### PARROT System for Textbook Studying

#### Preview
Previewing involves looking over the entire reading assignment with the purpose of familiarizing yourself with the concepts that will be covered. Previewing involves skimming the major headings, illustrations, charts, figures, and anything else that stands out from the text. If there is a summary, read it for the first time during the preview stage. This helps you prepare for what is to come and understand how concepts relate to one another. As you preview, in your mind, begin to . . .

#### Attend
As you preview the material and prepare to read, it is important to formulate questions based on the topics and sub-headings. Ask yourself if anything is familiar, hence activating your prior knowledge on the subject. Ask yourself what you can expect to learn or what you need to find out. This creates a purpose for you to begin reading . . .

#### Read
As you begin to read, do not attempt to read a chapter all the way through in one sitting without stopping. Instead, you read a textbook one section at a time, stopping at the end of each section to review . . .

#### Review
Reviewing does not mean word-for-word recitation of what you read. Review refers to the point at which you stop to check your comprehension by summarizing, aloud if you prefer, a brief overview of the material, preferably in your own words to help you make personal connections to the information. As you explain it to yourself, you should be taking note of how the information is organized and use this knowledge to . . .

#### Organize
As you complete each section, organize the information in a format that will help you better comprehend and study. This may involve creating an outline, developing study cards, constructing a concept map, highlighting key terms, margin notes, Cornell Notes, or another process that suits both your style and the level at which you need to recall the material. If you are preparing for a test, consider what level of knowledge will be required such as recognition, comprehension, application, analysis, synthesis, or evaluation (Bloom, 1964) and prepare your study materials accordingly.

#### Test
Finally, use your study materials to regularly teach yourself the information and test your knowledge. Are you able to define concepts, answer questions, or solve problems? Use your study cards or Cornell Notes, attend a study group, or practice applying the knowledge to new examples. Remember, you don’t know what you know until you actually test yourself.