Step 1: Create your 'Master Copy' syllabus topic Mind Map (concentrating on the high level ideas and points only).
Step 2: Attempt to re-write your 'Master Copy' Mind Map under exam conditions. Check master copy and fill in any blanks.
Step 3: Continue to re-write Mind Map from memory until you can easily recall all of the content in the same sequence.

WHY: Maintaining this consistent training will give your brain the very best opportunity to perform in the exam room.