

How to Mind Map

Mind Maps are used by millions of people worldwide to help summarise notes, a block of text or even a story into a simple and fun memory tool.

Let's create an easy and effective Mind Map which could really help your revision or organise your study notes.

Before we start, you are going to need:

- A blank piece of paper
- Some coloured pens/pencils
- A creative open mind

If you are starting with a block of text, highlight the key facts that you need to remember. In some exams, you don't need to remember everything word for word. Less is more when it comes to Mind Mapping, use **single key words and images**. Only one per branch. Out of 100 standard words of written text, only about 10 are **really important** and it is much simpler to remember a single Mind Map summarising key idea than to memorise pages and pages of boring and tedious notes. Start in the **middle** of your **blank fresh page** with your paper on its side in **landscape** format. Our perirhinal vision sees more in 'widescreen' format than in portrait. Plain, unlined is better, you need the page to be clear. This allows 360 degrees freedom to express your creative thoughts and ideas. Begin by drawing an image right in the **centre of the page** (as you can see above). This will be the main subject of the Mind Map. Use at least three **colours** because colour **stimulates the brain**. The mind thinks in **pictures** ("a picture speaks a thousand words") and the **colour** will help activate your **memory** by bringing your creative brain into your thinking.

The beginning

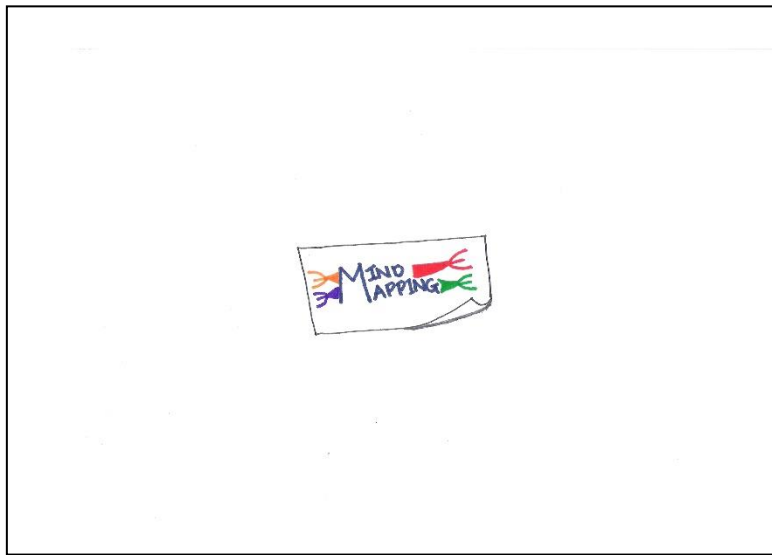
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- Less is more when it comes to Mind Mapping, use **single key words and images**. Only one per branch.
- Out of 100 standard words of written text, only about 10 are **really important** and it is much **simpler** to remember a single Mind Map summarising key idea than to memorise pages and pages of boring and tedious notes.

Getting started - a blank canvass

- Start in the **middle** of your **blank fresh page** with your paper on its side in **landscape** format. Our perirhinal vision sees more in 'widescreen' format than in portrait.
- Plain, unlined paper is better, you need the page to be clear. This allows 360 degrees freedom to express your creative thoughts and ideas.

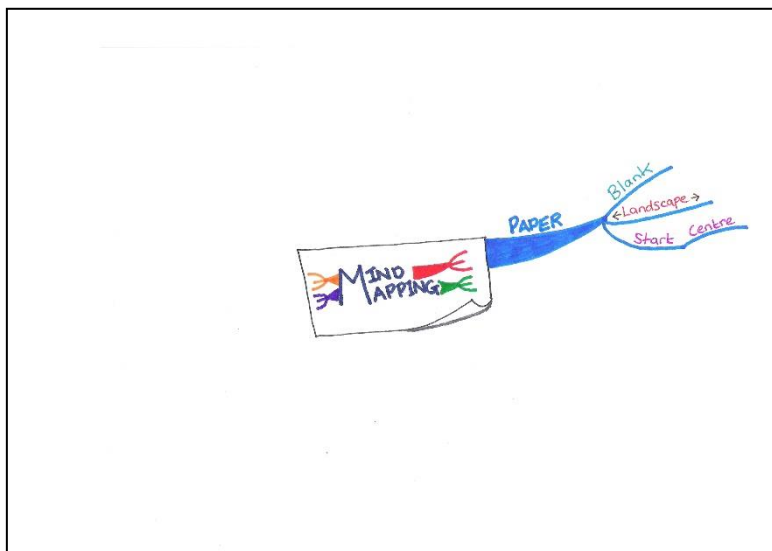
Let's get started at creating our Mind Map

THE CENTRE OF THE PAGE



- Begin by drawing an image right in the **centre of the page** (as you can see above). This will be the main subject of the Mind Map.
- Use at least three **colours** because colour **stimulates the brain**.
- The mind thinks in **pictures** ("a picture speaks a thousand words") and the **colour** will help activate your **memory** by bringing your creative brain into your thinking.

