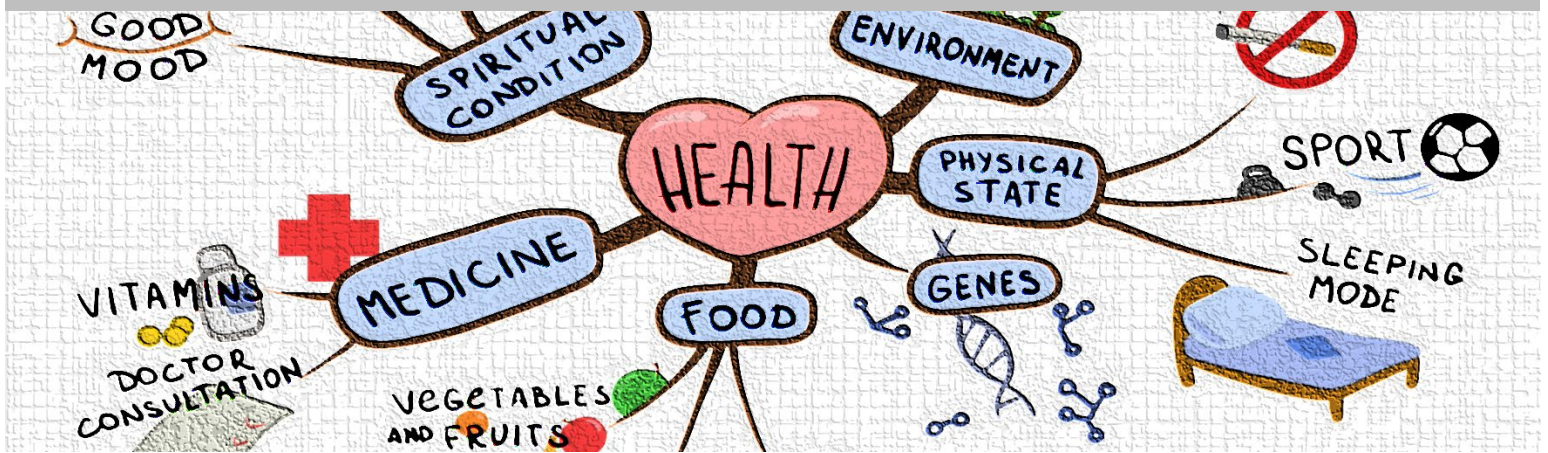


Mind Mapping



What is it and why do I care?

Mind mapping harnesses the incredible visual processing skills of your brain and pairs it with your ability to retain information by making your own connections between ideas. Simply put, it's the combining of pictures and words ([dual coding](#)) to either test what you know ([active recall](#)) or take notes.

When first learning a new concept, mind mapping can help you visualize the big picture. As your knowledge of the concept deepens, it can help you spot patterns and make connections between seemingly unrelated topics. That ability to make those connections is a crucial nursing skill called critical thinking.

How do I use it?

When to Use It

- Shortly after you've been introduced to a new concept – use it to check for “big picture” understanding
- As you add complexity to an existing concept – use it to confirm the details and make connections
- When you're preparing for a test – build your critical thinking, see the Challenge Round below

The Basics of Mind Mapping for Learning

1. Put away all your resources (notes, books, etc.)
2. In the center of a blank piece of paper write down a single concept
3. Branching off from the center, note everything you know about that concept using both pictures and words
4. Check your map against your notes for accuracy and understanding
5. Study what you missed and map again

Tips and Tricks

- Don't make the central concept too broad – especially when you're first learning the information (e.g. go for Diabetes Symptoms, not Diabetes)
- As your knowledge grows, increase the complexity of your mind maps
- Mind maps are generally colorful – consider using different colors for different “branches” (e.g. green for medications, orange for symptoms, etc.); use the same scheme for all your maps
- If colors cause information overload, work in shades of grey and try using standard symbols for the “branches” (✚ for medications, ☑ for symptoms, etc.)

Challenge Round: You've put in the work and can rattle off the risk factors, symptoms, medications, and complications of countless diseases. Really push your learning by switching things up.

- Start with a symptom and mind map all the associated diseases
- List a medication and map how it affects each body system

Video Resources

Overview: <https://youtu.be/GworNfE-enY?si=87K7-b-SHOHULgTg>

Med-Specific: https://youtu.be/g7j_CoKD1Xs