

At first glance, the PREVIEW, READ, RECALL (PRR) method may seem time-consuming, but it can significantly improve your memory and understanding. You can use these three simple steps to read your textbook more effectively or prepare for your lectures.

1 Preview

If you have a general idea of what the text is about, you will be able to link what you know to other information that will help you to remember, understand, and express the material that you read.

How to Preview:

- Spend about 2 seconds per page skimming through the text.
- Pay attention to:
 - The title, introduction, and subheadings
 - The first sentences of each paragraph
 - Diagrams, charts, figures, summaries, conclusions, and quiz questions
- Afterwards, ask yourself:
 - What is this section about?
 - How is it organized?
 - How difficult does it seem?
 - How long will it take to read?



Most people read at about 250 words per minute. To find your reading pace:

- Count how many words are on a single page of your textbook.
- Time yourself reading for one minute.
- Record how many words you read in that time.

At that pace, you can estimate how long it will take to read each page or section and plan your study sessions more effectively.



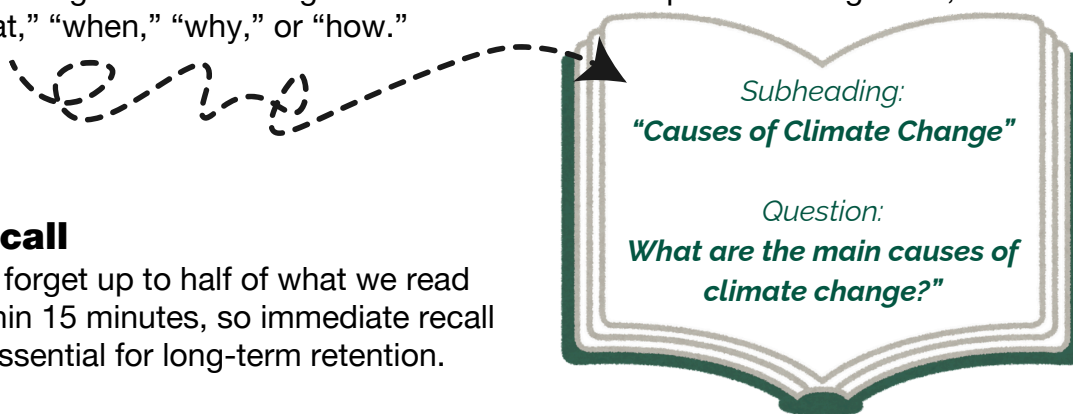
2

Read Actively

Engage with the text instead of just scanning it. Active reading combats boredom, keeps you focused, and increases retention.

Tips for Active Reading:

- Set realistic goals for both time and number of pages.
- Divide chapters into small, manageable sections (e.g., half a page or one column at a time), rather than trying to read the whole chapter non-stop.
- Take short breaks when you lose focus due to boredom, fatigue, or hunger. A brief rest helps restore energy and attention.
- Ask yourself a question before each paragraph or section, then read to find the answer.
- Try turning the subheading or first sentence into a question using “who,” “what,” “when,” “why,” or “how.”







3

Recall

We forget up to half of what we read within 15 minutes, so immediate recall is essential for long-term retention.

How to Recall:

- After reading each small section or chapter, use one (or more) of the following methods:

- Mentally summarize or recite aloud the main ideas. 
- Ask yourself questions about the section and answer them in your own words. 
- Underline or make margin notes after reading to highlight key ideas. Focus only on main points as too much underlining makes later review harder. 
- Create outlines, study summaries or create flashcards of key terms and concepts in your own words. Writing your own version ensures understanding. 
- Review with a friend. Explaining the material aloud or comparing what you remember helps reinforce learning. 