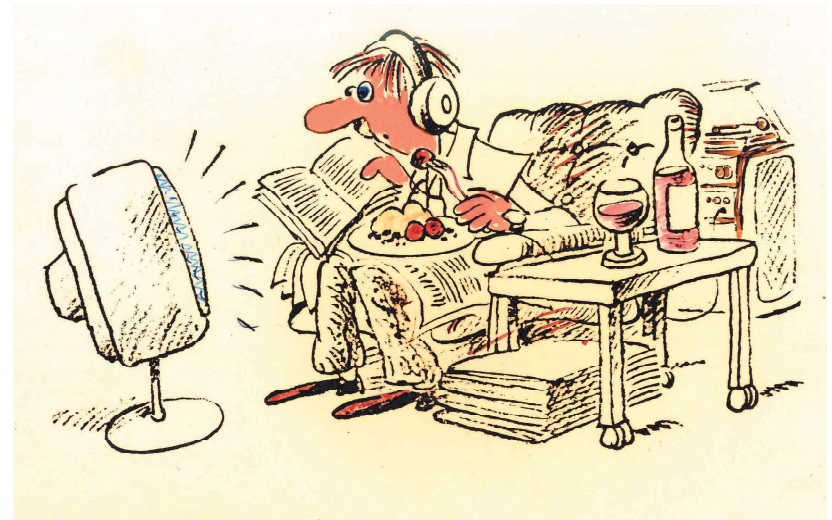


# PSQ3R

How to read fast and  
remember a lot

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A common place for learning?



## Learn versus Recall

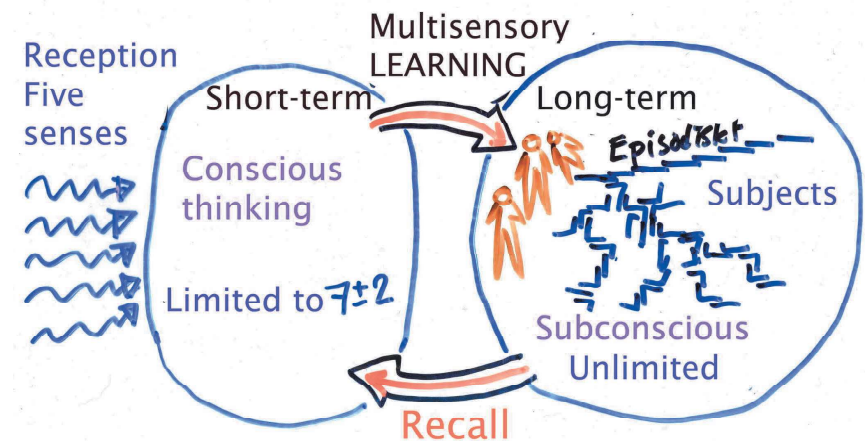
Two different states of the mind

Two different chemistry in the brain.

- Learn: from the outside (eg a book) into your brain
- Recall: from your brain to the outside eg hand note

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## The Memory – a working model



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## The methode PSQ3R

- Prepare for reading: Outer and inner space
- Survey the text very fast
- formulate your Questions
- Read the text as fast as you can
- Recall the material you have covered
- Review to find answers to your questions

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## PSQ3R: Prepare for reading Outer space

- Make the room attractive: reminders of success
- Get organize: pencil, paper sheets, post-it, the books etc
- Get a timer: work in concentrated periods
- The place for study is not used for something else

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## PSQ3R: Prepare for reading Inner space

- Get in the mood: reminders of success
- State a challenge. "In an hour I will have learnt ...."
- Get rid of all disturbance
- Get into alpha-state of mind: be relaxed

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## PSQ3R: Survey

- Flip through the pages. ONE glance at each page
- Think: What have I seen before? Where?
- If you like: Put a post-it at an interesting page

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## PSQ3R: Questions

- What questions do I need to find answers to?
- What is the challenge for me when reading?
- What is the best out-come?
- During Survey you remembered something: bring forth that memory.

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## PSQRRR: Read

You can wait till next day!

