



MENTAL MAPS

Presentation by
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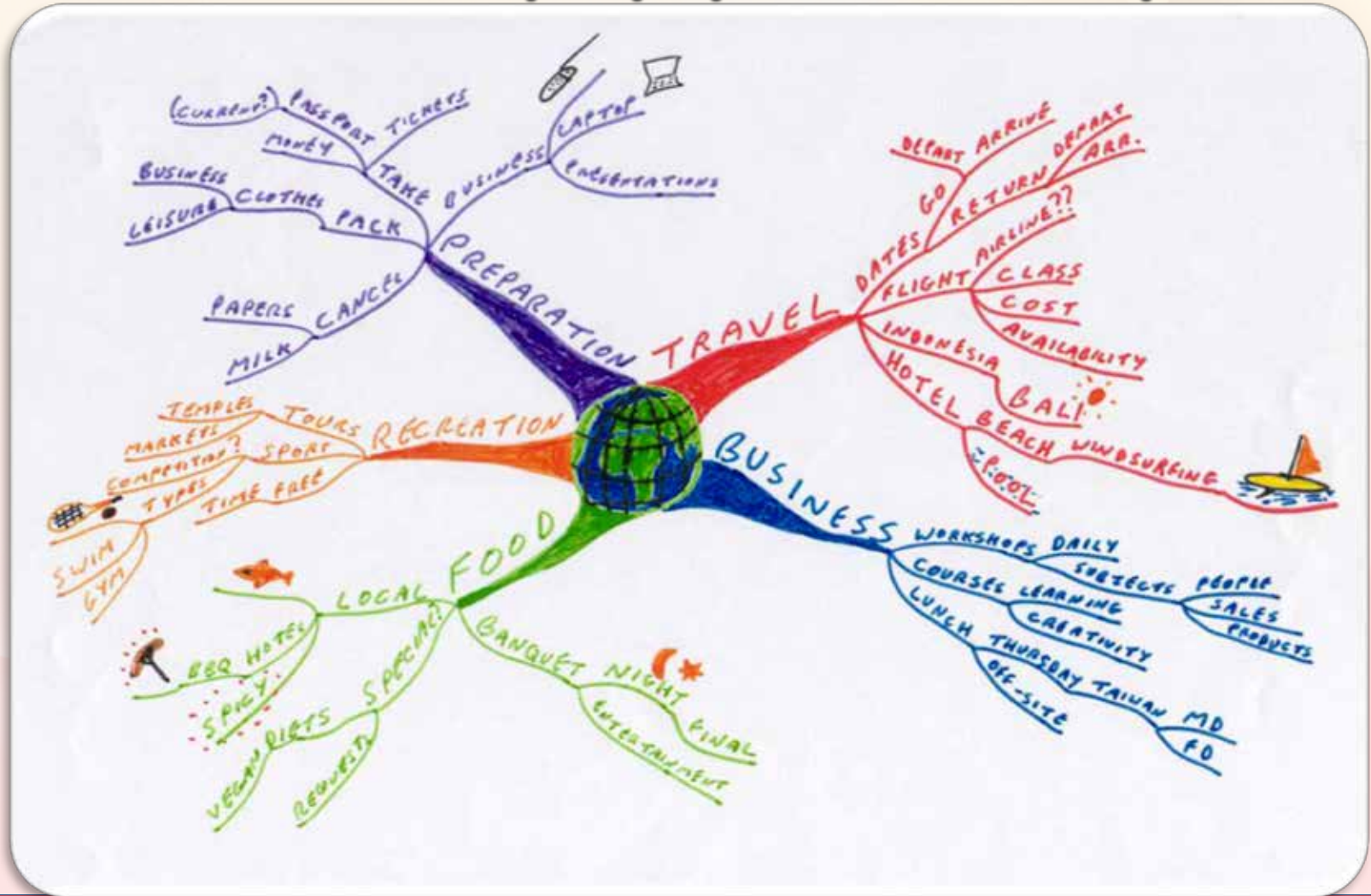


A mental map or mind map is a diagram used to visually outline information.

A mental map is often created around a single word or text, placed in the center, to which associated ideas, words and concepts are added.

Major categories radiate from a central node, and lesser categories are sub-branches of larger branches.

