

A Mind Map, simply put, is a diagram that captures the thinking that goes on in your head. Created by Tony Buzan, and inspired by techniques used by Leonardo da Vinci and Albert Einstein, mind mapping works like the brain, and allows you to visually organize information around a centralized concept. It's an incredibly helpful tool that speeds up the process of extracting and categorizing all the information you have in your brain and getting it out for you to work with on the page. With the information laid out in front of you, you can more efficiently and effectively make correlations to what you're working on and transfer it to cohesive ideas and thoughts.

The idea is to get away from creating long lists of monotonous information and move towards organizing and representing your thoughts using images, color, symbols, and words.

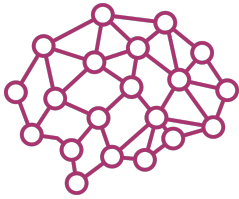
*“With a Mind Map, a long list of boring information can be turned into a colorful, memorable, highly organized diagram that works in line with your brain’s natural way of doing things.”*

*– Tony Buzan*

## Using This for Your Resume



- You are going to be the central idea in this mind map. When you start to branch out, you'll be able to see your experience, skills, character traits, etc. and with that, your brain is going to set into action.
- As your brain loves to solve puzzles and make connections, it will naturally start to link and create correlations to what's on your map, to aspects of the professional work environment.
- Your job will then be to capture those linkages in more complete contextual sentences and order them for a seamless flow of information that highlights how your unique abilities can be applied.



## Creating Your Mind Map

From *Mind Map Handbook: The ultimate thinking tool* by Tony Buzan

1

**Start in the centre** of a blank page landscape oriented. Why? Because starting in the centre gives your Brain freedom to spread out in all directions and to express itself more freely and naturally.

2

**Use an image or picture for your central idea.** Why? Because an image is worth a thousand words and helps you use your Imagination. A central image is more interesting, keeps you focused, helps you concentrate, and gives your Brain more of a buzz!

3

**Use colours throughout.** Why? Because colours are as exciting to your Brain as are images. Colour adds extra vibrancy and life to your Mind Map, adds tremendous energy to your Creative Thinking, and is fun!

4

**Connect your branches** – join the main branches to the central idea and connect your second- and third-level branches to the first and second levels, etc. Why? Because your Brain works by association. It likes to link two (or three, or four) things together. If you connect the branches, you will understand and remember a lot more easily.

5

**Make your branches curved** rather than straight-lined. Why? Because having nothing but straight lines is boring to your Brain.

6

**Use one keyword per line.** Why? Because single keywords give your Mind Map more power and flexibility.

7

**Use images throughout.** Why? Because each image, like the central image, is also worth a thousand words. So if you have only 10 images in your Mind Map, it's already the equal of 10,000 words of notes!

If you get stuck or your mind starts to wander, the best thing you can do is take a break! Step away and go talk to someone, take a short walk, and let your brain relax and diffuse. You might be surprised by what comes up when you do that and how quickly you'll want to get back to your map!

Scroll down to view an example mind map. We hope you're excited to get started on your own!

