

## RESILIENT ME FACTSHEET

# Mind Mapping

### Overview



In the world of study skills, **Mind-Mapping is a giant super-tool.**

It is incredibly flexible and can be used in almost every learning situation including revision, note-taking, planning, brainstorming and prioritising. Add to that – it's fun!

No wonder then that students find it super-effective for boosting retention, recall, creativity, planning and confidence-building!!

This workshop is a high-impact experience that is at the core of ongoing accelerated learning and development.

### Delivery Options

#### FACE TO FACE or VIRTUAL

Year groups 7 – 13

Duration 2 x 2 hours, 3 x 80 minutes, 4 x 60 minutes

Audience – up to 100 students seated at desks

#### ONLINE

Currently available as part of our Stress Free Study Skills workshop

#### This workshop supports:

Ofsted Education Inspection Framework

- 3Is
- Behaviours and Attitude
- Gatsby Benchmark 3

### Key Topics

- How to construct a mind-map for:
  - Revision
  - Planning
- Keywording
- The importance of pictures and colour
- Mind-mapping on the computer
- Organising thoughts

### Learning Outcomes

At the end of this workshop students will be able to:

- Construct mind-maps for revision and planning
- Boost understanding and recall
- Understand how to use keywording effectively
- Be better able to organise their thoughts
- Develop robust planning skills
- Create fast and effective notes
- Use their imagination and creativity to make learning more engaging, more effective and more fun!

***“Learning how to learn is life’s most important skill” Tony Buzan (inventor of the mind-map)***

For more information or to check dates and availability please contact Resilient Me



**resilientme**  
STRENGTH THROUGH UNDERSTANDING

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