Mental map to prepare a business trip

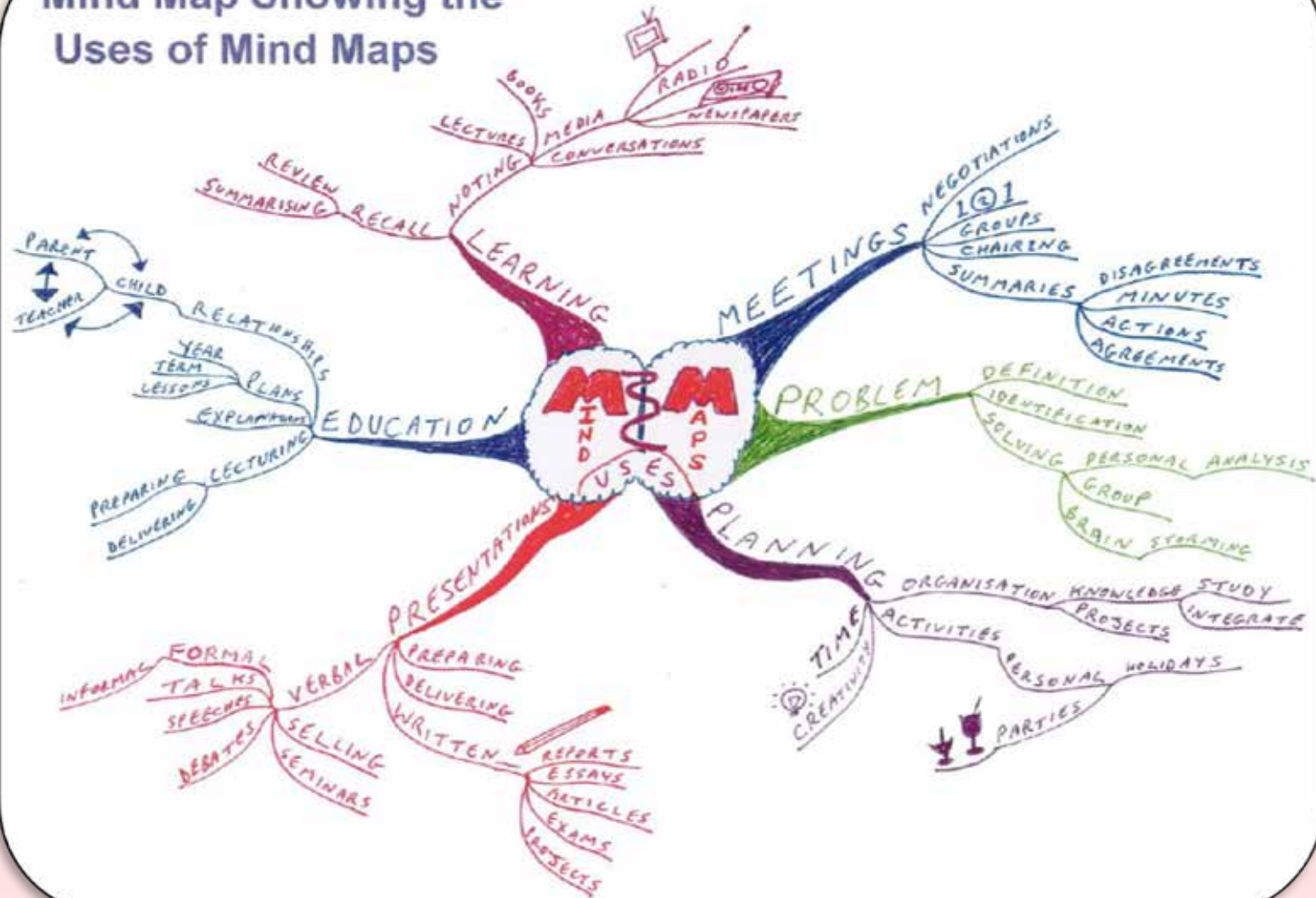




Categories can represent words, ideas, tasks, or other items related to a central key word or idea.

Mental maps can be drawn by hand, either as "rough notes" during a lecture or meeting, or prepared before the lecture.

Mind Map Showing the Uses of Mind Maps





The term "mind map" was first popularized by *British popular psychology* author and television personality *Tony Buzan*

He used the mental maps as a mnemonic system more than as a "pathway to help creativity"



Buzan suggests the following guidelines for creating mind maps:

- ① Start in the center with an image of the topic, using at least 3 colors.
- ② Use images, symbols, codes, and DIMENSIONS throughout your mind map.
- ③ Select key words and print using upper or lower case letters.
- ④ Each word/image is best alone and sitting on its own line.
- ⑤ The lines should be connected, starting from the central image. The central lines are thicker, organic and thinner as they radiate out from the centre.

