

Student Counselling Office (Zentrale Studienberatung)

Using a mind map to make decisions

The mind-map method is especially suited to decision-making situations where more than two options are available to you.

You can use a mind map to create an overview of all the aspects that come to mind about the different paths you could take.

1. Write the question about the decision you need to make in the centre of the piece of paper and circle it.
2. Then draw central branches leading away from the question for the different decisions you could make. Write the potential option above each branch.
3. Draw two smaller branches leading away from each of these central branches. Over one of them, write 'negative consequences'; over the other, write 'positive consequences'.
4. Then extend even smaller branches from the 'negative consequences' branch – one for each of the negative consequences you can think of for the particular decision. Do the same for 'positive consequences'.

This will provide you with a good overview of the decision-making process and the potential outcomes.