

**THE BEGINNERS
WORKSHOP TO**

MindMapping



**Everthing you need
to start organizing
your mind today !**

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Introduction

The Intention:

This workshop is designed to show the basic mind mapping skills so you can apply them to your daily life

The Description:

This workshop will explain the definition of mind mapping and its many benefits. It will also give you some simple mind mapping examples and show you how to get started in making your very own mind maps. Finally it will give a list of resources and helpful tips to enhance your knowledge base

What is Mind Mapping

Mind mapping is an effective means to take notes and brainstorm essay topics. A mind map involves writing down a central theme and thinking of new and related ideas which radiate out from the centre. By focusing on key ideas written down in your own words and looking for connections between them, you can map knowledge in a way that will help you to better understand and retain information.

What are the benefits of Mind Mapping

The benefits of Mind (visual) Mapping are extensive and far reaching in that it naturally expands our

biological thinking capacity and ability to think laterally in any given situation.

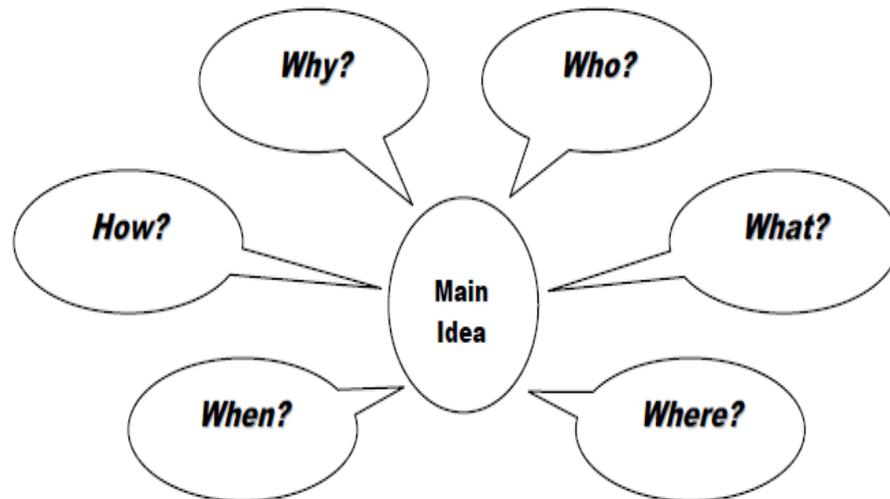
Here are some of the prolonged benefits experienced by “serial” Mind Mappers (those who regularly

Utilize Mind Maps to clarify their thinking and organize their ideas):

- Improved capacity to see the bigger picture.
- Improved capacity to see detailed information.
- Improved capacity to remember complex information.
- Improved capacity to remember related chunks of information.
- Improved capacity to cope with mental clutter.
- Improved capacity to cope and manage periods of information overload.
- Improved imagination.
- Improved memory and retention.
- Improved levels of concentration.
- Improved note-taking ability.

- Improved level of interest in the content or subject one is studying.
- Improved problem solving ability.
- Improved management of study and revision time for Academics.
- Helps unlock hidden understandings within information chunks.
- Helps unlock unexpected creative insights and ideas.

Examples of mind maps



How do I get started with mind mapping

Start in the absolute center with an image of the topic, using at least 3 colors.

- Use images, symbols, codes, hints and dimensions throughout your mind map.
- Select key words and print using upper or lower case letters.
- Each word/image is best alone and sitting on its own line.
- The lines should be connected, starting from the central image. The central lines are thicker, organic and thinner as they radiate out from the centre.
- Make the lines the same length as the word/image they support.
- Use different colors throughout the mind map, for visual stimulation and also to encode or group.
- Develop your own personal style of mind

mapping. Develop it according to your personal style and taste.

- Use emphasis and show associations in your mind map.
- Keep the mind map clear by using radial hierarchy, numerical order or outlines to embrace your branches. Make it clear.

How do I apply mind mapping to my daily life

1. One of the most obvious advantages of mind mapping is the ability to organize your thoughts. Our daily lives are filled with chaos and an overwhelming amount of information. With an over load of information it can be difficult to discern and completely think out the ideas. Mind mapping will allow you to think through your ideas and strengthen them.

2. Mind mapping will help you remember information more easily than ever before. Because mind mapping uses graphic representation of your ideas it makes your main connect with the ideas more and retain them. The graphical connection between ideas with lines helps your brain fully understand the idea and connect ideas.

3. Often we have a great idea but it is nearly impossible for

us to explain this idea to others in a way that makes logical sense. Mind mapping is a great tool for analyzing your ideas. It will help you to link related information and build your idea. As your brain follows your mind map it will get a deeper understanding of the entire idea making it easier to be communicated to others.

4. Throughout the day we have to make decisions. Usually there are large decisions that need to be made everyday especially at work. If you are having issues resolving a problem you can use mind mapping to help you make a better decision. This tool will help you clearly think out the issue at hand and make the best decision possible.

Resources

Useful sites

[~ How to develop maps](#)

<http://www.udel.edu/chem/white/C342/CMap.ppt>

[~ istudy.psu.edu > FirstYearModules > ConceptMap > ConceptInfo](#)

[~ Example maps http://live-the-solution.com/mindmaps/](http://live-the-solution.com/mindmaps/)

[~ mind-mapping.co.uk > Mind-maps-examples > Education](#)

[~ Kinds of maps](#)

http://www.informationtamers.com/WikIT/index.php?title=Information_map_types

[~ Mind Maps for assessment](#)

<http://dmc.umn.edu/activities/mindmap/>

[~ Videos on Mind Mapping](#)

http://au.youtube.com/results?search_query=tony+buzan