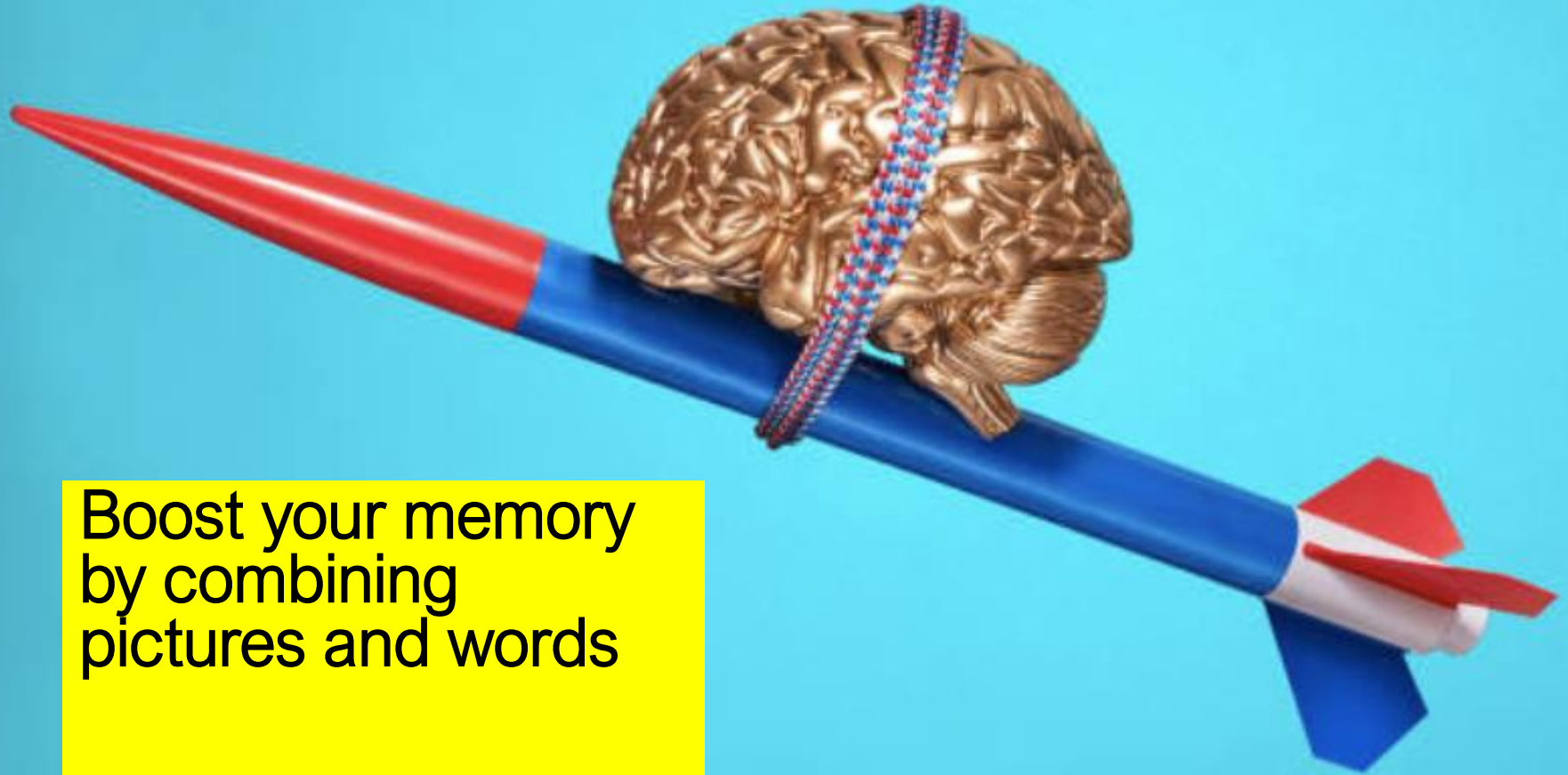


# How to mind map

# Top tip...



Boost your memory  
by combining  
pictures and words

# What must you do to remember stuff?

1. Understand it.
2. Think about it.
3. Link it to other stuff that you know.

..... **AND THEN** (and this is the bit most people ignore)

4. Encode it **visually** (and, if poss, acoustically).

**Mindmaps can help**

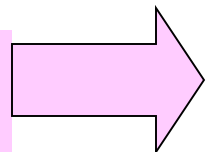
# Mindmapping

- is a tool that enables you to structure, organise and commit information to your LTM in a way that will maximise recall.
- It is based on visualisation and your ability to create associations between information chunks.
- It does not lead to the "semi-hypnotic trance" state induced by other revision methods.

