

MIND MAPPING

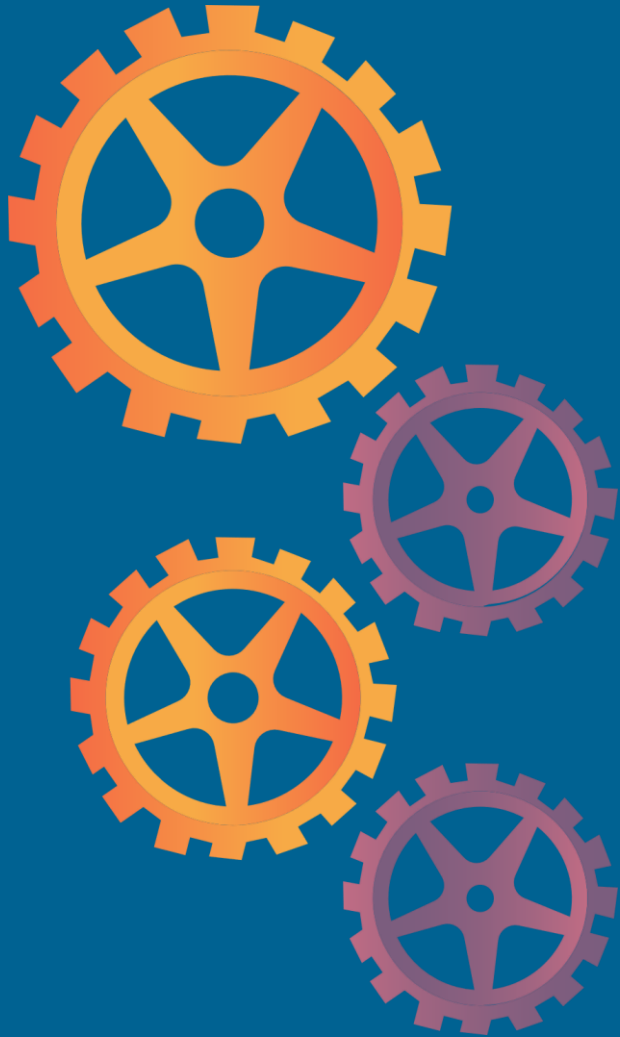
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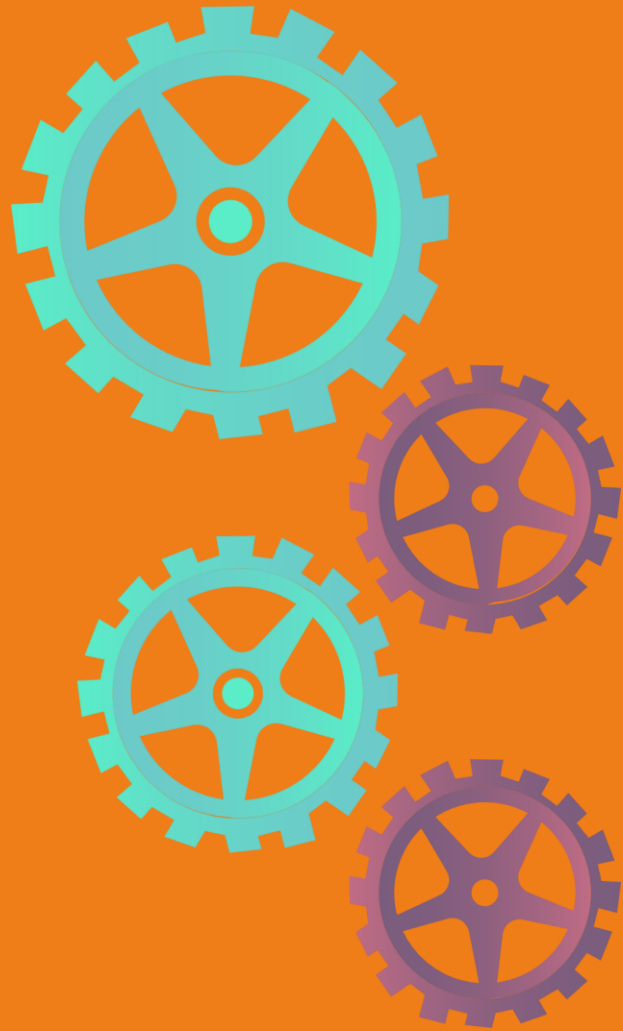


What is a mind map?

