
OK5R Study System

Overview – Key Ideas – Read – Record – Recite – Review – Reflect

BEFORE READING

OVERVIEW by sampling the chapter for 1-2 minutes to find out what it is about. Glance at headings and subheadings, questions, and summaries to determine what ideas are covered. Get the big picture. Don't burrow into paragraphs yet. Overview helps overcome inertia to read and study.

DURING READING

KEY IDEAS. All textbook writing is made up of 3 literary elements: main ideas, supporting details, and transitions. Your job is to discriminate between main ideas and their supporting details. Main ideas are what you need to understand, and the subsequent supporting details will help you do that.

READ only a paragraph or short section and then stop to ask yourself:

- *What is the main idea?*
- *What are the supporting and explanatory details?*
- *Do I remember the material in this paragraph well enough so that I could explain it completely and accurately to someone else?*



RECORD your understanding. Make marginal notes and underline key words and phrases. Better still, summarize main ideas and supporting materials in separate notes, such as on note cards. Avoid summarizing sentence by sentence; this is a sure sign you are missing the essential points. Focus on recording ideas, not someone else's words.

AFTER READING

RECITE because it combats forgetting! Close the textbook; cover your notes except for a main idea or two. Then, in your own words, recite aloud in complete sentences the details to that main idea. After reciting, check for accuracy. Read-record-recite in this manner, idea by idea, until you cover all the material. Reciting notes aloud in your own words is a good way to move information from short-term memory to long-term memory.

REVIEW several times each week by reciting aloud. This activity also moves information from short-term memory to long-term memory each time you do it.

REFLECT means to think about ideas. Speculate on them, compare one idea to another, notice where they agree and differ. Organize them into larger categories or compress them into smaller units.