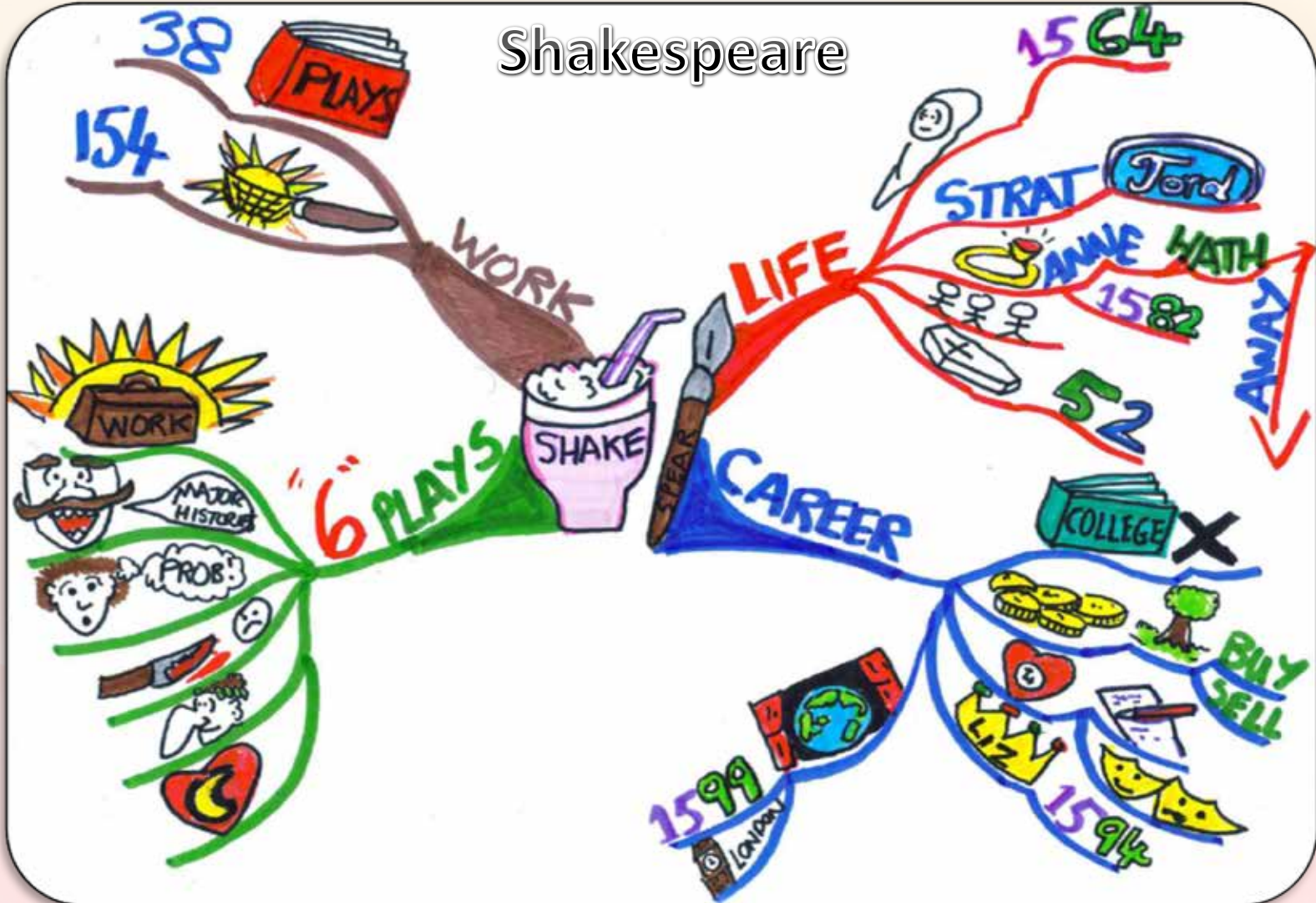


- ⑥ Make the lines the same length as the word/image they support.
- ⑦ Use multiple colors throughout the mind map, for visual stimulation and also to encode or group.
- ⑧ Develop your own personal style of mind mapping.
- ⑨ Use emphasis and show associations in your mind map.
- ⑩ Keep the mind map clear by using radial hierarchy, numerical order or outlines to embrace your branches.



