



Mind Mapping Workshop

“Two sides of the brain working together”

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**“My left brain and right brain don’t agree on anything,
so I only think with the small part in the middle.”**

Mind Mapping Helps To...

- **acquire skills and knowledge quickly**
- **produce more thoughtful and creative solutions to problems**
- **make sense of an ever increasing volume of information**
- **communicate ideas clearly and sell with impact**
- **train more effectively**
- **adapt quickly**

An Untapped Resource...

- **The Brain Weights just 3 pounds**
- **Over 10 Billion nerve cells**
- **This makes for 10^{800} connections**
- **“the human brain can store more information than all the libraries in the world” (Richard Restak, MD, *The Brain*)**
- **The workings of the brain is largely still a mystery to man**

Brain vs. Computer...

- **The primary differentiator between the brain and a computer is pattern recognition and ambiguity**
- **Modern computer science is rapidly narrowing this gap with neural networks, artificial intelligence, and advanced algorithms in cognitive sciences**

Recognition and Ambiguity...

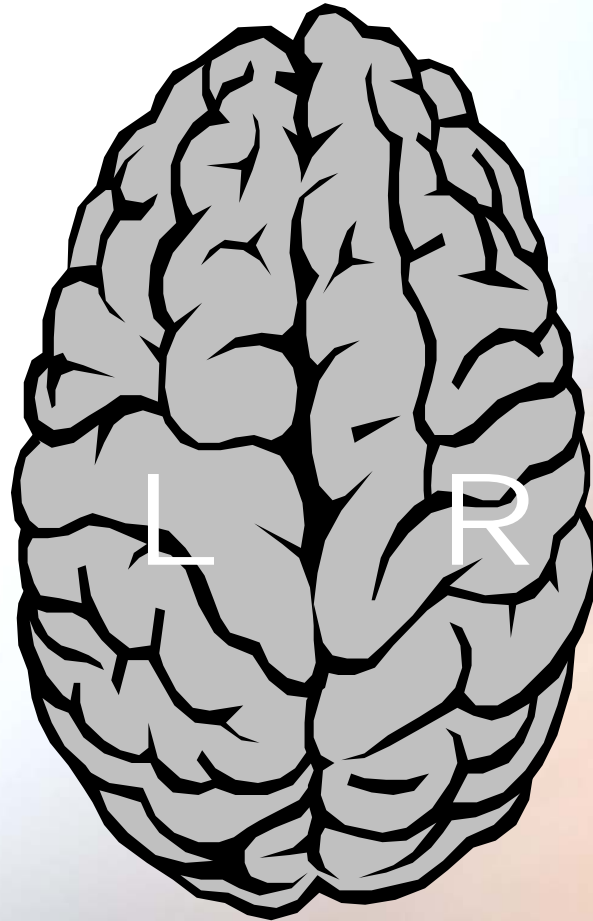
What do you see?



The Brain's Two Sides...

Left Side - Processes

- Language
- Logic
- Numbers
- Sequence
- Linear
- Looks at details
- Symbolic representation
- Judgmental



Right Side - Patterns

- Images
- Rhythm
- Music
- Imagination
- Color
- Looks at the whole
- Patterns
- Emotions
- Nonjudgmental

Creativity...

- **Creativity comes from exceptional interaction of both “brains”**
- **Both sets of traits are critical to our thinking processes**
- **Our educational systems emphasize left brain**
- **Whole brain exercises tend toward right brain because of this bias**

Memory...

