



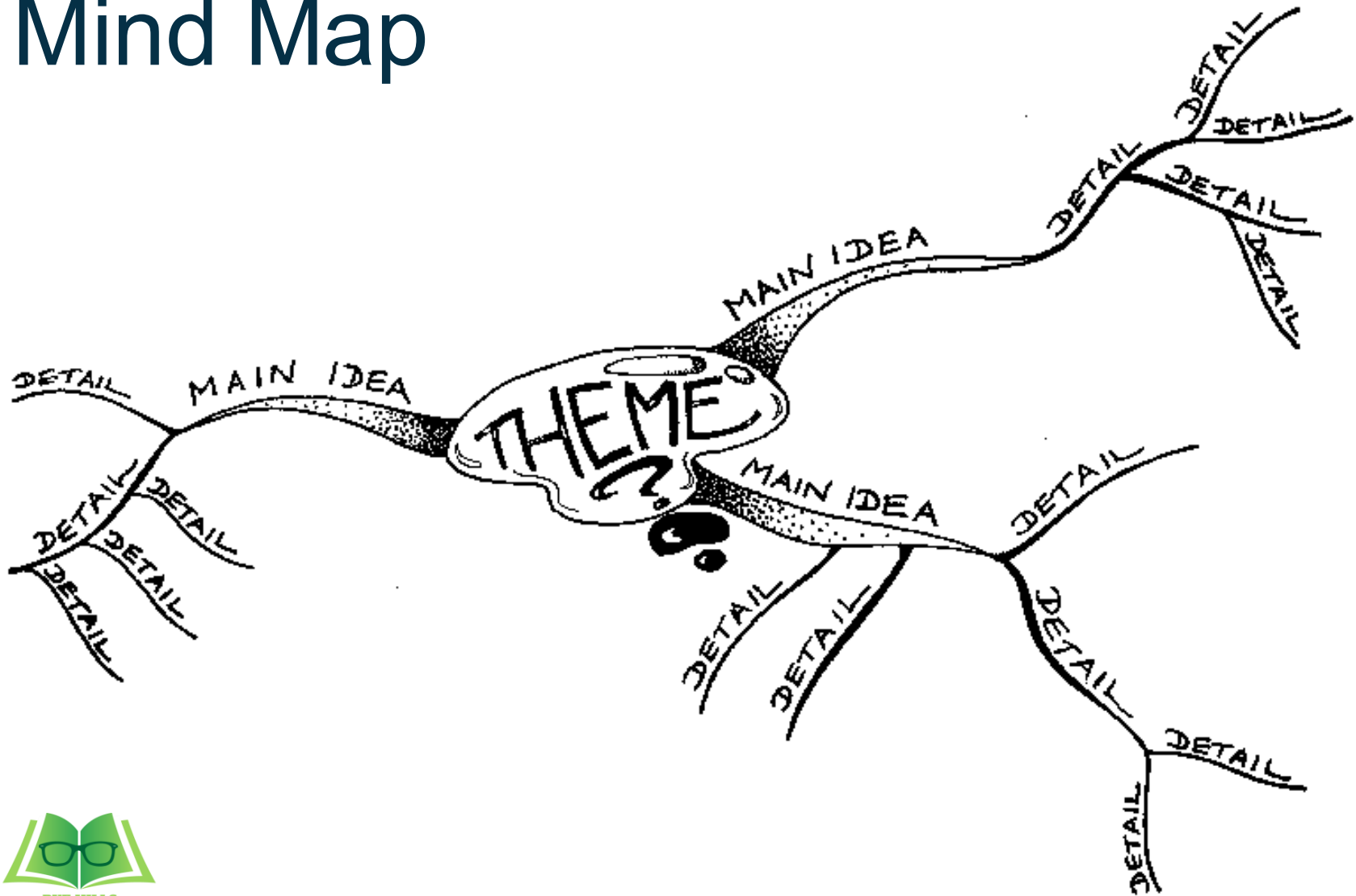
**Rye Hills  
Academy**



# Using MIND MAPS effectively

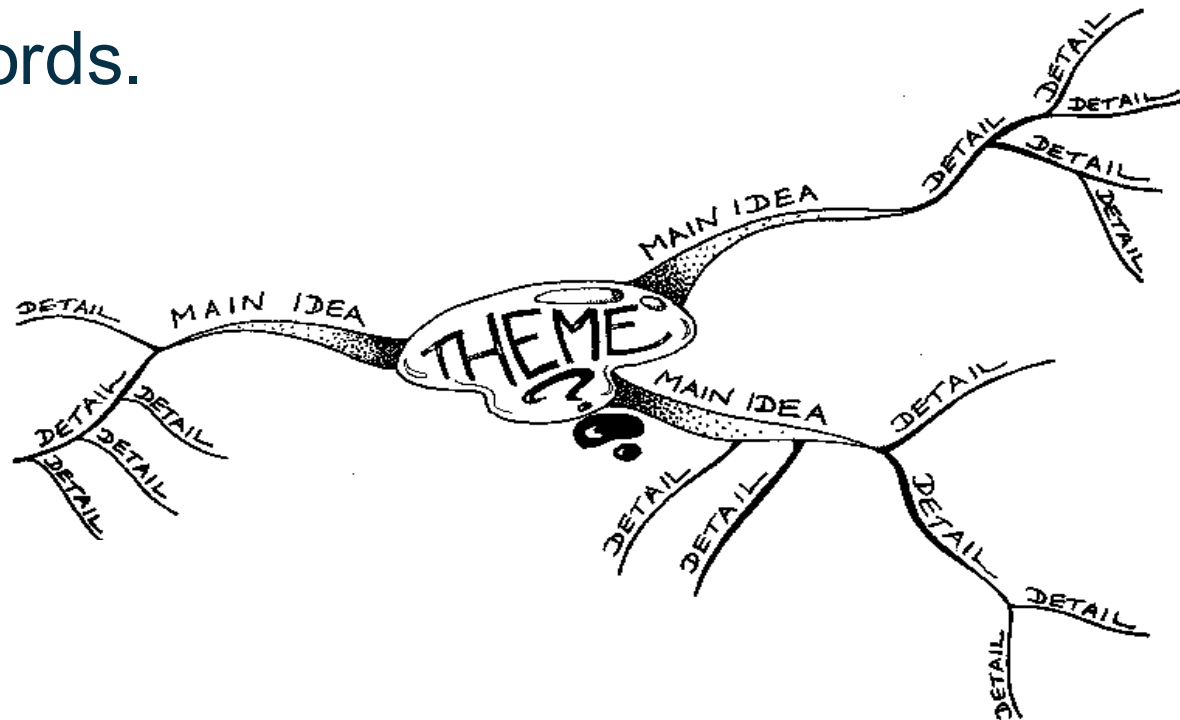


# Mind Map



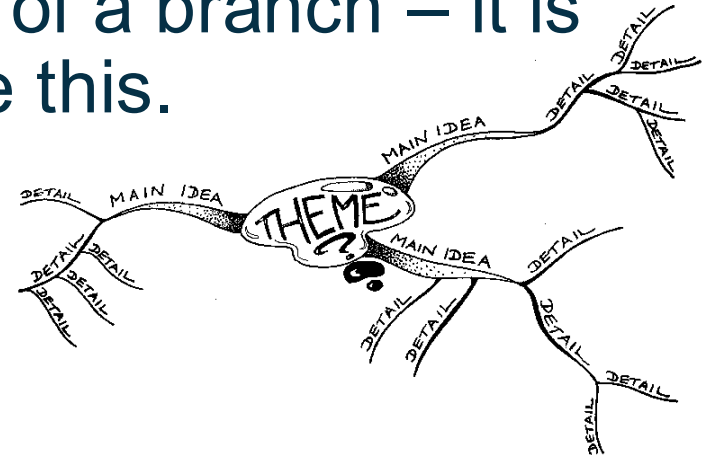
# Layout of a Mind Map

- Main topic is the centre point – use an image.
- Branches off the centre are subheadings.
- Branches from the subheadings are the key words.

