

BRAIN DUMPS

What is a brain dump?

Put simply, a brain dump is a way of getting information out of your brain!



How to do a brain dump

STEP 1:

Take a blank piece of paper and write the title of the topic you want to revise

STEP 2:

Set a timer (eg. 10 minutes) and write down everything you can remember about that topic

STEP 3:

Organise the information you have recalled by using different colours to categorise or link ideas

STEP 4:

Check your work
Use colour to add missed information

STEP 5:

Store your brain dump
Repeat at a later date and in a shorter time frame



Benefits of Brain Dumps

- ✓ Tests your knowledge very effectively
- ✓ Are quick
- ✓ Does not require any special equipment or materials