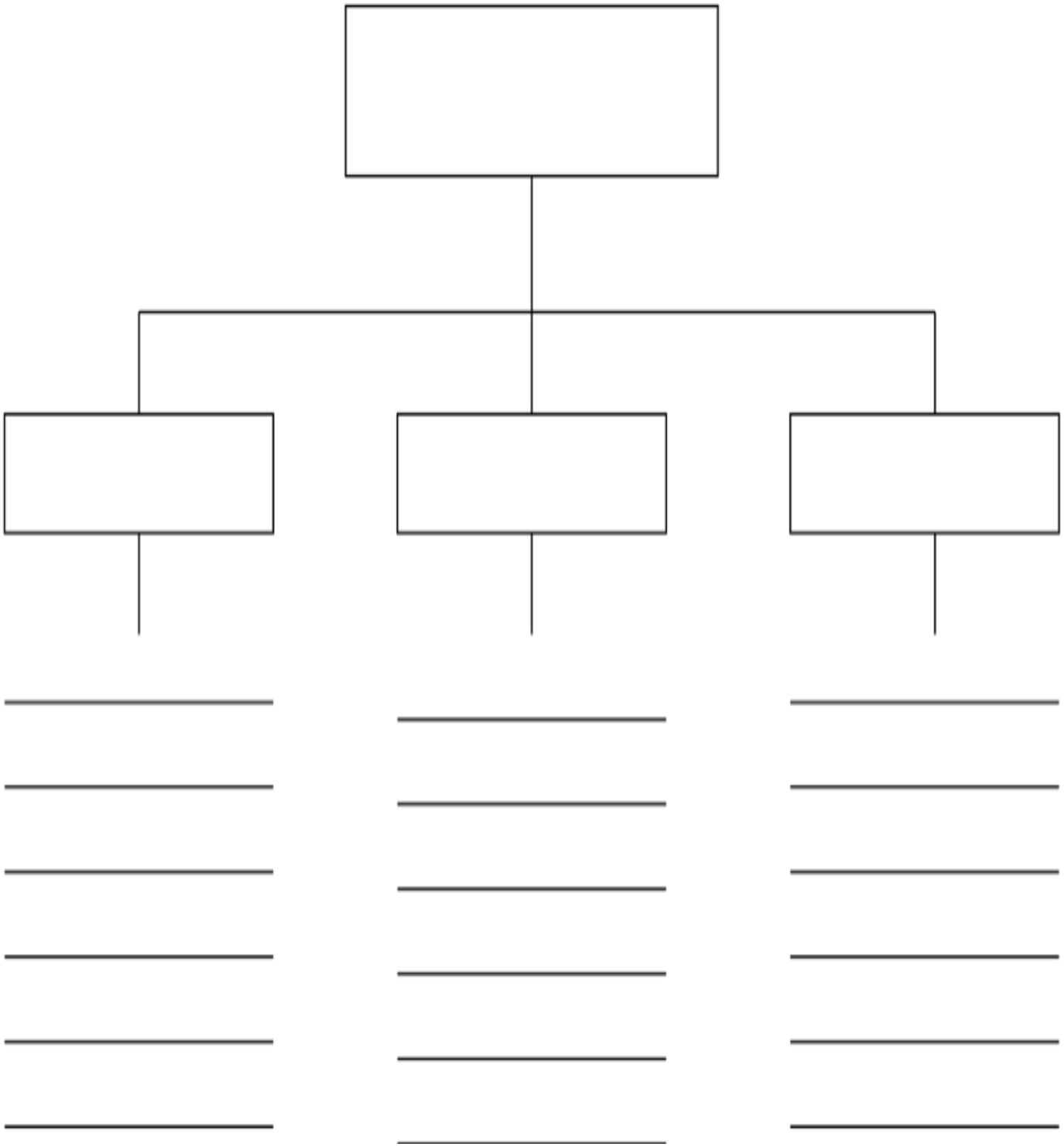
1. Read the section and underline the key vocabulary and main ideas. Write these in the blank space below where it says 'Main Idea Words'.