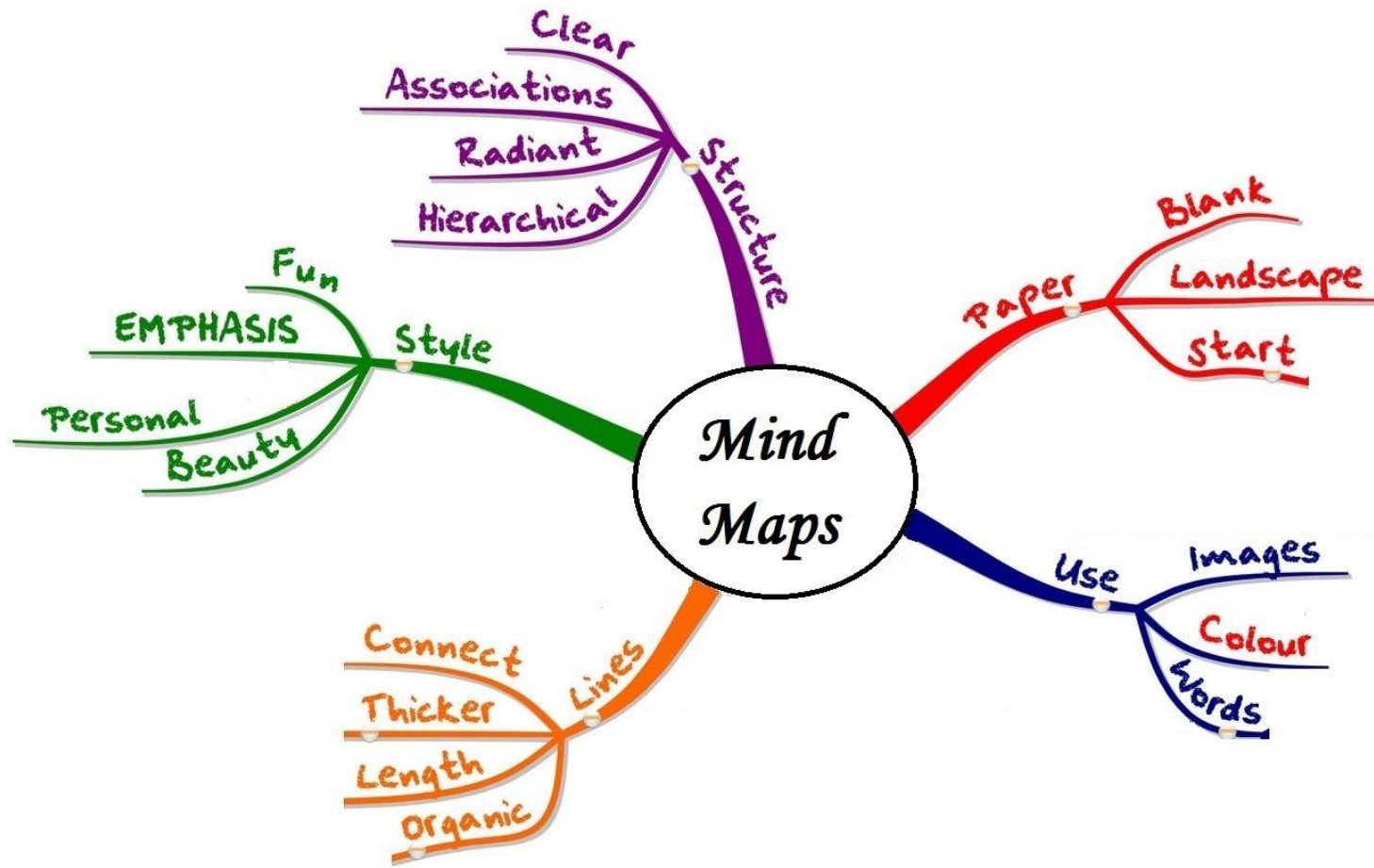


# Use CAPITAL LETTERS and write ALONG the branches not at the end

- If you write in CAPITALS your brain has to work a little harder and this is good for strengthening neural pathways – your memory!
- The same with writing along the branches - evidence suggests this is more effective than putting information at the end of a branch – it is more logical and our brains like this.

