



Mind Mapping



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What is mind mapping?

Mind mapping is a technique invented by Tony Buzan in the 1970s. It is used to increase memory and understand concepts, ideas, key terms, and information. It is a process of using a visual map which contains a main idea that branches out into related and important information pertaining to that main topic. Mind mapping is flexible because it does not require a structured outline or a specific way to be created. It is simply created by creativity and the flow of cognitive information translated into a visual diagram. It helps organize notes and makes the learning process more active. Mind mapping stimulates brainstorming and encourages critical thinking. There are many benefits to mind mapping, it is commonly used in many settings such as education.

Why should you consider mind mapping when studying?

According to Petro (2010), mind mapping increases the learning and maintenance of information by 10% if used correctly. It increases one's ability to take notes. When using mind maps, critical and creative processes are used, stimulating both hemispheres of the brain (pp. 20-23). A Study conducted in math class by Brinkmann (2003) is consistent with Petro's findings. Brinkmann found that mind maps have helped students understand class content. He describes mind maps as being identical to a tree if sliced in half and viewed from above. The main idea being the tree trunk and its branches being the supporting topics. He reasons that mind maps help organize information, memory, prompts consolidation (connection between old knowledge and new knowledge), and summarization (pp. 96-101). Mind maps simply converts cognitive structures into visuals aiding learning and maintenance. These studies demonstrate that mind mapping is beneficial and should be applied when studying, learning, or brainstorming.

Studies led by Goodnough and Long (2002) and Luke, Lloyd, Boyd, and Exter (2014) found reliable results regarding effectiveness in group settings and enjoyableness. Goodnough and Long instructed their students to practice creating mind maps in groups where they had to create associations with words and images. They found that the students enjoyed the experience making learning fun and learning easier (pp. 20-24). Additionally, Luke and his colleagues found similar results. In their group study, they found that mind mapping increased the group members participation, communication, and socialization. Mind maps encouraged them to work together which decreases negative behavior. During a post assessment, members reported that mind maps allowed them to visually see the task making it realistic. It also provided clarity to the subject reinforcing understanding (pp. 43-45). In addition to mind maps making learning easier, it also makes learning more enjoyable increasing the likelihood of retaining the information and making that knowledge useful.

Components of a mind map:

- Main idea/topic/concept
- Subtopic/concept
- Concept/definition/terms

How to create a mind map:

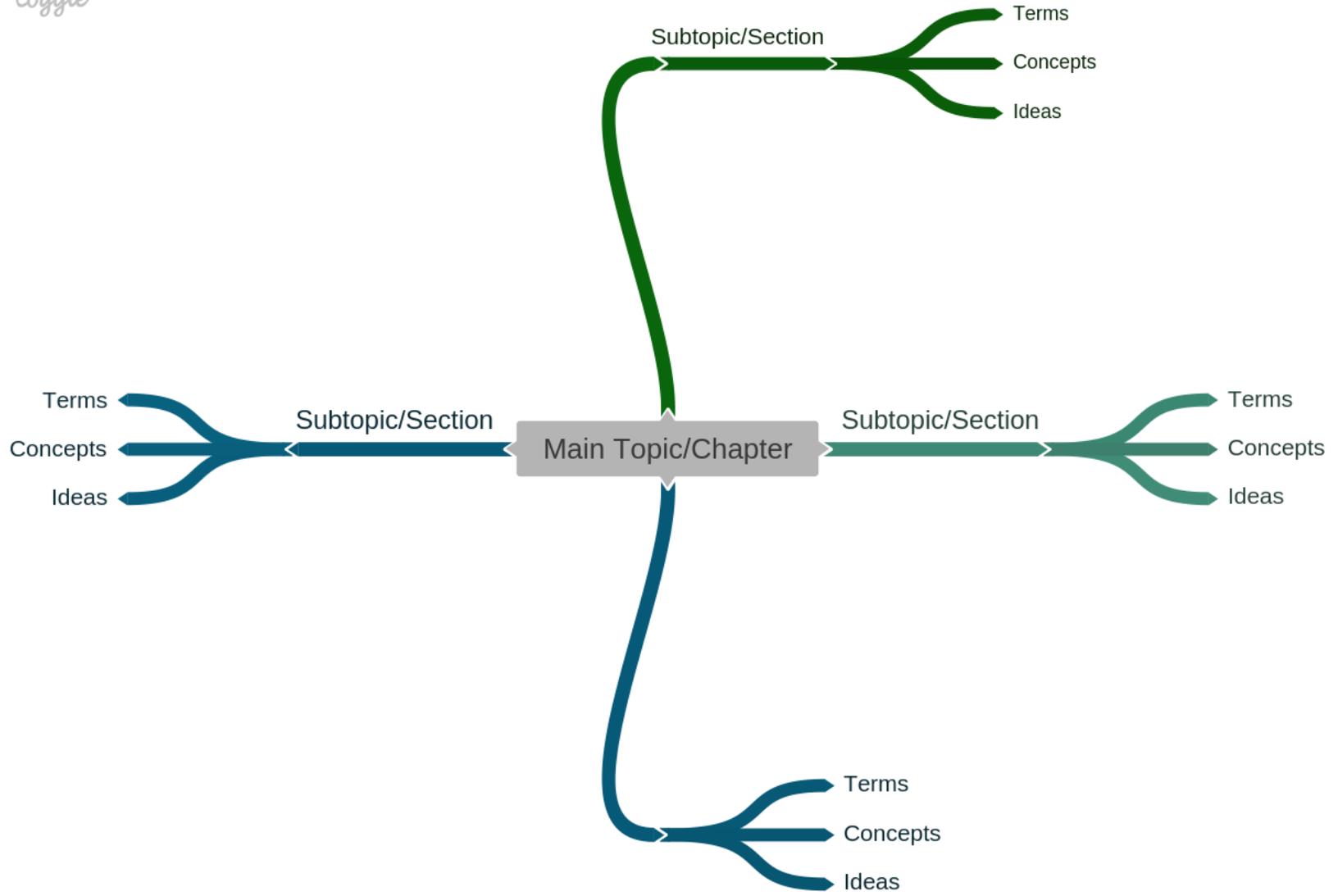
- The center of the map should be the main idea.
 - This can be the whole chapter
 - A section in the chapter that isn't clear
 - A main topic.
 - A problem, a procedure, a decision.
 - A discussion.
 - Brainstorming
- Next, break the main topic into subtopics. This can be sections in the chapter, themes, terms, or concepts.
 - Themes.
 - Slightly more detail about the main subject.
 - Subtopics could be organized in different ways such as terms, concepts, or sections.
- Continue to add branches and connections to the topics until the map contains all the information that is needed to be understood better.
 - Add information about the subtopic but not too much information.
 - Keep it simple.
- Add images/pictures and drawings that will support understanding for concept or term.
 - Include images that are relevant to the topics.
 - Include images that can be associated with the topics.
 - Drawing could also be incorporated but remember to not overwhelm the map with too much detail.
- Add color or color code subtopics so that associations could be created which aids the learning process.
 - Adding color helps with association which makes learning easier and interesting.
 - Color helps to visualize parts of the map in your mind.