2. At the bottom of the sheet write a one sentence summary of what you have read, using as many main idea words as you can.

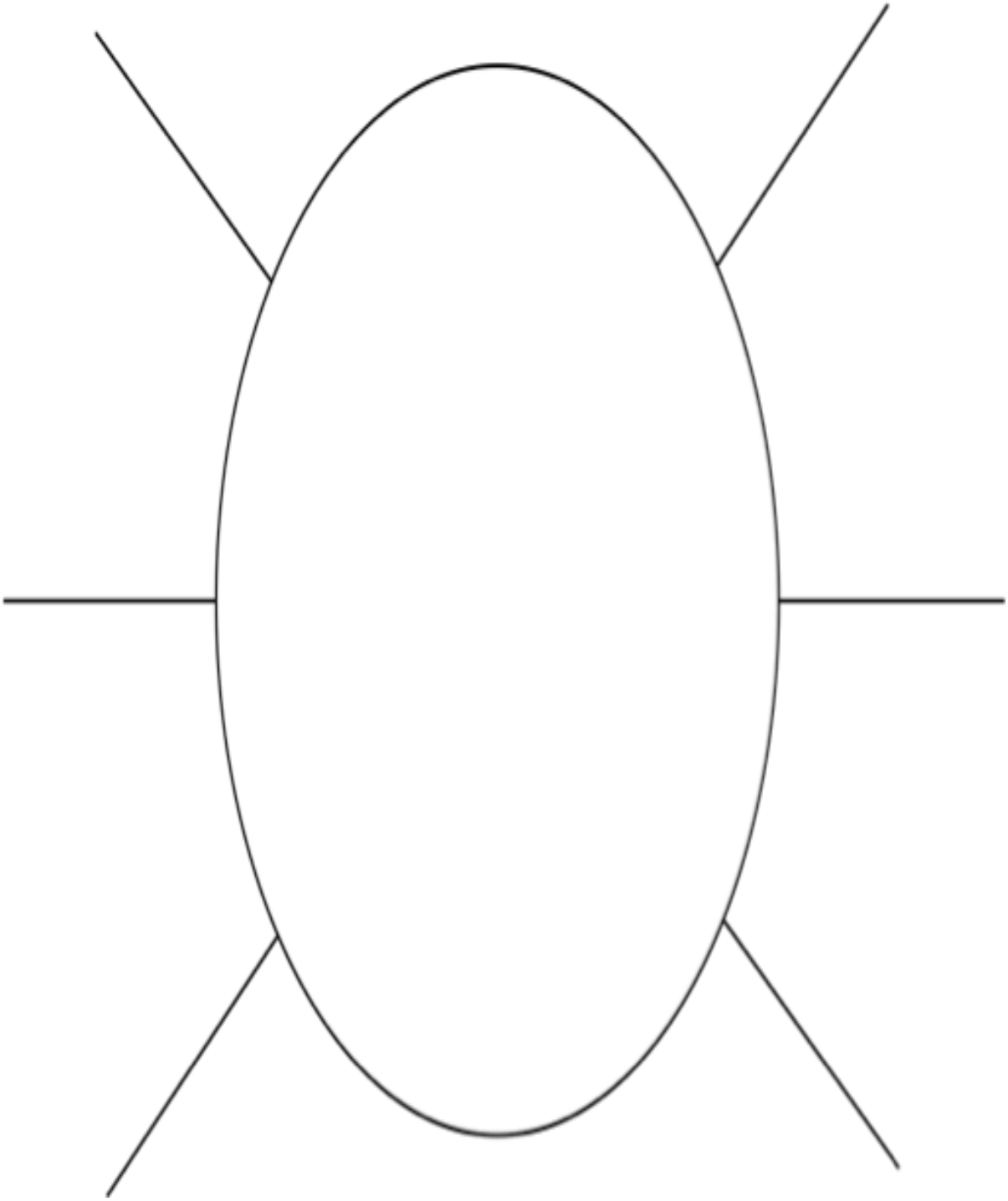
Main Idea Words:

Imagine you only have €2.00, and each word you use will cost 10 cents. See if you can 'Sum It Up' in 20 words!

