**How to do mind mapping?**

Mind mapping, a technique for visualizing thinking, recently has become increasingly popular.

The method of visualizing can be used for creating the new ideas, analyses and for ordering the information, note-taking, decision making etc.

The further we go, the more information we have to deal with. The need to simultaneously hold several completely different tasks in your head at some point can lead to a feeling of confusion and helplessness.

The method of mind mapping was developed in the 70s of the last century by the English psychologist Tony Busan. He learned how the greatest thinkers of antiquity and renaissance kept their notes. Busan paid attention to the fact that they followed associative relationships and their fantasies. Their notes differed from the traditional diary and summary, it was alive and well illustrated. Exploring Leonardo da Vinci’s work material Busan appreciated the importance of the picture for the transfer and design of one’s own thought. The author himself said about his methodology: ‘ Mind mapping is typical for the century of space exploration and computerization as well as linearly structured summaries for Middle Ages and the next era of industry.’

One use the text with title, schemes and tables in the traditional linearly structured notes that we was used to since school. Though we used to do like this sometimes it’s not easy to understand and catch the main idea even in our own notes.

It happens because visually the information looks monotonous with constantly repeating elements such as words, paragraphs, lists etc. And when repeated elements flash before the eyes, the reader is easily distracted from the content. There are difficulties in distinguishing the main ideas in such notes that we remember due to keywords lost in the monotony of the text. Reading of such note takes a lot of time – it needs to be reread to remember and highlight the important parts, as a result there is not always a feeling that the information has been assimilated properly. Hence the stress, rejection of what is written, irritation and a lot of wasted time. The method of Tony Busan, opposite, suggest not to fight with yourself but to help. There is a principle of radiant thinking at the heart of mind mapping: all subsequent ideas are displayed as branches from the Central thought. Imaginative thinking is activated, the brain begin to see images and associations and the map can expand in all directions to infinity.

To make a mental map one needs to take a paper and draw the main idea in the center of it. In the traditional note we would put it as a title. Then draw lines from the Central thought to the corners of the sheet. It should be signed with the keywords. One needs to use such words that can trigger an associative response in the brain. Branches that branch off from the main lines will display more and more fine details. For maximum effective perception of the scheme should be used the different colors, conventions, pictures. Give free rein to your imagination, remember, for example, how you painted boring textbooks as a child.

At first try to draw a not difficult map to understand if this method is for you. Every person has his own type of thinking and the map will show that features. The finished map looks like a complete picture, which will be easy for you to understand and quickly restore the associative series.

The area of use of mental map is huge. Repairing for exams when one needs to structure the information, brainstorming, when you are wrecking your head over an idea, writing articles, a development of methodology, a business plan, learning foreign languages. Sure in the end you’ll have to rework a lot of things for official document or coherent text but in your heard it will stay as a complete picture you easily will orient in. Took a global idea further you can divide it to several separate maps.

There are the special programs letting to make the mental maps on computers or even on smartphones for those who is used to keep notes in electronic form.