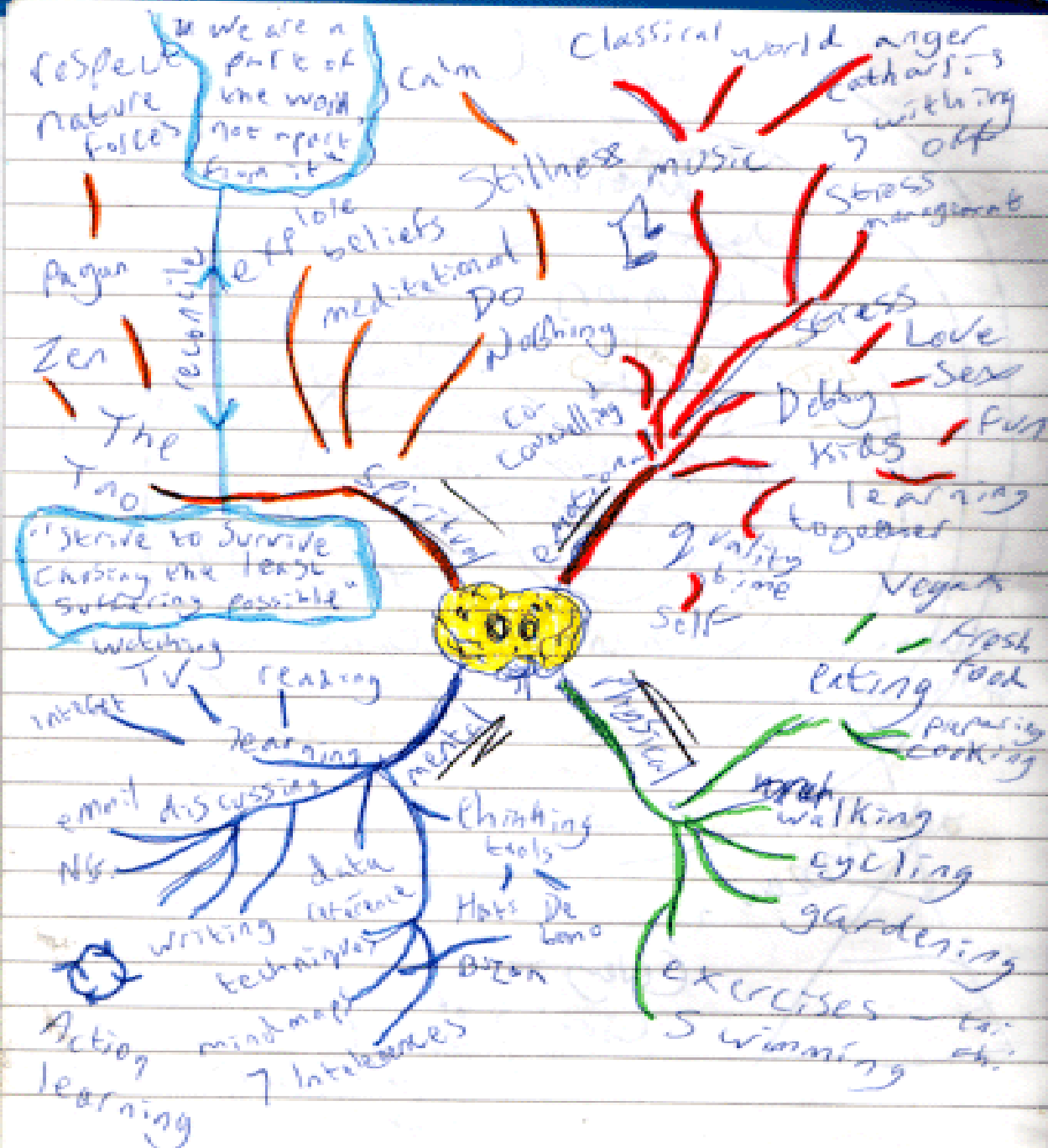# MIND MAPPING

Dr. Dipak Chavan

MIND MAPPING

A mind map is a diagram used to represent words, ideas, tasks, or other items linked to and arranged radically around a central key word or idea. Mind maps are used to generate, visualize, structure, and classify ideas, and as an aid in study, organization, problem solving, decision making, and writing.
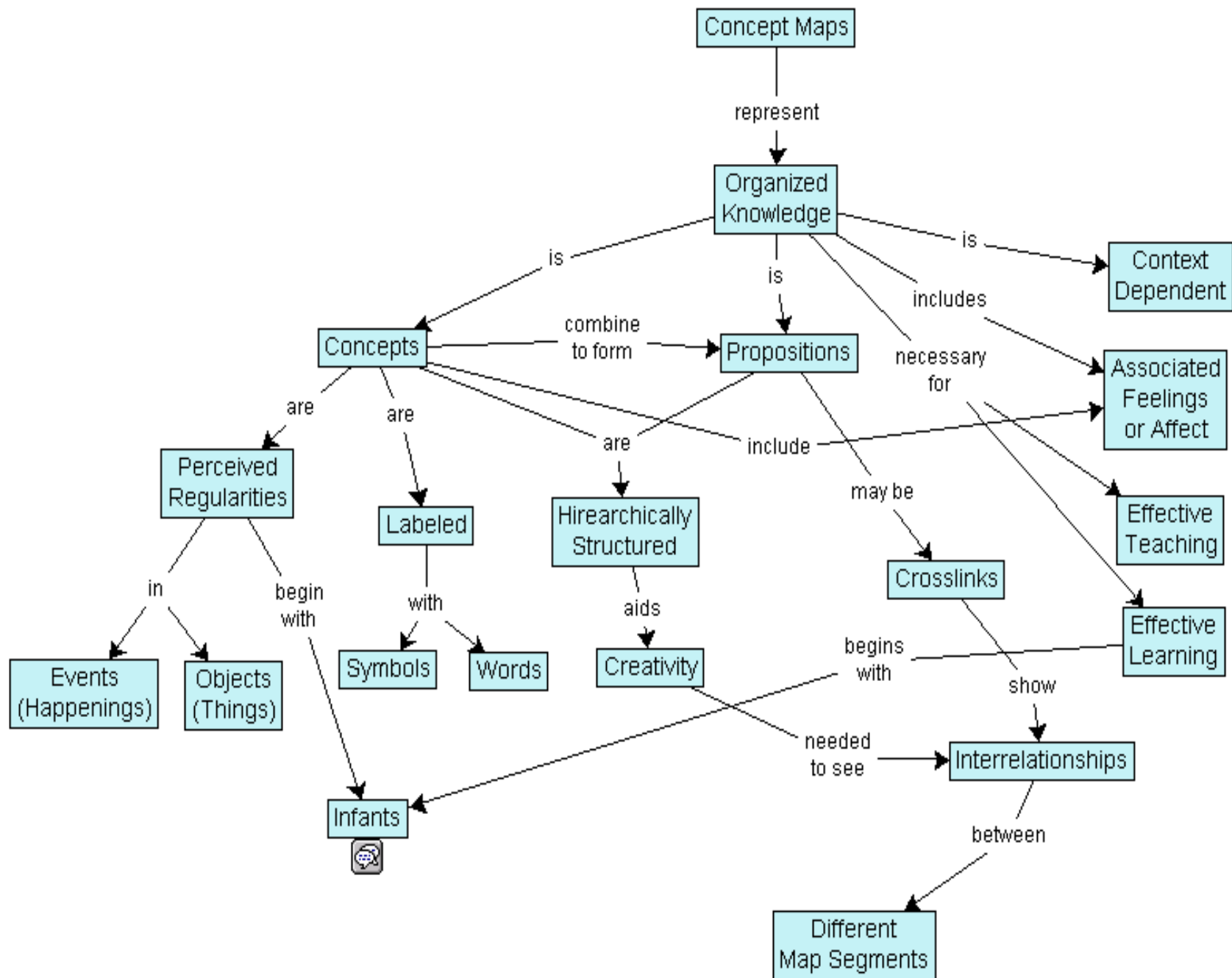
- The elements of a given mind map are arranged spontaneously according to the importance of the concepts, and are classified into groupings, branches, or areas, with the goal of representing connections between portions of information.

- Mind maps may also aid recall of existing memories.

- By presenting ideas in a radial, graphical, non-linear manner, mind maps encourage a brainstorming approach to planning and organizational tasks.

- Though the branches of a mind map represent hierarchical tree structures, their radial arrangement disrupts the prioritizing of concepts typically associated with hierarchies presented with more linear visual signs.

- This orientation towards brainstorming encourages users to enumerate and connect concepts without a tendency to begin within a particular conceptual framework.

- The mind map can be contrasted with the similar idea of concept mapping.
- The mind map is based on radial hierarchies and tree structures denoting relationships with a central governing concept,
- whereas concept maps are based on connections between concepts in more diverse patterns.
