# Mind Mapping and Visual Thinking by Sue Marchant [Video Transcript]

**Edited and Re-Recorded by Anna Shirley**

This video aims to inspire you to think visually, it will help you to think, understand, and learn. It will also teach you about mind mapping, a tool that can help you organise your thoughts and show relationships between ideas.

We can all suffer from information overload.

Mind mapping is a useful technique to organise a large amount of information, let’s go through an example.

Mind mapping allows us to break down the key words in a question. If we take the statement ‘society today is totally different from society in the 1900s’, we could start with the sentence in the centre and then look for the themes. One theme may be ‘the health of the nation’, we may look also perhaps at how people are employed, how they spend their time with their families and the political framework in which all of this is taking place. We could also add education and transport, and maybe explore leisure and gender roles. This gives us an idea of some of the issues that we would be considering and to move us forward maybe we could pick three or four of those to develop an argument.

To see how we would continue with structuring an essay based on these points, please see the relevant video on the skills hub.

To recap, mind mapping is useful for organising large amounts of information, to take key words and ideas and break them down and to look for relationships between these ideas. This will help you recall key points and improve your visual memory.

To conclude: Either love it or hate it, mind mapping is good for you.

Need any more help?

Come to a Drop-In on campus or online, every Weekday 12-1pm, Book a Tutorial with someone on the learning development team, or email us at the addresses shown here:

email us: [LDMentors@mynorthamptonac.onmicrosoft.com](mailto:LDMentors@mynorthamptonac.onmicrosoft.com)

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Thank you.