



Mind-mapping workshop

You can use your brain better, process more information, maintain better perspective and learn faster through mind mapping.

Aim

One way to better use your brain, process more information, maintain better perspective and learn faster is the mind-mapping technique. This focuses on using both brain hemispheres together, thus activating parts of your brain that you would normally use less, and enabling you to memorize things faster and better.

Mind mapping helps you structure complex information, organize your thoughts, prepare projects, assignments and presentations and increase your creativity.

Target group

The course is aimed at anyone who wants to learn and process information faster and enhance their creativity.

Length

Approx. three hours



Content

- **Introduction**

In order to use your brain better it is useful to know more about it. This most complex system in the universe does not come with a manual. In this workshop you are given a short and practical explanation of several aspects of the brain.

- **Recent brain research**

- **Traditional note taking**

- **Mind mapping**

Several guidelines and tips for making good mind maps are provided, and you directly apply the technique during the workshop by taking notes in mind-map form. In addition, various possibilities are discussed for making mind maps on a computer.

- **Mind-map applications**

We show you a large number of practical examples to demonstrate some applications of mind mapping.

- **Advantages and disadvantages of mind mapping**

We discuss the advantages and disadvantages of making mind maps relative to traditional note taking.



Programme

- Introduction
- Recent brain research
- Traditional note taking
- Mind-mapping technique
- Mind-map applications
- Advantages and disadvantages of mind mapping

The only way to deal wisely with the growing avalanche of information is changing to pattern recognition.
(Marshall McLuhan)