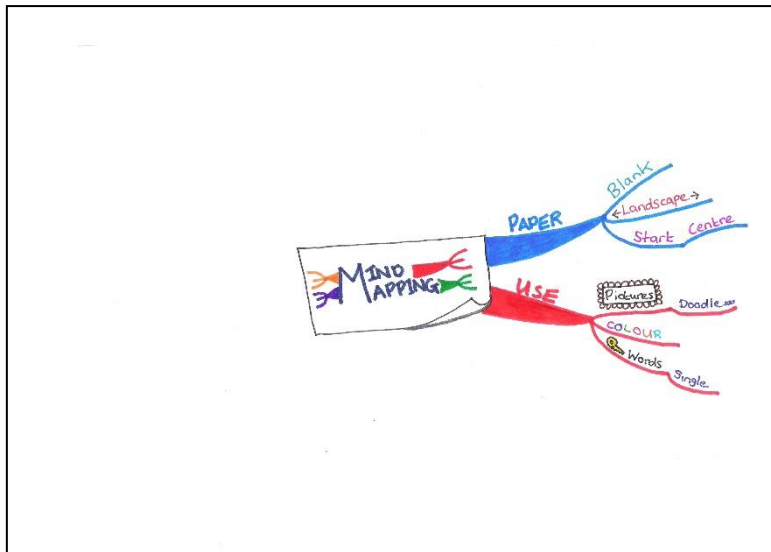
THE FIRST BRANCH



Now we have our focus on the centre of the page, let's look at where we start putting our key information

- Create your **first branch** stemming from the top right of the central image. If this was a clock face then this would be roughly **2 o'clock**.
- In the image above, you can see that we have added the first rules – **blank paper, landscape** and **start** in the **centre**.
- Notice how we have just summarised the key points?

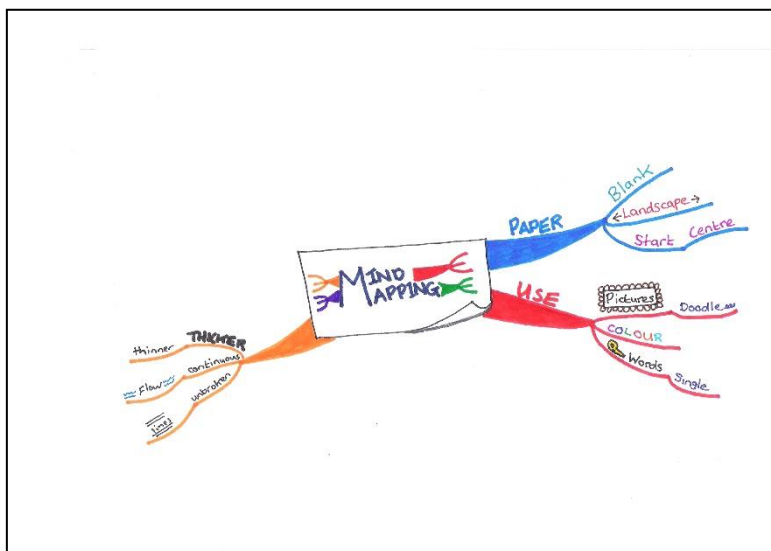
EFFECTIVE KEY WORDS AND PICTURES



In the first branch we used single key words but it is more powerful to combine key words and pictures.

- Where possible, use single **key words** and **pictures** and only **one fact per branch**.
- You don't have to be a brilliant artist, **doodling** is absolutely fine but remember to keep using **colour**.
- Above, we have added some simple facts by using a combination of both.

