

Self-Directed Learning: Mind Maps help! (1)

Do you find notes-taking boring? Do you find it difficult to concentrate while studying? You should start drawing "MIND MAPS" if you have the above worries. We will introduce mind mapping to you in the following issues of Ringing Ten. Hope this magic tool can help you make your homework easy, your studies and revisions efficient and effective, and – have more fun along the way!

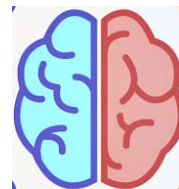
What can a mind map do? It can help you:

- Write
- Organize your thinking
- Remember things better
- Get information into and out of your brain
- Solve problems
- Keep you focused on the main idea and all the additional ideas
- Come up with brilliant ideas and plan projects

Why do mind maps work better than notes? Because notes are:

- written in lines
- made in lists
- written in one colour (black or blue)
- consist mainly of words and numbers
- using numbers to structure the order of the words

Left Brain
Numbers
Words
Analysis
Sequences



Right Brain
Imagination
Rhythm
Colour
Dimension

In contrast, **mind maps** are...

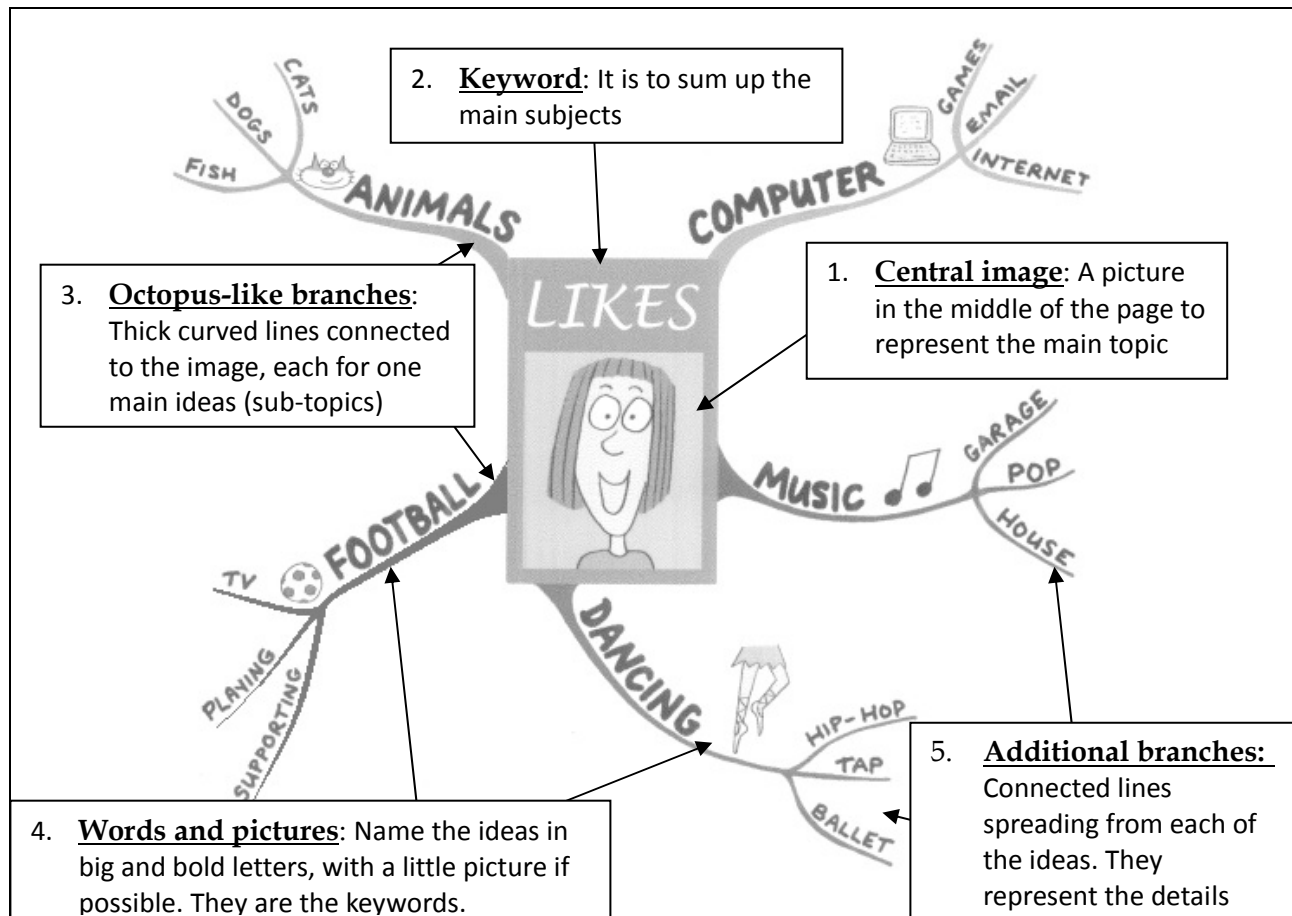
- made up of words, colours, lines and pictures

You can see how our brains work from above. We use mainly our left brain when taking and studying standard notes. But mind maps are different...

This means you use only half of your brain's capacity when making standard notes, omitting the fact that your brain thinks and remembers in colours and pictures too. Using both sides of the brain can help you concentrate on your studies. To fully utilize it, you should try some brain friendly methods – **Use Mind Maps!**

To draw a mind map... You only need to have: 1. A blank sheet of unlined paper; 2. Coloured pens; and 3.

Your brain. Here is an example of a mind map:



We'll talk more about what to do with a mind map, and how to use a mind map in the next issues. You may also borrow books about mind maps in our library if interested. See you next week!

(Reference: Buzan, Tony. *Mind Maps for Kids: the shortcut to success at school*. Thorsons, 2003.)