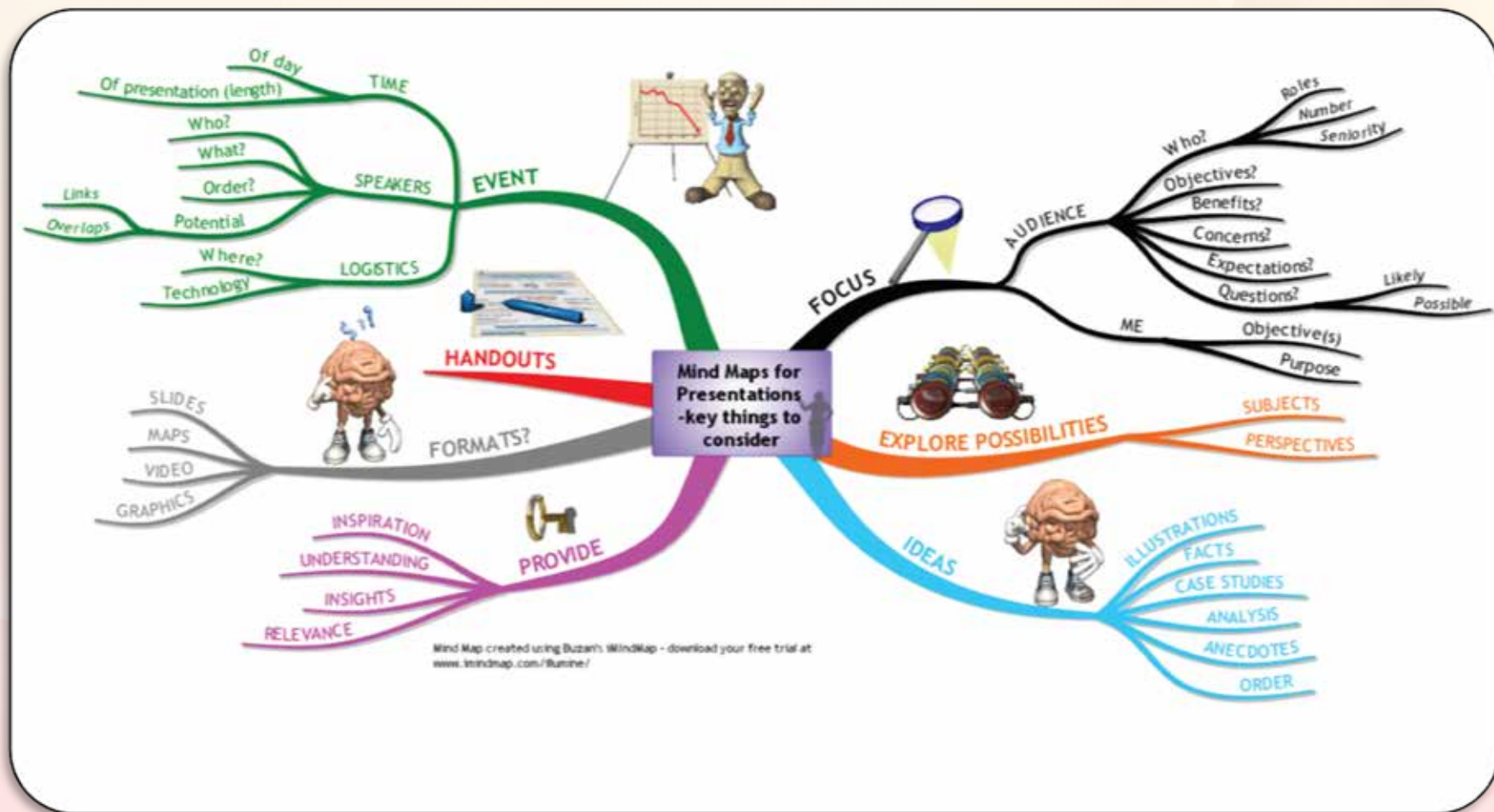
This list is itself more concise than a prose version of the same information and the mind map of these guidelines is itself intended to be more memorable and quicker to scan than either the prose or the list.

Shakespeare





Mental maps have many applications in educational and business situations, including notetaking and brainstorming (wherein ideas are inserted into the map radially around the center node, without the implicit prioritization that comes from hierarchy or sequential arrangements, and wherein grouping and organizing is reserved for later stages).





Mental maps can be used for:

- **problem solving**
- **structure/relationship representations**
- **condensing material into a concise and memorable format**
- **team building or synergy creating activity**
- **enhancing work morale**



Mental maps have a hierarcical-associative structure.

We can create two kind of connections:

- **hieragerarchical**, such as the branches of a tree, connecting each element with the previous one;
- **associative**, connecting elements that are in different point of the map

You can also trasform the mental map in a “creative pathway” dividing the map in “clouds”.