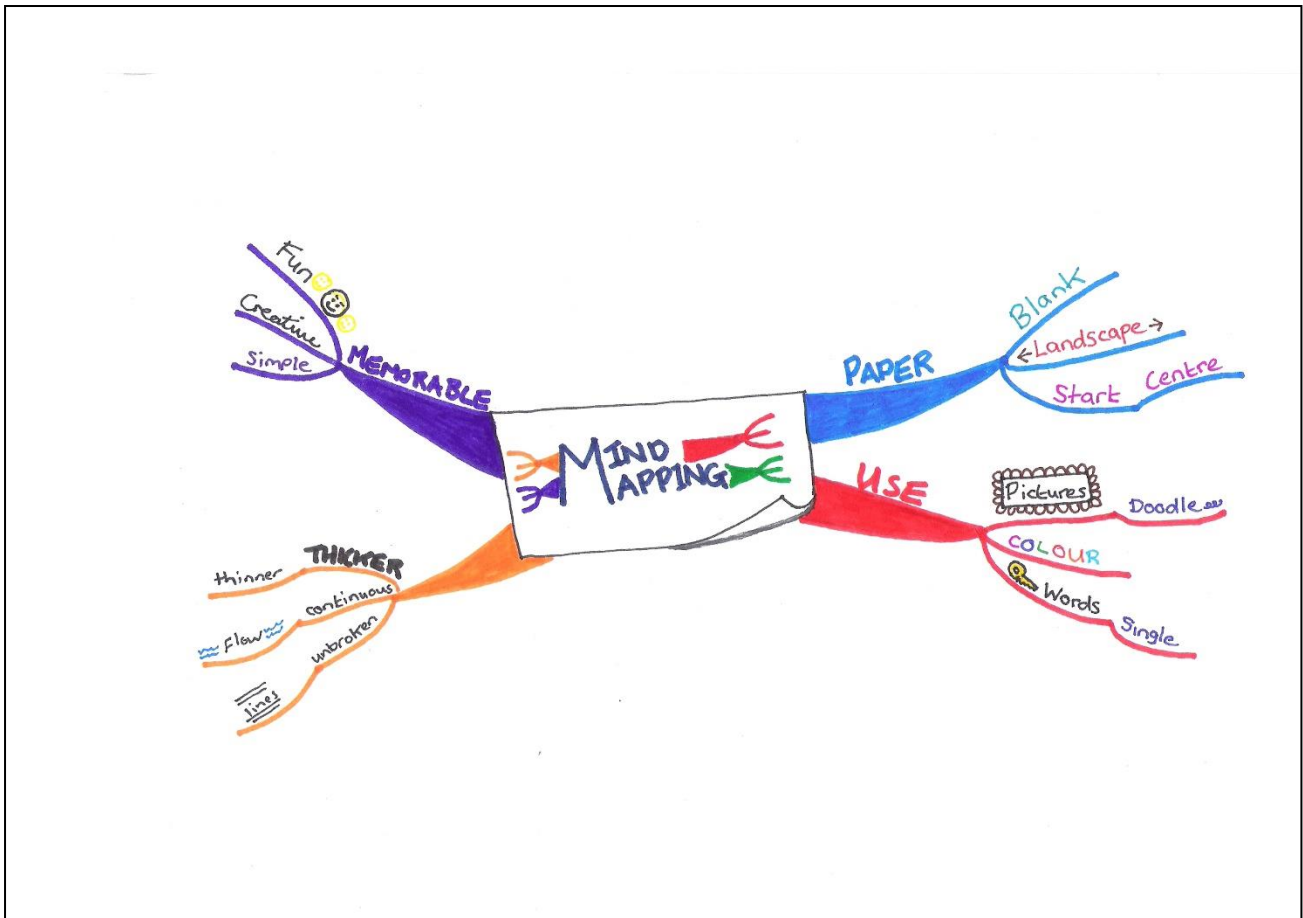
KEEP YOURSELF CONNECTED



Another thing our brain loves is connection and continuity.

- Make sure the branches are **connected** to each other as well as the main central image.
- Use a **single colour** for the **lines** and **CAPITAL LETTERS** for the topic of the bigger branch (**thicker lines**). *We have used orange on this occasion.*
- Add more important facts and further detail to the smaller branches (**thinner lines**).
- Notice that the **unbroken lines** are and gives a **continuous flow** making it easier for your brain to process.

KEEP IT SIMPLE AND HAVE FUN



The key to a good and effective Mind Map is to make sure you don't over-complicate the whole process. Remember that we kicked off by saying that out of 100 standard words of written text, only about 10 are important.

- Remember to keep it **simple**, be **creative** and have fun whilst **creating**.
- Understand that you don't have to be a great artist to draw a good Mind Map. Let's face it, our Mind Map above isn't going to be displayed in an art gallery but is certainly going to be **memorable**.

One of the final points to remember, when you are creating a Mind Map, your brain is already starting to make strong association with the facts you are putting onto the sheet. If it takes you around half an hour to complete, remember that your brain is already getting a good workout. The facts are starting to lodge into your memory as your brain makes associations.