Mind mapping is a **system of organizing and writing down** your thoughts into graphic structure. It is an effective method generating ideas and concepts by association and brainstorming. Mind maps help you to visualize, organize and synthesize thoughts. In contrast to linear text, mind mapping uses schemes that better reflect how our brain works. The **theory** behind mind maps is that images, colours, lines and symbols encourage cognitive functions in your brain (T. Buzan, J. Beel, S. Langer). Mind maps convert a net of thoughts and information into logical, colourful, memorable and highly organized diagram.

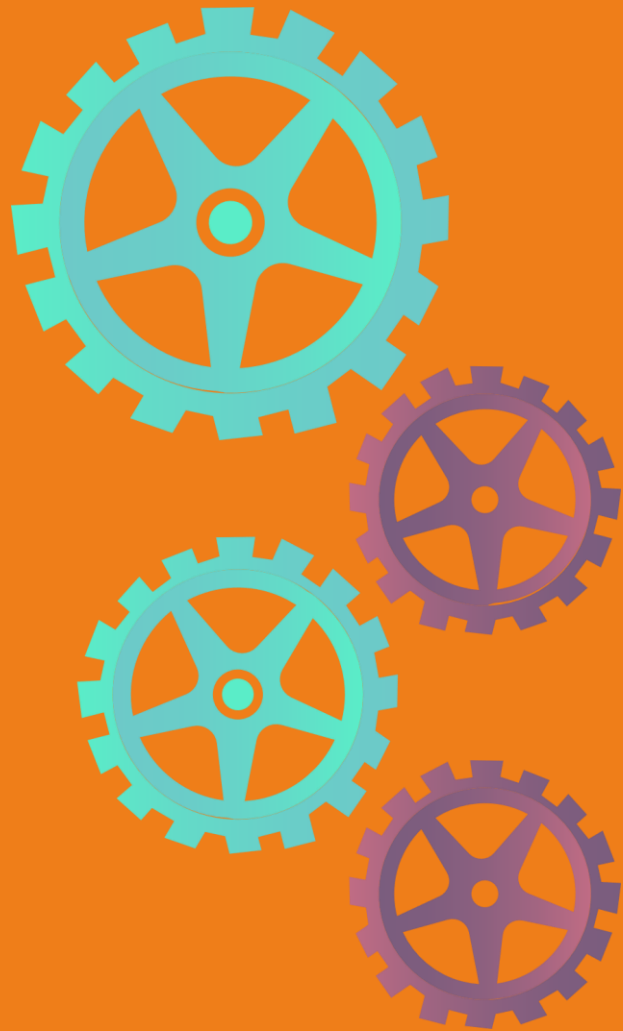
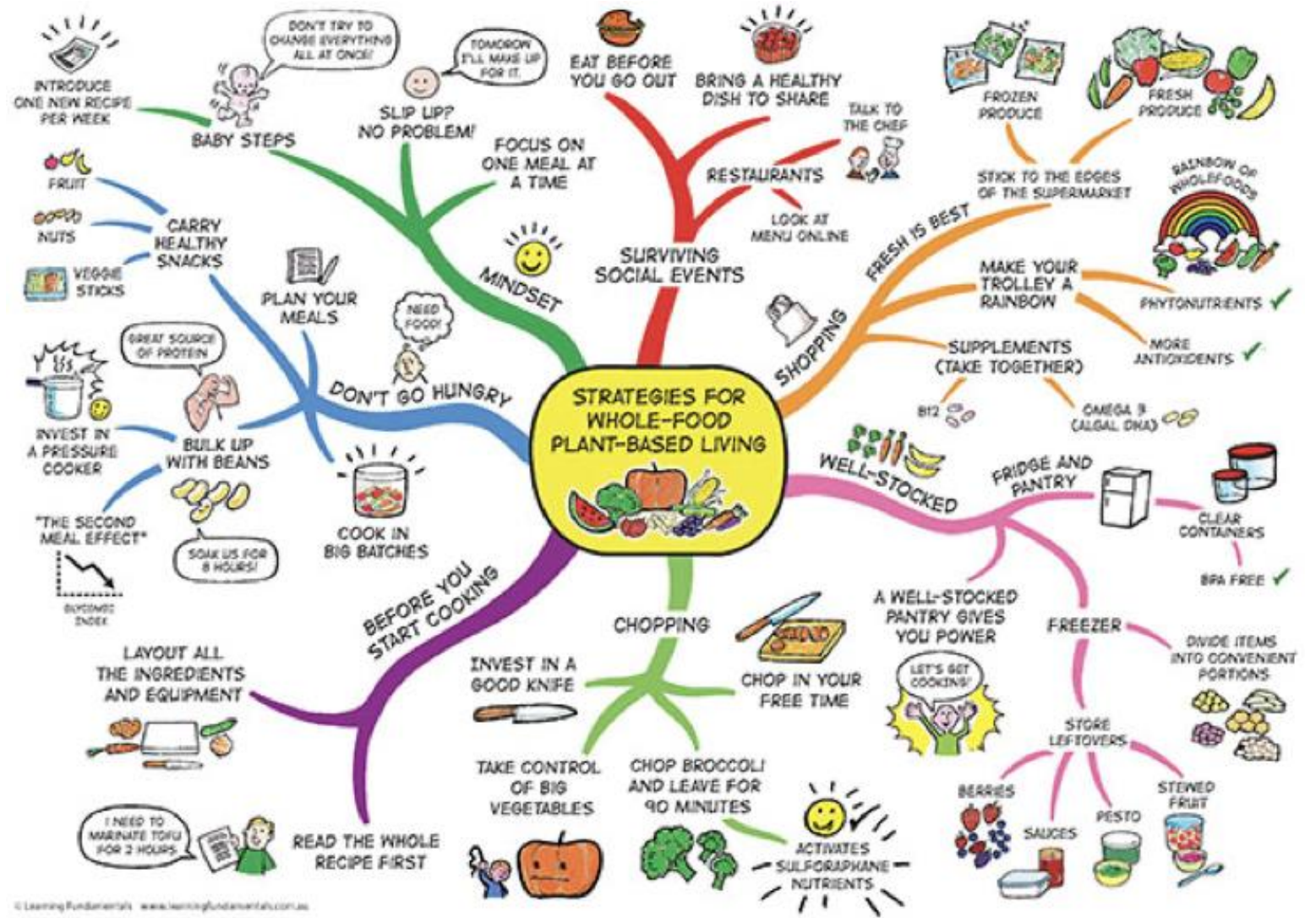
We can understand this with a help of an **analogy** with a map of a city. The city centre represents the main idea, main roads leading from the centre represent the key thoughts in the thinking process (or brainstorming), the secondary roads or alleys represent secondary thoughts and so on. Special images or colours are points where you can stop and choose where you want to go or think. Simply said: *“the Mind Map is the external mirror of your own radiant or natural thinking facilitated by a powerful graphic process, which provides the universal key to unlock the dynamic potential of the brain.”* (recourse: MinMapping.com)





Mind mapping stands on the **power of images**. Famous quote captures its meaning: *“A one picture is worth a thousands words.”* In 1970 Scientific American magazine published Ralph Harber’s research showing that individuals have recognition accuracy of images between 85%-95%. That is because remembering images use massive range of our cortical skills, especially imagination. Images can be more evocative than words and they trigger more associations. And mind map not only uses images, it also is an image itself.

Here is an example of how a mind map looks like:



How is time management linked with mind mapping?



Mind maps are visual tools that help your brain to understand priorities, values and connections. As it was said before, one image is worth thousand words and therefore mind maps are also beneficial for organizing your time.

