

Mind Maps

Years 7–12 | Effective Study Strategy

WHAT ARE MIND MAPS?

A mind map is a visual diagram that organises information around a central concept. Branches radiate outward to key themes, and sub-branches add detail, examples, and connections. Developed and popularised by Tony Buzan, mind maps mimic the associative structure of memory itself.

WHY DO THEY WORK? THE PSYCHOLOGY

- Mind maps leverage the brain's tendency to organise information spatially and associatively, rather than linearly.
- The act of building a mind map is constructive — you are organising and connecting information, not just reading it.
- Using colours, images, and spatial layout creates multiple retrieval cues, making memories more accessible.
- Best used as a consolidation or review tool — build the map from memory, then check it against notes.

"The best mind map is one you build from memory — not one you copy from your notes."

HOW TO BUILD AN EFFECTIVE MIND MAP

Principle	Why It Matters
Put the main concept in the centre	Anchors the whole structure.
Use single words or short phrases on branches	Forces you to process and compress ideas.
Use colour for different branches	Creates visual distinction and aids memory.
Add small images or symbols where possible	Activates dual coding — visual + verbal.
Build it from memory first	Ensures retrieval practice, not passive copying.

MY MIND MAP PLANNING SPACE

Central Concept / Topic:

List your main branches (key themes) before drawing:

Branch (Main Theme)	Sub-branches / Key Details
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1.	
2.	
3.	
4.	
5.	
6.	

From Here

Use the table above to plan your structure, then draw the actual mind map on a blank A3 page in colour. Take a photo to review digitally.

After building from memory — what branches did you forget?