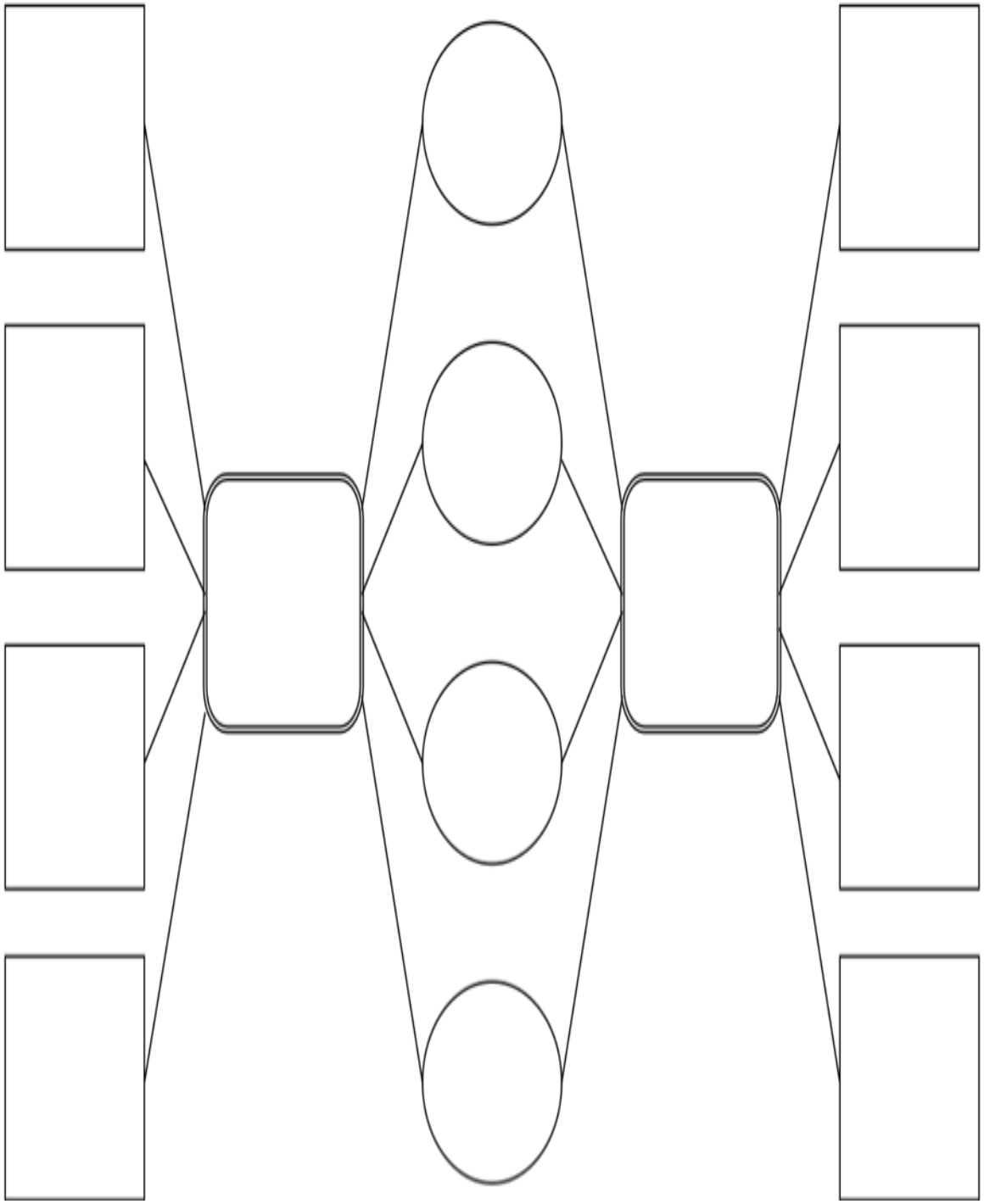
Summary Tree



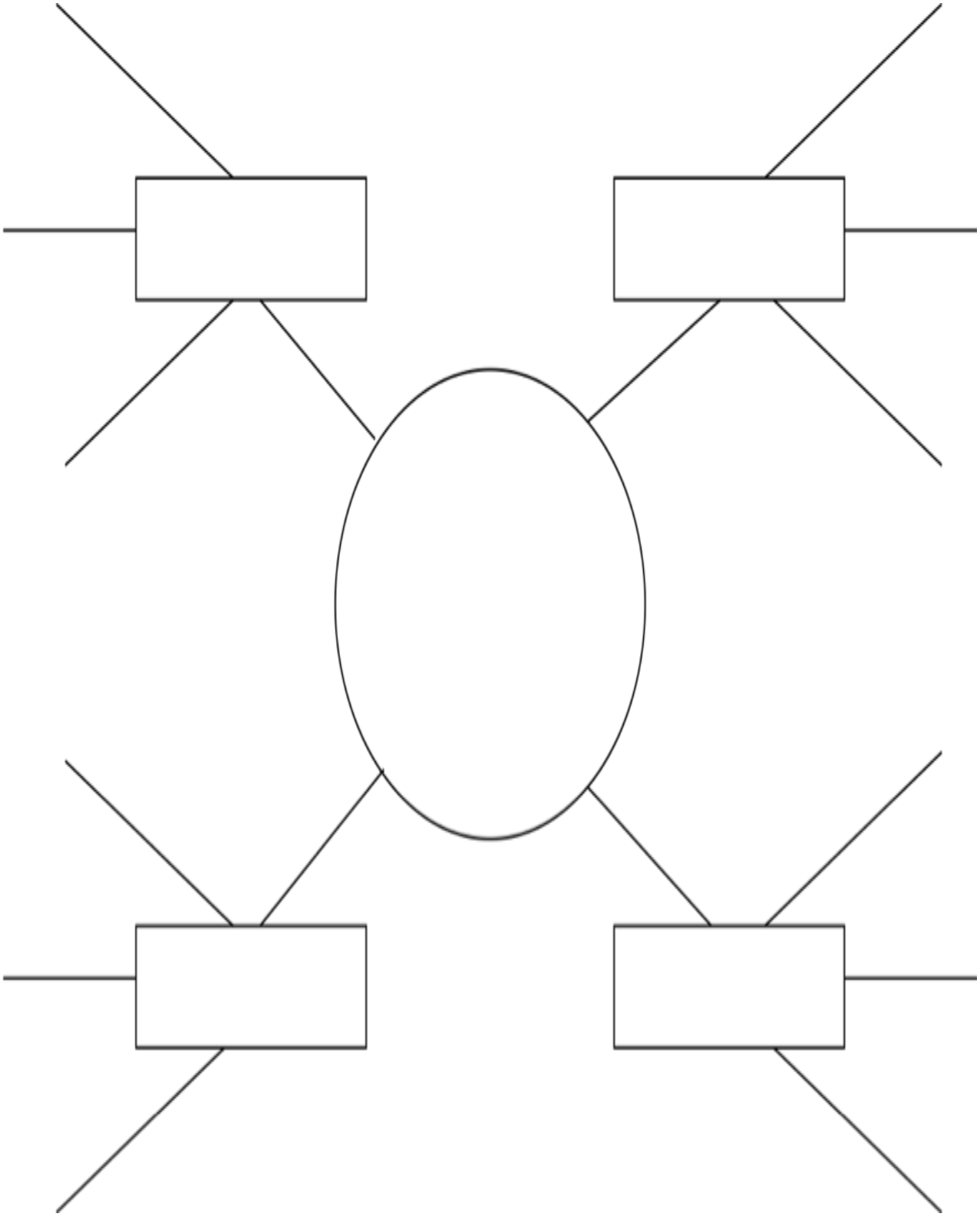