Let's look at this on the next slide by comparing “to do” lists and “mind map” lists.

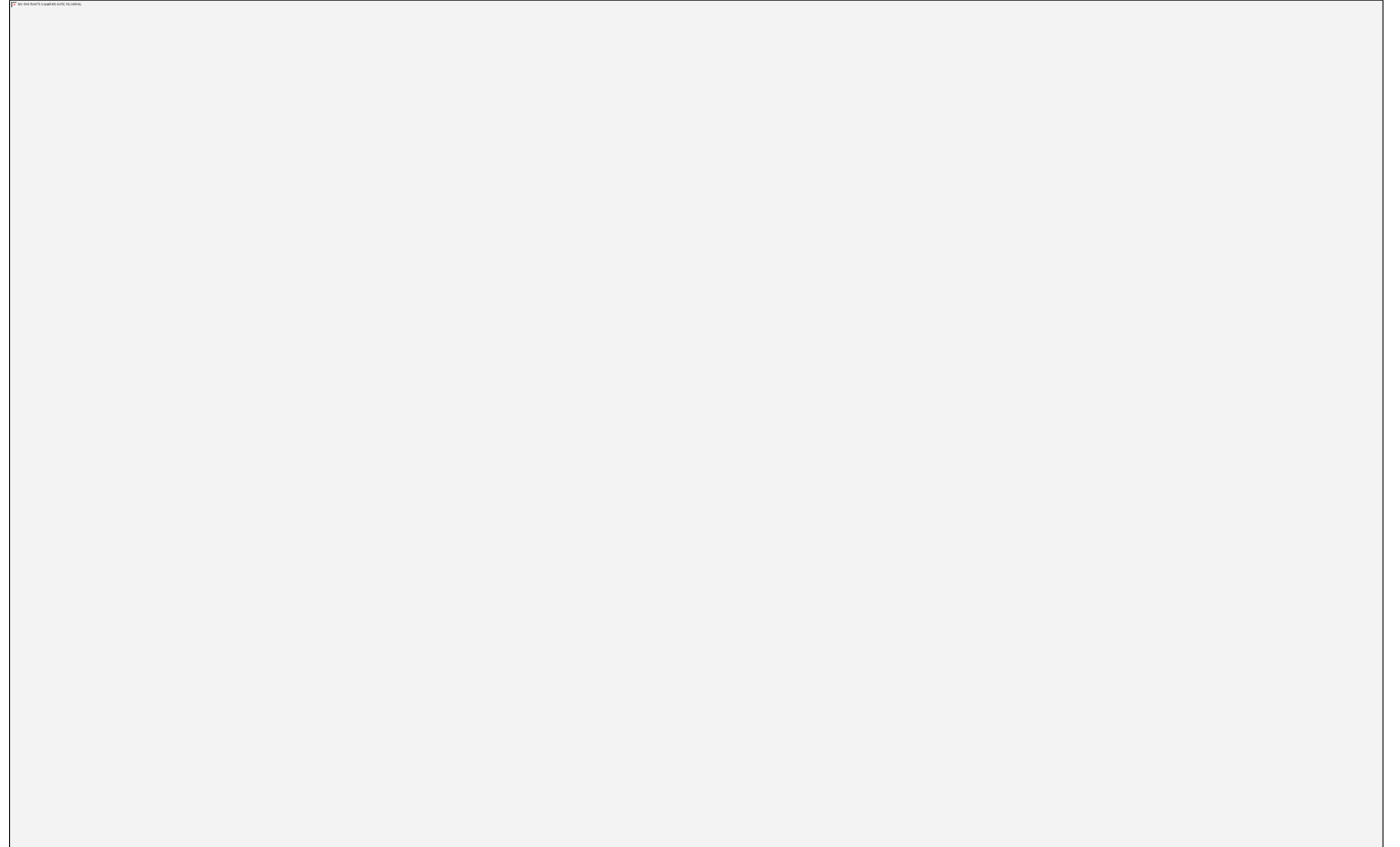
What is the difference between “to do” lists and mind map lists?