- Put the timer for max 30 min.
- Choose the proper reading style
- Read fast: more skimming than reading separate words.
- When you see an answer to one of your questions: put a post-it there
- Cover a larger part of the book

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## PSQRRR: Recall

- When the timer beeps: Close the book!
- Look at the questions and try to recall if you have seen anything that connects to them
- Wait till text or pictures come forth in your mind
- Discuss with group mates
- Open the book and point at interesting parts

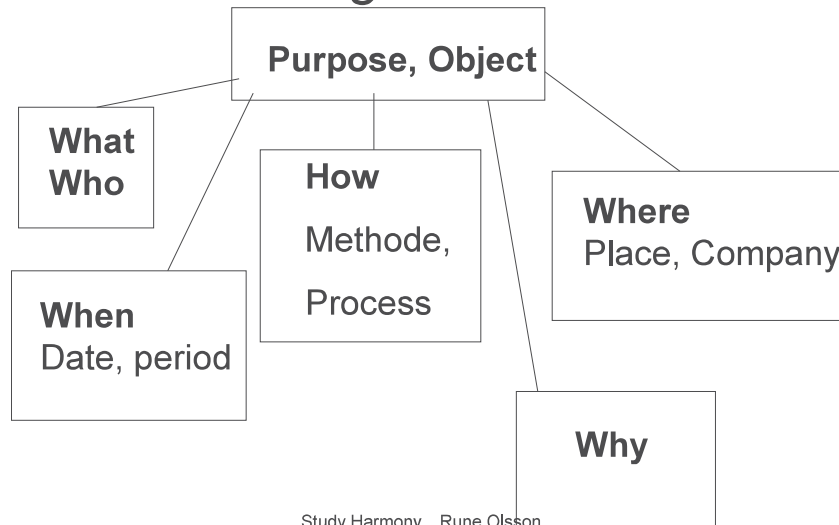
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## Recall

- Make intense memories
- Mind-map, maps of thoughts, maps of connections
- Multi-senses: Visual, Auditory, Kinesthetic. Use colors, rhythm,
- Questions starts the brain: What, Who, Where, When, How, Why

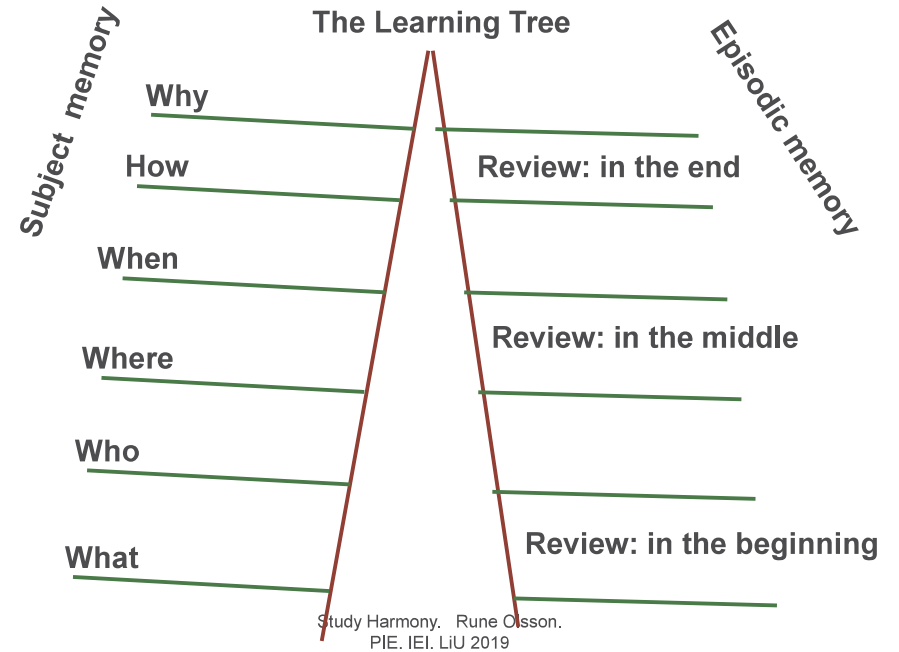
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## Sorting the matter



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## The Learning Tree



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## PSQRRR: Review

- Go back to the parts in the book where the answers to the questions might be
- Read those parts carefully.
- Write down points of interest
- These notes go to the draft of the report.

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## PSQ3R after the study time

- Praise yourself for the success during the previous reading session
- Imagine that you will read even faster in the future.

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## Further reading

- <https://www.educationcorner.com/study-skills.html>
- <https://www.intelligent.com/how-to-study/>
- Paul Scheele: Photoreading  
<http://www.learningstrategies.com/PhotoReading/Intro1.asp>

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# Don't practice speed reading

## Just do it

# Good luck with the rest of your life

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