More than just a mind map:

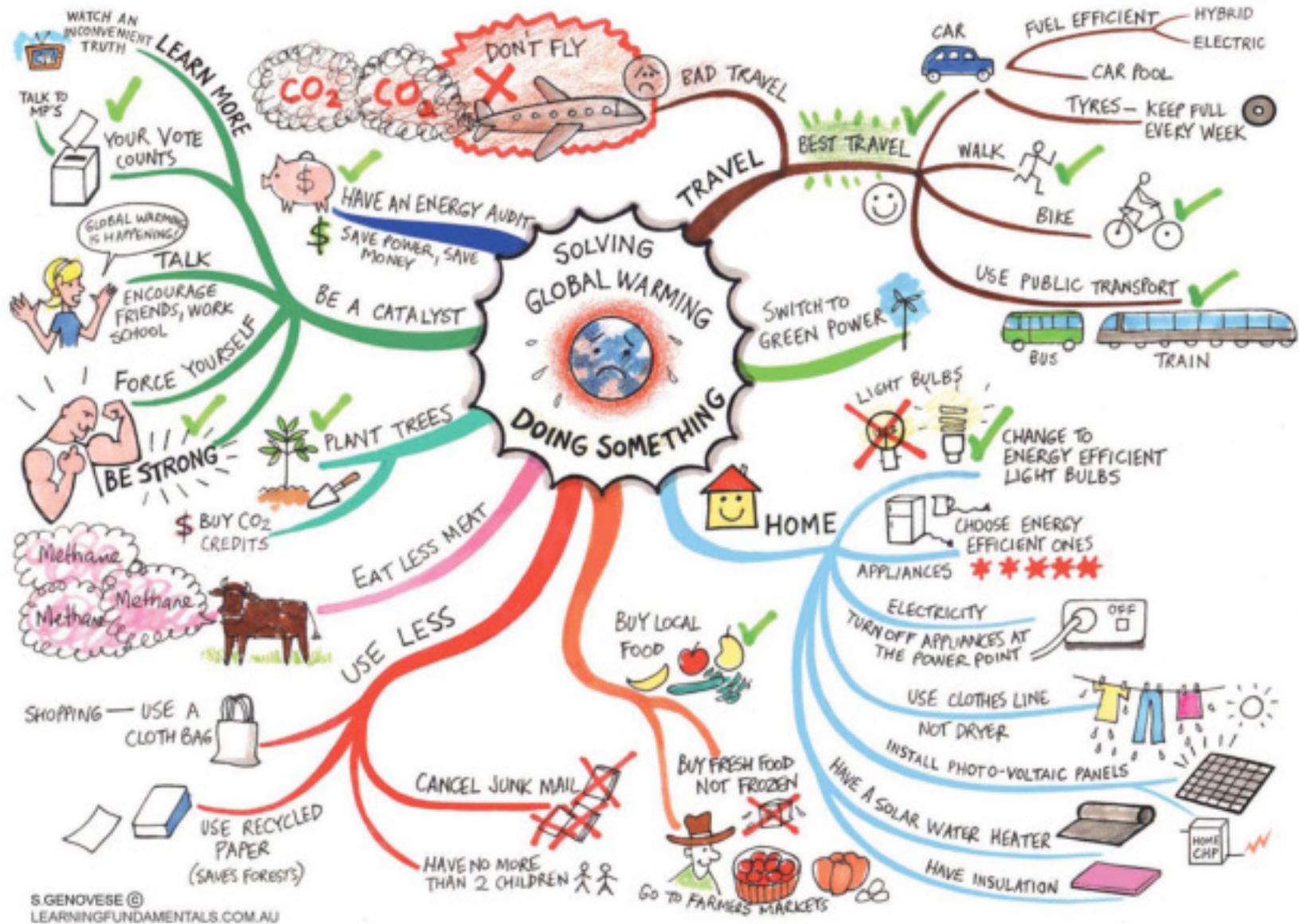
- During studying/learning, reconstruct your mind map so that you can learn the content. It's more than just memory!
- Draw an empty map and cut out key terms, concepts, and topics that belong on the map and play a game.

Example:

coggle



Example:



References:

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