There is a thesis that ‘to do’ lists do not work that efficiently as mind map lists. It is so because mind maps shows the bigger picture, they are simple and visualises links (prevents from getting lost in tasks).



To Do Lists	Mind maps lists
Not flexible	Work with open ends
Do not encourage interaction	Work with interactions
Are not part of your thinking process	Integrates with your thinking
Are boring	Based on visuals and colours
Are rigid	Gives instant view of where you are
	Easy to add a task
	Preserves history

Time management mind map:





Activity

Try to create your next week mind map.

This activity is not mandatory and you are not expected to send any feedback. It is here for you can exercise the gained knowledge.



*Is mind mapping
effective in education?*

Mind maps in education



Is mind mapping effective in education?

Many studies has been made to find out whether mind mapping is effective in schools. We present you two of such studies.

The aim of the first **study** (available in the section background material) was to investigate the effect of the implementation of mind mapping learning method to the students' social science achievement. Participants of this study was fourth-grade students of an elementary school in Denpasar in 2016/2017, amounting to 80 people. Research design was quasi-experiment which applied the posttest-only control group.

The results of this study showed some advantages of application Mind Mapping learning method. Using mind mapping allows us to **(1)** activate entire brain and focus on precise subject, **(2)** it helps us to see connections between two separate parts of information, **(3)** it gives a clear picture of the whole and details and **(4)** mind mapping are not boring, it is fun to see, read, digest, and remember. Mind maps have the advantage of attract attention - learning interest. Also learning outcomes are more meaningful for student, because they work, think and experience the learning process themselves.

Is mind mapping effective in education?



The study also provides a guide how to do mind mapping in class. Using this learning method can surely be varied, but here are several main steps in the implementation: **(1)** the teacher gives students the main topic, **(2)** students prepare a blank paper in horizontal position, colour pens or pencils, to draw images or to differentiate levels, **(3)** students make thick squiggly lines that connect from the image in the middle of the paper, each for each main idea that exists about the subject, **(4)** students give names to each of the ideas above. You can also add small pictures of each of these ideas, this uses both sides of the brain, **(5)** from each of the ideas, draw another connecting line, which spreads like tree branches. Add thoughts to each of these ideas. These additional branches represent the details, **(6)** the teacher draws conclusions with the students.

Is mind mapping effective in education?



When authors compared mind mapping learning method with conventional learning method, mind mapping method emphasizes student involvement in learning and students are more actively involved in learning process, which is no longer about boring memorizing. Study also showed that students using mind mapping learning method had better outcomes than student who used conventional method. Based on the data, it can be seen that the influence of student interest in social studies learning outcomes is quite large if we take into account the other effects of learning outcomes which are quite a lot other than interests.

Scientific articles about using mind mapping in education



This [article](#) discusses the application of mind mapping in college English vocabulary teaching. Teaching English vocabulary in schools is mostly based on mechanic memorizing words. In this process students lack their own thinking about learned words and they are unable to use and combine them in discussion. Liu in his [study](#) (2016) refers to Zou, 2013, who says, that this is the reason why college students' ability of using English is inadequate at present. What students lack is the ability to combine existing linguistic data and apply it to English conversation. The application of mind maps can lead students to improve their thinking ability and then achieve the goal of improving students' ability to apply knowledge in practice.

The author provides several paths for mind mapping to apply in English vocabulary teaching/1



Teacher creates a mind map and helps students to learn. In this way, he/she creates mind map that every student can see. The teacher follows the same process as in the construction of any other mind map. However, the logic has to be kept and be clear for students and not to mislead them. It is easy for students to get lost in relationships between words. For example, centering on the central words of adjective words, teachers shall list a few words related to it. But analyzing all adjective words, we find that it lacks close logic relationship between vocabularies (1st picture) and, therefore, words we use to widen central word should be different nature and different emotional tendencies with different shapes (2nd picture). Intuitive approach helps students to distinguish and understand the meaning of the central word.



wooden

tall

dismemberent

TREE

dark

green

dry



wooden

tall

house

TREE

roots

green

planet

The author provides several path for mind mapping to apply in English vocabulary teaching/2



