

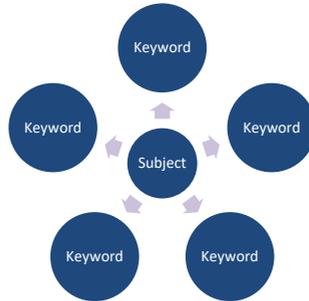
## Visual Note-taking

**The brain that likes to receive information visually. Pictures, colours for example.**

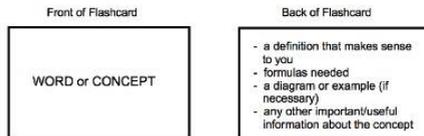
- Visual processing is the quickest way to process information as light waves travel faster than sound or touch.
- However, unless you have a photographic memory there is a limit to how much your brain can remember.
  
- Visual aids can include flash cards and colour coding
  
- The brain can remember an infinite number of pages but not an infinite amount of information on a single page.
  - Make your notes conform to the **rule of 7**:
    - No more than 7 ideas on the page.
    - No more than 7 bullet points per idea.
  
- Represent each idea with a **keyword** and less is more.
  
- These are revision notes, they do not have to be pretty and neat, just have the relevant information on them.

## Example of a Visual methods:

- Mind maps



- Flash cards



- Post it notes

