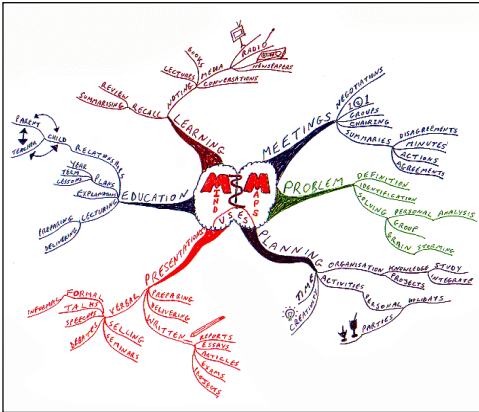


Using Mind Maps for Learning



Mind maps are one way of learning psychological material. They are useful for a number of reasons:

- Most people find learning lots of text difficult. Mind maps help you reduce text to a few key phrases and ideas.
- Creating a mind map requires a lot of thought (if you're doing it right). This thinking helps to create strong memories that don't fade quickly.
- The mind map itself is a useful revision aid – you can use it to quickly remind yourself of the important ideas or concepts in a topic or specification area – very handy near exam time!

How to do it...

- Start with a sheet of blank paper. In the middle of the sheet, write the name of the topic (or study, or theory or whatever) you are going to learn. Draw a circle round it.
- Now draw lines branching off from the circle. They should be straight lines, and there should be one line for each subheading of the material. For example, looking at the learning theory of anorexia, the branches might be called 'operant conditioning' and 'social learning'.
- Along each branch, write its topic heading.
- At the end of each branch, you now add in sub-branches, one for each important idea or fact.

You can...

- Use **colour** to help separate out different branches or different types of material
- Use underlining and **highlighting** to stress important words
- Add small, simple **diagrams** to help you understand and recall ideas

But you must not...

- Write anywhere **except** along the lines
- Include **sentences** – key words and phrases only
- **Overcrowd** the page – keep it as simple as possible

Here's an example to get you started...