Encourage students to make mind maps. Students' active engagement can be also reached when they create mind maps. If only teacher uses mind maps, whether he/she draws them or handouts them, it will make students fall into passive learning without independent thinking about the vocabulary and without combining words with the ones they already know. They will have the thought of dependency, instead of actively using their minds to think about problems related to mind map. For example, teachers can give students homework or tasks to create a similar mind map they made at class. The process of English learning is a process of completing something independently. Even though teachers have the best method, finally it is up to students to actively put it into practice. Therefore, teachers need to teach students how to think and learn independently with interest. Mind mapping is a method that improve such teaching.

The author provides several path for mind mapping to apply in English vocabulary teaching/3

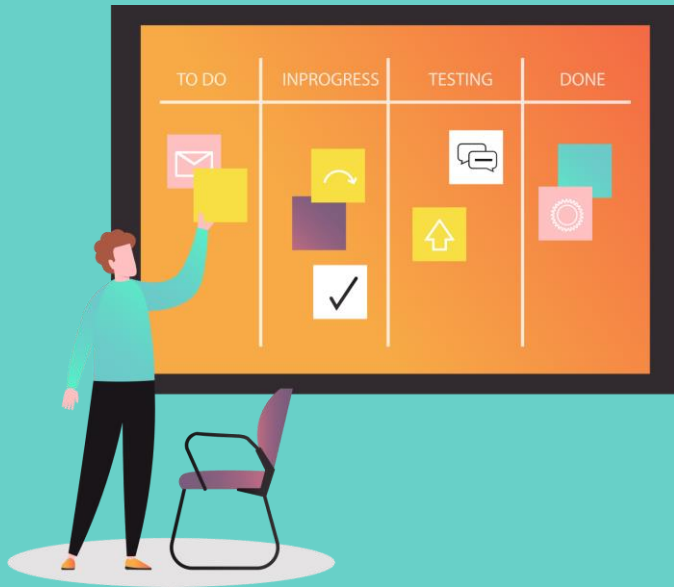


Implement network teaching is a suggestion that can help many of your colleagues in and out of your school. Making some platforms is a great idea where to share ideas and mind maps created by teachers or students. This process of sharing mind maps with each other reduces time each teacher needs for making mind maps, because probably more teachers need the same mind map. The purpose of sharing them is to improve teaching and learning efficiency. Of course, the suggestion needs to be discussed in inner circle of teachers in school, as long as it is properly organized, it helps everyone involved.

Both of these studies show advantages of using mind mapping method in learning process. Most valuable is improving students' learning interest, enhance their English proficiency, exercise thinking and improve comprehensive abilities.

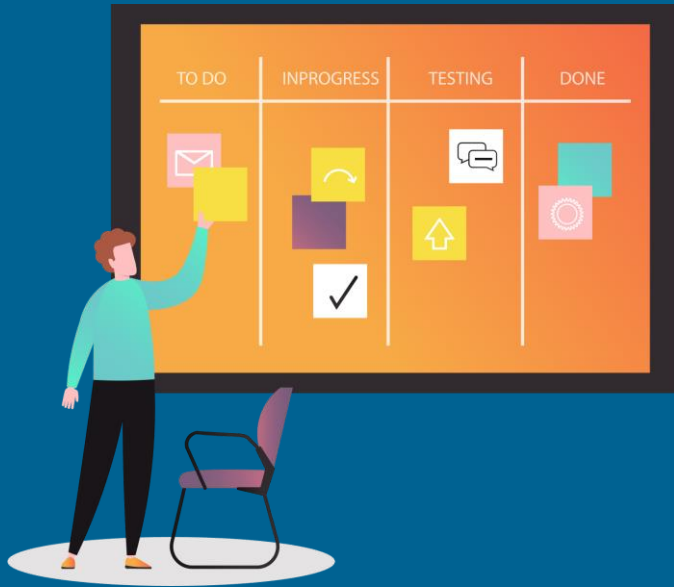
How to create a mind map?