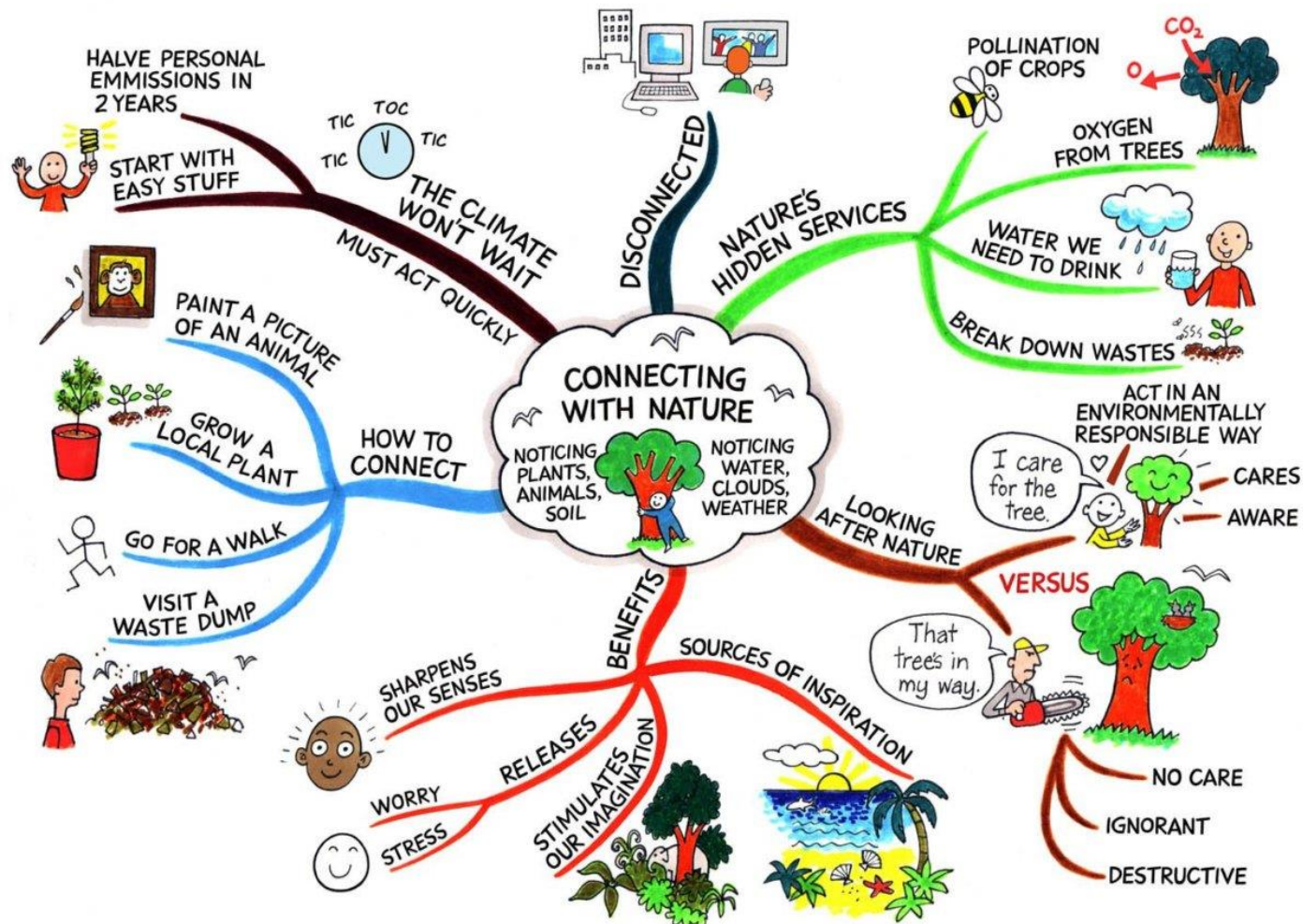


- Use colours and design in landscape
- Create thicker branches from the centre



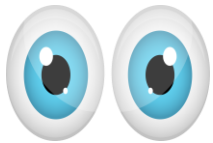
# Add images to your mind map

Our brains remember images before words!



# Test yourself **This is the important bit!**

- **Look** at a branch on the mind map – read it.
- **Say** it out loud – it will help you remember it.
- **Cover** the branch up.
- **Write** down what you can remember.
- **Check** what you missed and try again.
- Work your way around the branches.
- Eventually, you should try and recreate the whole mind map from memory!





# Ask someone to test you using the mind map.

- Ask family or friends to use the mind map to test you and ask you questions. Branch at a time.
- By speaking out the answers out loud you are not only retrieving information but you're helping it to stick!
- Testing and Quizzing is THE most effective way to help knowledge stay in your brain!





# Use the mind map every day until...

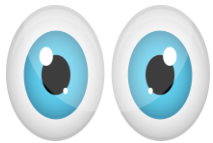


- Once you know the mind map from memory, look at it and revise using it **several times a week**
- When you are completely confident, look at it and revise from it **once a week** to ensure your brain does not forget it.
- When you are looking at it weekly and you realise you have forgotten the information, **take it back to daily!**



**Remember** – it is not the creating of the mind maps that is the most helpful part. It is using the mind map to test yourself.

The **Look, Say, Cover, Write Check** method is key to strengthening memory!





# In the exam visualise the mind map in your head.

