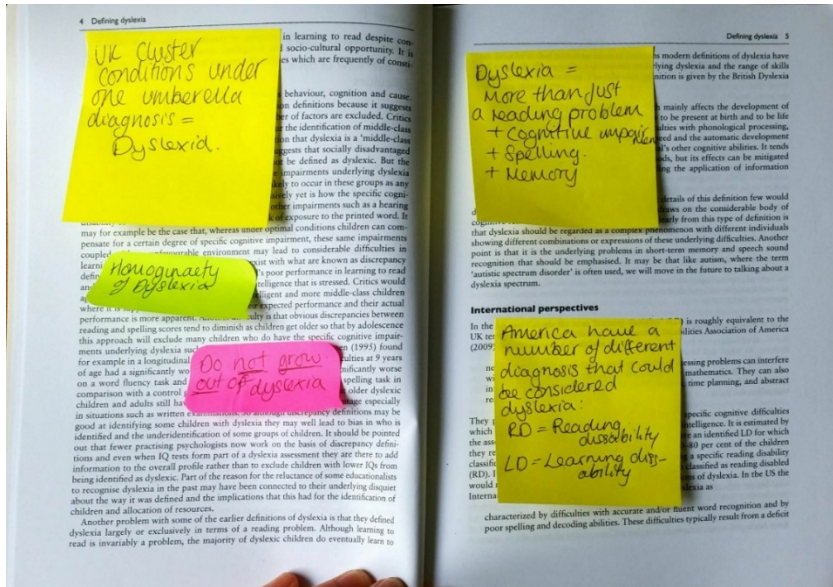


Good practices when reading

- 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.

Review Form

Score (out of 5): ☆ ☆ ☆ ☆ ☆

Article Name:

Journal:		Pages:
Vol (i):	doi:	
Author(s):		
Keywords:	Date:	Notes:
Summary:		

- **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.

- If there are words, symbols or abbreviations you regularly forget or confuse, **create a “crib” or “cheat” sheet** - a small set of notes intended for a quick reference for important information.