# Why mindmapping?

- Mindmaps are pictures – they can be **visualised**.
- They use **colour** and **shape**.
- They emphasise the **connections** between ideas, theories, studies, etc.
- To draw them requires **understanding** (semantic processing or **deep processing**).
- They are much **more memorable** than linear notes or cards.
- They force you to **analyse** what is being said, and then **categorise** it, **summarise** it and **organise** it in a way that is **meaningful** to you.
- It's slightly more **fun** than other methods.

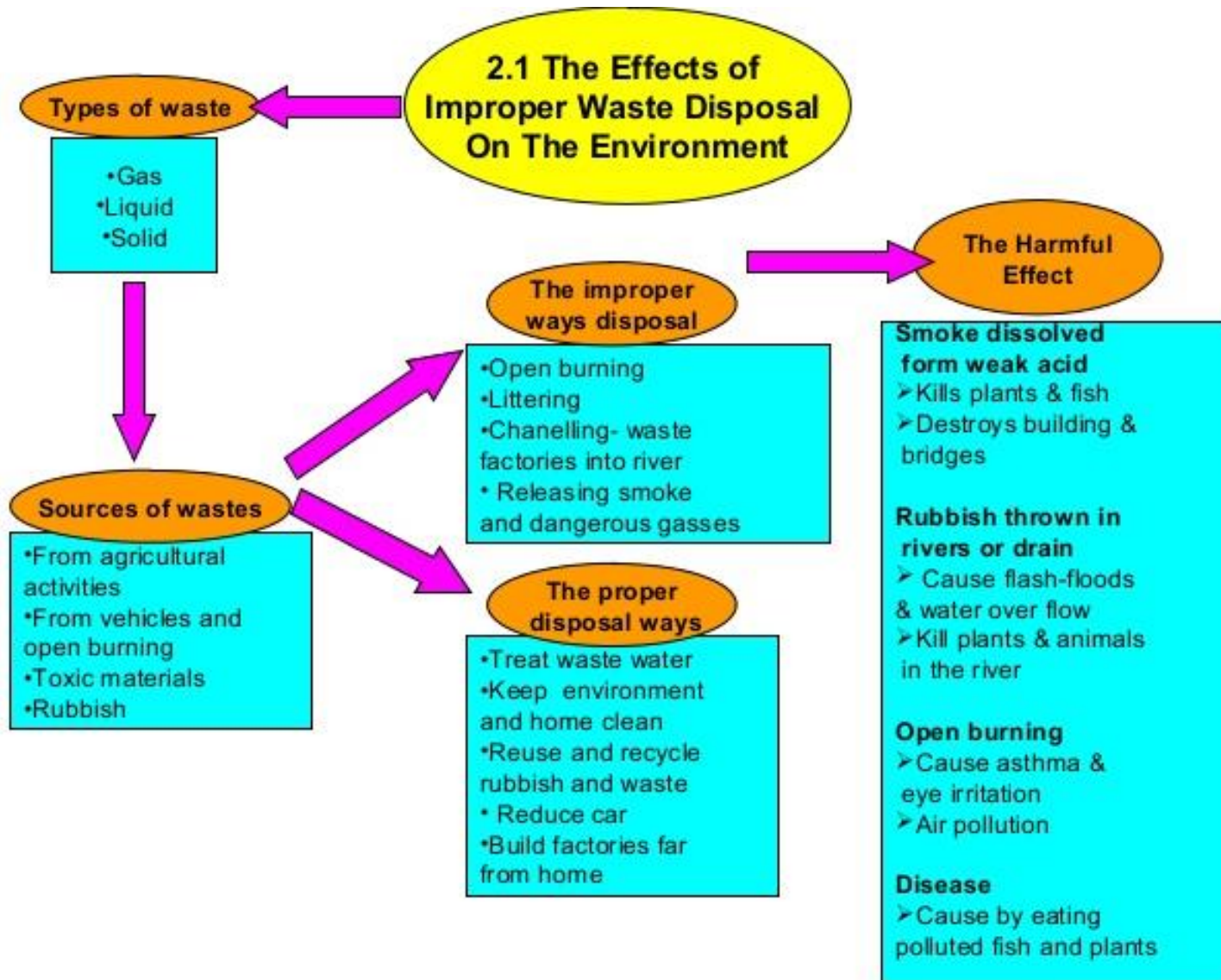
How to mindmap



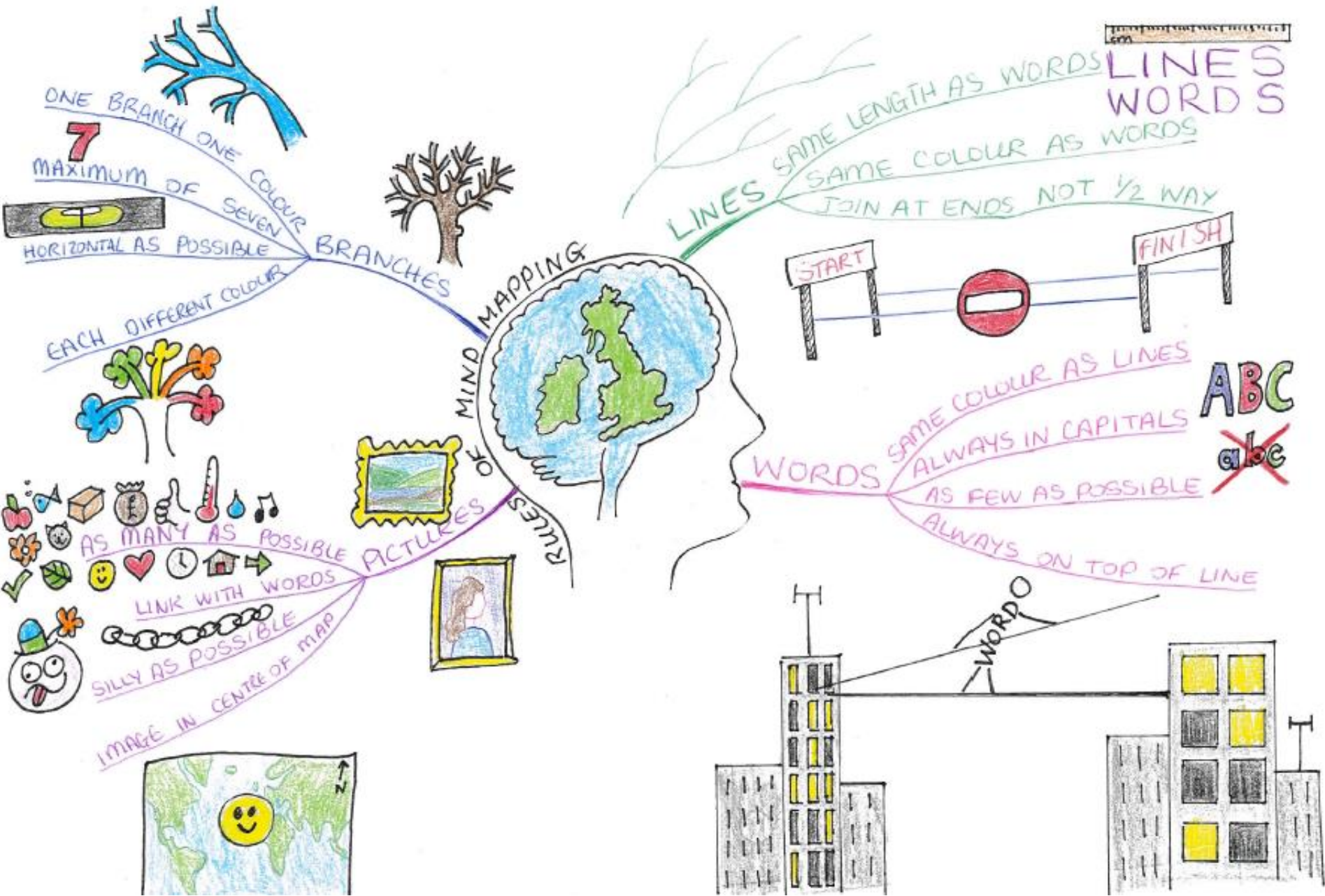
# The rules of mind mapping

- Take the note you have already made on your topics → make your mind map from these.
- Less text/avoid long sentences, more pictures.
- Big ideas near the centre, detail at the edges.
- More pictures.
- Big pieces of paper.
- There will be lots of pictures but also the whole thing will look like an image as a whole.
- Colour & shape
- Elaboration & detail (but not too much)
- Distinctiveness