Mind map can be done both on a paper and online. Here are some general steps, that apply to both possibilities:



- 1) Place the **main topic** in the center of the mind map. You can use capital letters, or bigger letters. A recommendation is landscape orientation, if you use a paper. It gives more space for drawing and widening ideas.
- 2) Create **main subtopics** around the main topic with assistance of branches, lines, bubbles showing the connection between them and the central topic. You don't have to worry about the order.
- 3) Create another **lower subtopics**, but this time around the main subtopics you have already created. In fact, create lower level subtopics that will elaborate existing ones.
- 4) If you need to **rearrange topics**, most of online/software tools enables you to do that. With paper you don't have the option, but if you are happy with the order you created, great!
- 5) Use **simple and short words** or phrases that ensure the effectiveness of your mind map.
- 6) Add **images, colors, drawings, different fonts and symbols** to improve memory orientation and order of your map. You can choose one color for one type of ideas, the other color for the other one and so on. The arrangement of the mind map is up to your creativity but try to remain consistent so that you can better reflect on your mind map later. When using images and symbols, perfection is not important. It is much more effective to use any images than none. Brain simply works like that.

Online tools

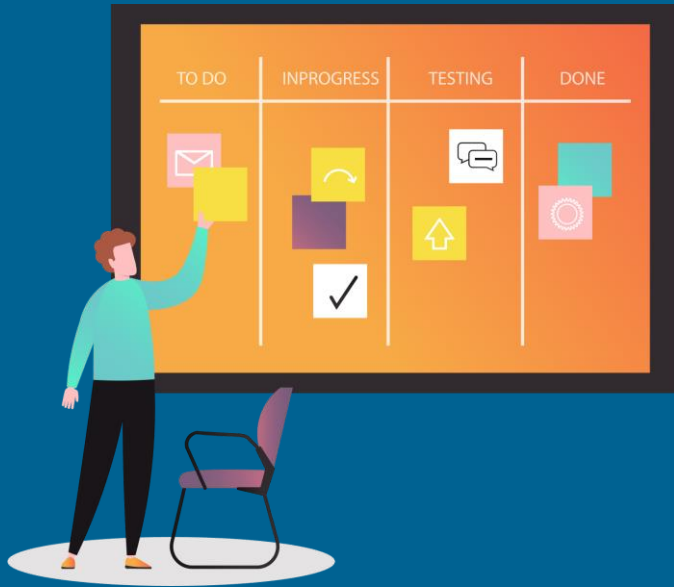


Online tools for mind maps

In digital world paper and pen are not enough, therefore software and online tools for mind mapping are helpful. There are free and charged mind mapping online tools and also charged mind mapping software with more options. There are also some subscription-based online mind mapping tools which allow users to store maps on the internet for sharing and collaboration. The condition is internet connection.

There are many tools for mind maps, and you can choose anyone based on your preferences.

Online tools



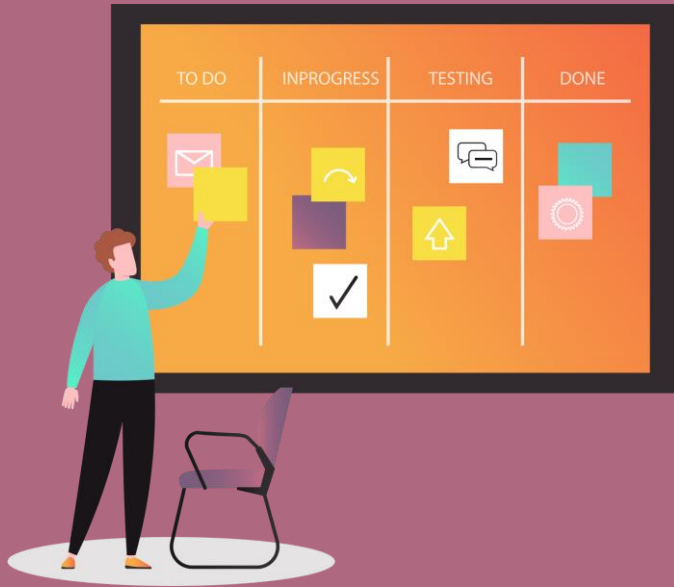
[Coggle](#) is fast, intuitive, and easy to use (with great keyboard shortcuts) mind mapping tool. It is designed to be easy-to-use for everyone from students in school to professionals in business. Coggle enables collaboration in real-time and your entire team can work on a single map together from anywhere using Coggle inside a browser.