We use this Mind Map® on several of our courses. The tutor does a short verbal presentation which the delegates then Mind Map.



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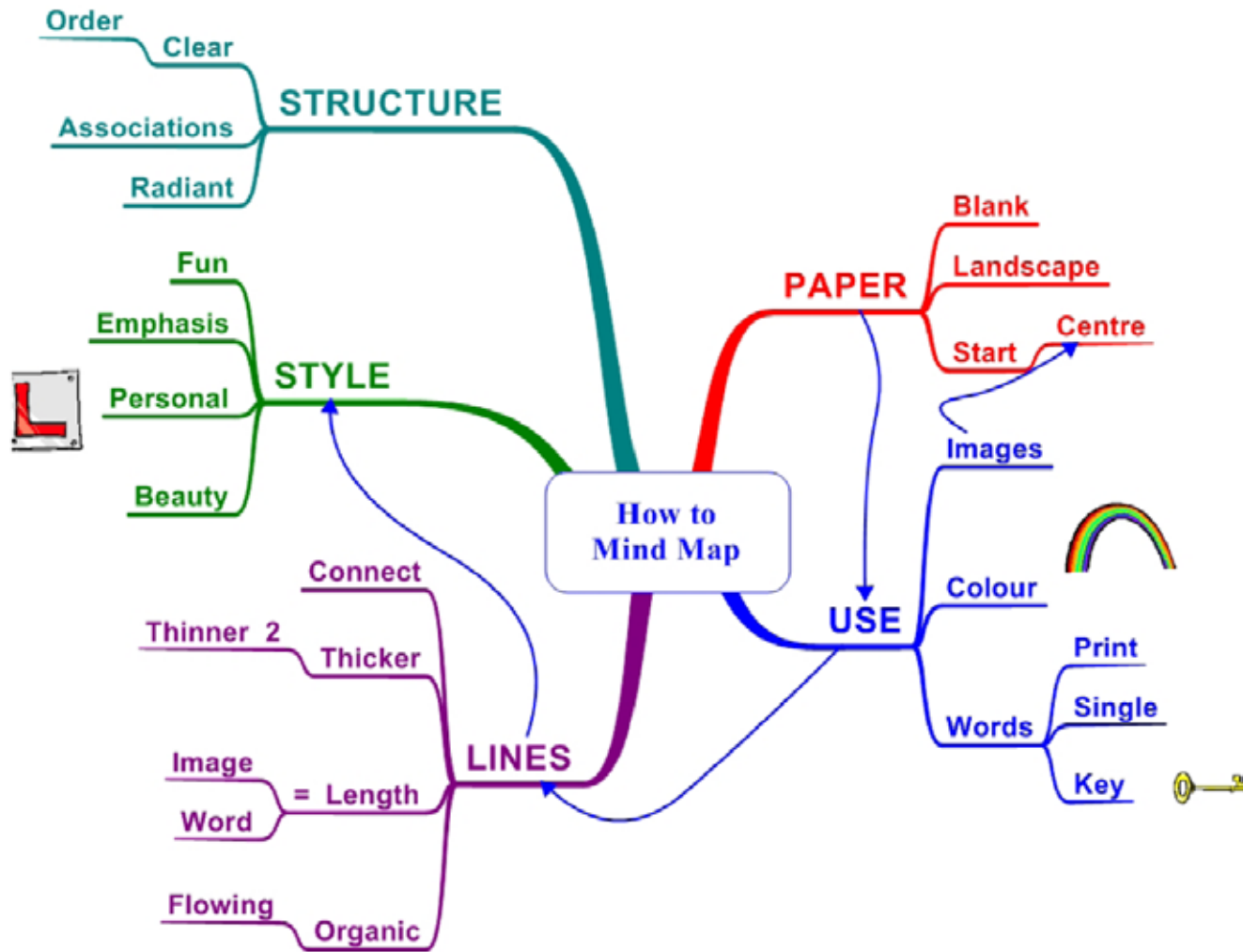


Mental mapping is very useful in group brainstorming, to define strategical objectives, to draw a project, to prepare an outline of a meeting.



Mental mapping software can be used to organize large amounts of information, combining spatial organization, dynamic hierarchical structuring and node folding.

Software packages can extend the concept of mind mapping by allowing individuals to map more than thoughts and ideas with information on their computers and the internet, like spreadsheets, documents, internet sites and images.





Thanks for your attention

Tito Livio Mongelli