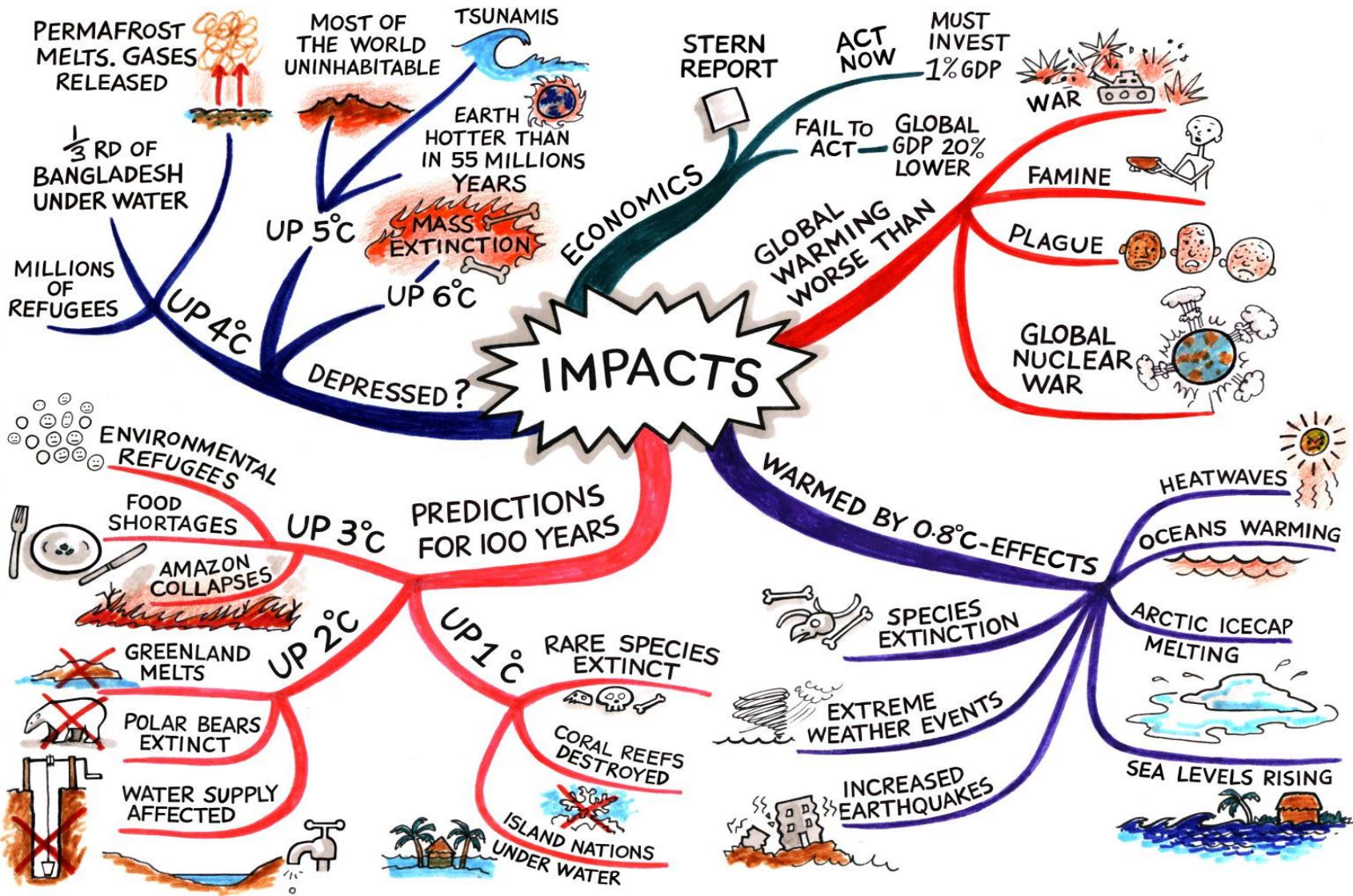
# Non effective mind mapping



# Effective mind mapping







# Next step...

- You have to learn the stuff!
- Look at your mind map for several minutes
- Make a mental point of where the different information is located on the page
- Turn it over
- Try to write out your mind map from memory
- Fill in any gaps in a different colour pen
- Repeat this several times, over several weeks

Watch this video