[MindMeister](#) is a great mind mapping software for those who are looking for something with more options. MindMeister makes it simple to add notes, documents, images and more to your mind maps through the attachments tool. Plus, you can embed media such as videos and GIFs.

[Xmind](#) is a free mind mapping tool that has been around for over a decade and it's still one of the most popular tools. It offers an intuitive interface that is customizable and easy to use. It also offers a wide range of features for creating mind maps such as text formatting; exporting in various formats; importing from other mind mapping tools etc.

[Bubbl](#) is an intuitive mind mapping software that allows you to quickly create beautiful maps with just a few clicks. It can be accessed from any and every device on the web, so you need just a stable internet connection.

Online tools



Other mind map tools

- GetMind
- Mindomo
- MatchWare
- Canva
- ClickUp
- Miro

Resources

How to Make a Mind Map with Mind Mapping Software. Online article available here: <https://www.mindmapping.com/mind-map>

Passuelo, L. What is Mind Mapping? (and How to Get Started Immediately). Online article, available here: <https://litemind.com/what-is-mind-mapping/>

Liu, G., 2016. Application of Mind Mapping Method in College English Vocabulary Teaching. Published by Open Journal of Modern Linguistics, Vol.6 No.3, available here: <https://scirp.org/journal/PaperInformation.aspx?PaperID=67150>

<https://dictionary.cambridge.org/dictionary/english/time-management>

Costil A., 2018. Brief History of Time Management and Why It's Crucial to a Happy Life. Online article available here: <https://www.calendar.com/blog/brief-history-of-time-management/>

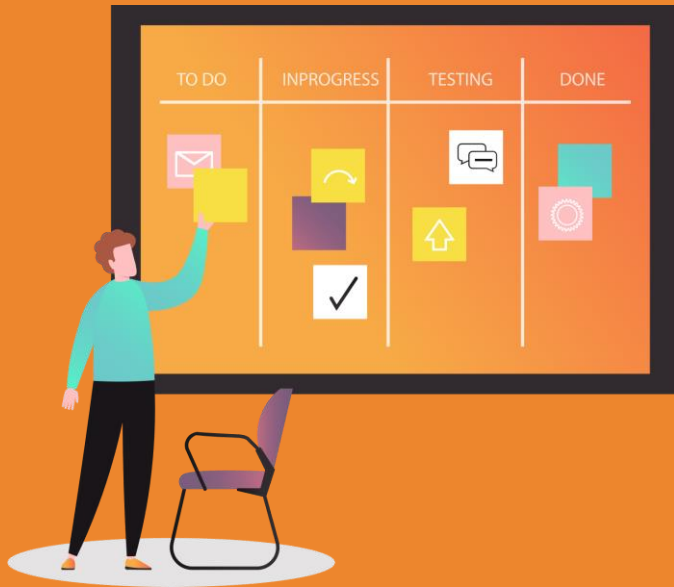
Mind Maps: A Visual Tool to Boost Your Time Management, 2019. Online article available here: <https://www.actitime.com/time-management/mind-maps>

Sikay, Ch., 2019. How to Manage Your Time with Mind Mapping (Hint: You Don't Always Need To). Blog article available here: <https://xmind.app/blog/mind-map-time-management/>

What is time management? Online article available here: <https://www.mindtools.com/arb6j5a/what-is-time-management>

CFI Team, 2022. Online article available here: <https://corporatefinanceinstitute.com/resources/management/time-management-list-tips/>

Wigmore, I., 2015. Definition time management. Online article available here: <https://www.techtarget.com/whatis/definition/time-management>



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