

# ROUTE MAPS FOR ASSIGNMENT ESSAYS

## Introduction

*Under the introduction, jot down key points that will provide an overview of what your essay will say.*

## 2 Second Section

*Once you know what your main sections are, you may be able to break them down into numbered sub-sections under each section:*

*2.1 (Key point)*

*2.2 (Key point)*

*2.3 (Key point)*

*Now you have a clear idea of what you are going to write, and where it will go. This will direct your research reading to find the appropriate information about each section.*

## 4 Fourth Section

*When you have found information for each section, you can start writing your essay beginning with your first section and working your way down, section by section.*

*You should have books and other information around you with numbered post-it notes sticking out of the appropriate pages. This way you save hours of writing time as all the information you need is pre-planned from following the structured layout of your route map.*

## First Section 1

*Your essay question will define how you will structure your layout. There may be three or four main sections to it that require further discussion. These form the basis of your essay structure and can be laid out like this, with branches off a centre line.*

## Third Section 3

*Go to the index of a book and look for the topic. Find the page and skim read the information. If it is relevant to your essay, photocopy the page making sure you include the appropriate reference information. Do not get too held up with reading. At this stage, we are just planning to see if it is suitable or not.*

*Write the appropriate section or subsection number (1,2,3,4) on the photocopy. If you do not need to photocopy the page, tag it with a post-it note with the appropriate section number. Similarly, write the author's initials and page number of the book under the appropriate section of your route map. These are called 'location notes' and help you easily refer back to the information when you are ready to write.*

## Conclusion

*Summarize your key points and include any points, such as where to find the ideal final quote for your essay.*

# ESSAY ROUTE MAP FOR AN ASSIGNMENT(Sample)

Discuss Attachment Theory outlining the contribution it has made to our understanding of grief and loss.

## ATTACHMENT AND LOSS

### INTRODUCTION

(Fraley & Shaver p.115) quote  
"You don't get over it..."

Attachment Theory - B / A

A.T. Patterns → Grief/Loss  
Limitations / Benefits

### ② AINSWORTH

2.1 Mary Ainsworth  
- 3 categories  
↑ (p.30-)

2.2 - (Karen, p.36) quote.

2.3 - Research from both  
Stroufe & Fleeson  
- chapter 1. sum'

### ④ LIMITATIONS / B'

4.1 - (Wortman & Silver, p.167)  
- 'grief work' intensifies  
tragedy for parents

4.2 - Bowlby's Theory - can't  
categorise phases (p.35)

4.3 - Still, contribution good!  
(Bowlby, p.28) summary

### BOWLBY ①

1.1 - John Bowlby Theory  
- 4 Phases (p.124-126)

1.2. Bowlby (p.126-8)  
- quote: "my form of  
behaviour..."  
(p.129)

### A.T. PATS → GRIEF/LOSS ③

3.1 - (Silverman & Klass p.10)  
- 3 phase grief response  
- Bowlby Separation Anxiety

3.2 - Freud - detach living / dead  
- (Fraley & Shaver p.128) quote.

3.3 - Bowlby disagrees: Bond with  
dead in new way - quote.  
(p.186)

### CONCLUSION

- Bowlby / Ainsworth
- A.T Patterns → Grief / Loss
- Limitations / Benefits
- Worthwhile - relationships
- parenting

# ROUTE MAPS FOR EXAM ESSAYS

## Introduction

*Using essay content taken from an assignment essay, highlight the key words or phrases that would help you trigger a memory for the entire paragraph.*

## 2 Second Section

*Essays are written in a logical sequence from introduction to conclusion. Similarly, if you organize your keywords in a logical sequence, using this same simple route map design, you can then use a memory technique called the Story Method to retain the information quickly.*

*I discuss this method in **Lecture 24: Memorize Using Pictures**.*

*This is a brilliant technique which scored me many A's and saved hours of time!*

## 4 Fourth Section

*If you have a number of exam essays to prepare for, simply make a series of visual stories for each essay, but attach the first picture of each story to a new picture-peg. You could assign three or four items of furniture in your house as the starting place for each story.*

*Through repetition, practice recalling your visual story.*

*It is important you practice until you feel confident that if you can recall the original keyword from your essay content, you could rewrite that entire paragraph in the exam.*

## First Section 1

*Remember, you do not know what the essay question will be, but there is usually a lot of information that if you could memorize, would be applicable to a variety of different exam questions*

*Look at past exam questions, talk to past students, interrogate you teacher – find out what you can to prepare content to memorize.*

## Third Section 3

*Once you have extracted your keywords out of paragraphs of essay content you want to memorize, use the six principles of great memory (**Lecture 22**) to memorize them.*

*In a nutshell, the idea is to represent each word symbolically as a bright vivid unusual or funning moving picture. For example, the word Zygote (first cells of a fertilized embryo, could be imagined as a goat named Simon (si sounds like Zy).*

*You then link each picture together to make a silly story. The sequence of pictures from all your essay keywords can then be 'pegged' to a prearranged picture like an item of furniture in a room of your house. This is called a picture peg.*

## Conclusion

*In the exam, simply go to the picture-peg first, imagine your visual story, write the key words they represent, then modify your essay content to fit the exam question.*