- Rough mind map notes taken during a course session
- A mind map is often created around a single word or text, placed in the center, to which associated ideas, words and concepts are added.

- Mind maps can be drawn by hand, either as 'rough notes' during a lecture or meeting,
- Concept maps can be more sophisticated in quality.
- There are also a number of software packages available for producing mind maps.

respect we are a part of the world not apart from it
nature forces
Classical world anger
catharsis
blowing off
Stillness music
stress management
Calm
Pagan explore beliefs
meditation
Do Nothing
stress Love
Sex
Zen
The Tao
Co-Counselling
Dotty
kids Fun
learning together
"strive to survive causing the least suffering possible"
quality of time
Vegan
self
Fresh food
eating food
watching TV reading
preparing cooking
intellect
learning
mental
health walking
cycling
element discussion
thinking tools
gardening
NVC
data reference
Hats De Bono
writing techniques
exercises
swimming tai chi
Action learning
mindmaps
Brain
7 Intelligences

Uses of Mind Mapping

Mind maps have many applications in personal, family, educational, and business situations,

1. Note taking : One could listen to a lecture, for example, and take down notes using mind maps for the most important points or keywords.

2. 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,

3. Summarizing, revising, and general clarifying the thoughts.

4. As mnemonic technique: One can also use mind maps as a mnemonic technique

5. To sort out a complicated idea.