Summary Map



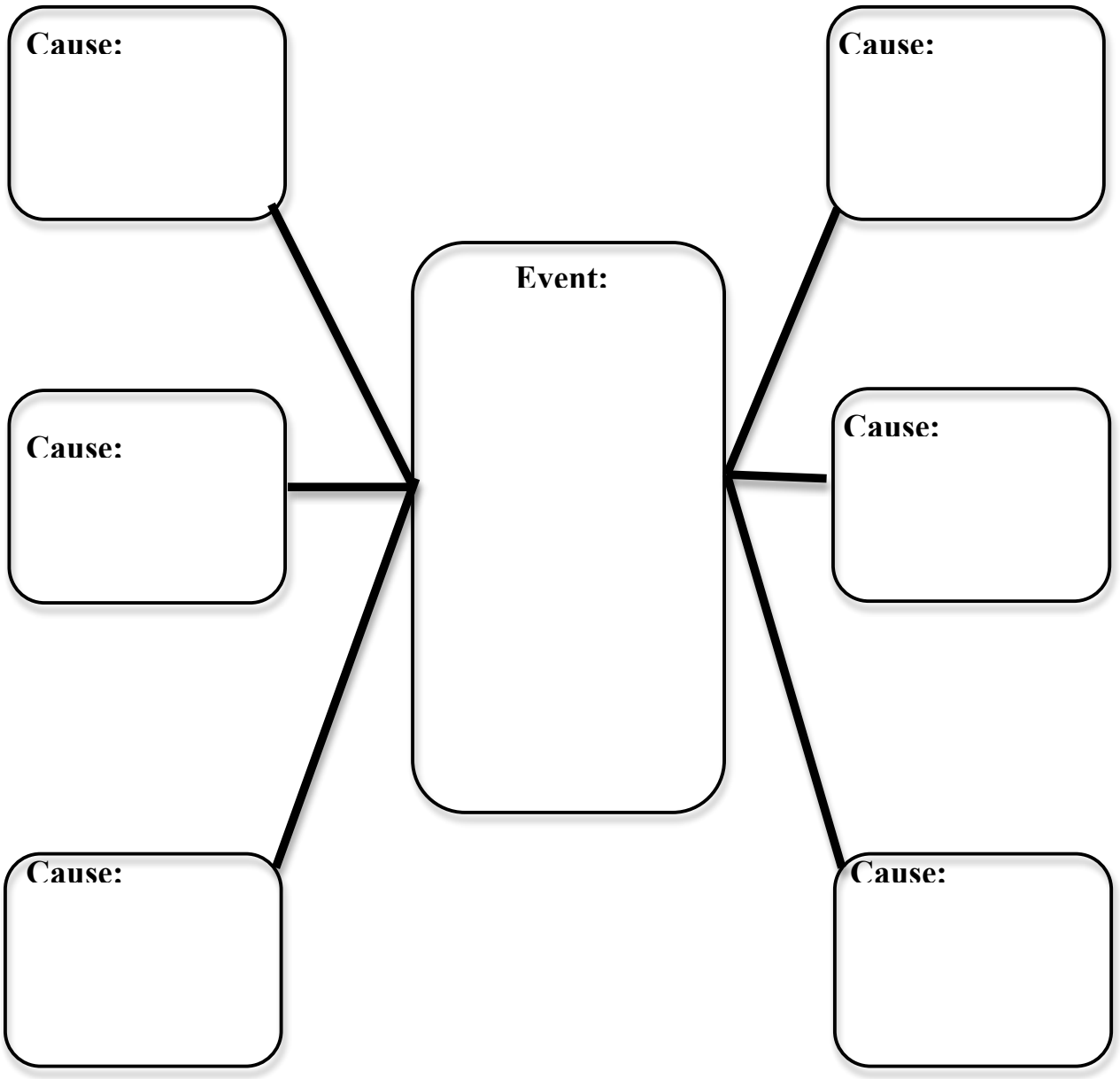
Compare and Contrast Summary



Summary Map



Event Summary



PQRST Study System

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