



Academic & Career Development Center

Mind Mapping

Resources:

- [Focus 2.0](#)
- [Prototype](#)
- [Handshake](#)
- [Career Crew](#)
- [What Can I Do With my Major Sheets](#)
- [Academic Catalog](#)
- [Academic Roadmaps](#)
- Joyful Journal



Mind Mapping Instructions

1. Create a central idea for which you mind map while surround. As a student, you will want to start with the major or career you have in mind for your future.
2. The next part is to begin figuring out what aligns with that major. For example, when you think of Business, what else comes to mind? Maybe, you associate the words, finance, accounting, leader, and the list goes on. These become mini ideas to your central idea.
 - a. Example can be found on the third page – see below
3. Those mini ideas/other words become an additional circle outside your central idea, Business
4. Next you are to think about the new words/mini ideas you added and what other words are associated with those.
5. Then you will continue expanding on your mind map until you have exhausted all your thoughts
6. Finally, you will review you mind map and start making connections, find similar or common threads. Hopefully, this map will spark you interest towards a certain career.

Questions to Consider while Mind Mapping:

- A. How does this major/area of study make you feel?
- B. Do you like or dislike this major/area of study? Either way, why?
- C. How did you come to these new associated words/mini ideas?
- D. What are some next steps to continue on in the exploration process?