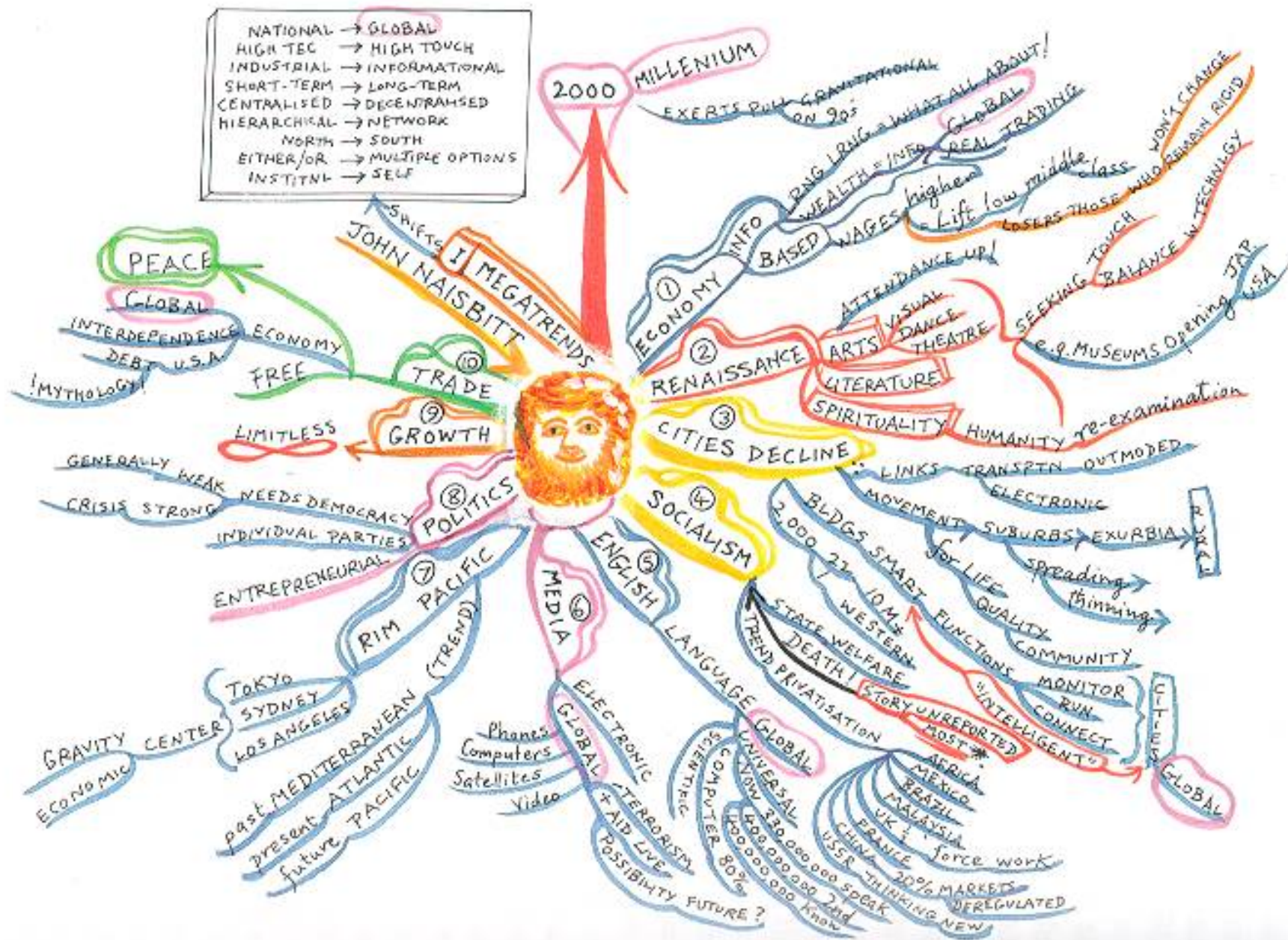
- **Memory consist of storage and recall**
 - It is probable that we store everything we experience
- **Memory as a Hologram**
 - Suggestion that memories are not stored in specific neurons but are distributed
- **Recall is inhibited by interference of memories and a breakdown of the search process**

Recall: The Key to Memory...

- **Repetition**
 - Rote learning; not very effective but the standard for education systems
- **Associate/Connection**
 - Linking with established memory allows recall for use in other contexts
- **Intensity**
 - Intensity or emotional content reinforces recall
- **Involvement**
 - Better recall if more than one sense is involved

Mind Mapping...

- **Developed by Tony Buzan in late '60s to teach creative thinking**
- **Whole Brain Thinking and Visual Outlining Method**
 - **takes advantage of the brains short “mind bursts” (5-7 minute durations)**
 - **quickly transfer these “brain dumps” onto paper**
 - **allows the mind to explore patterns developing more bursts**

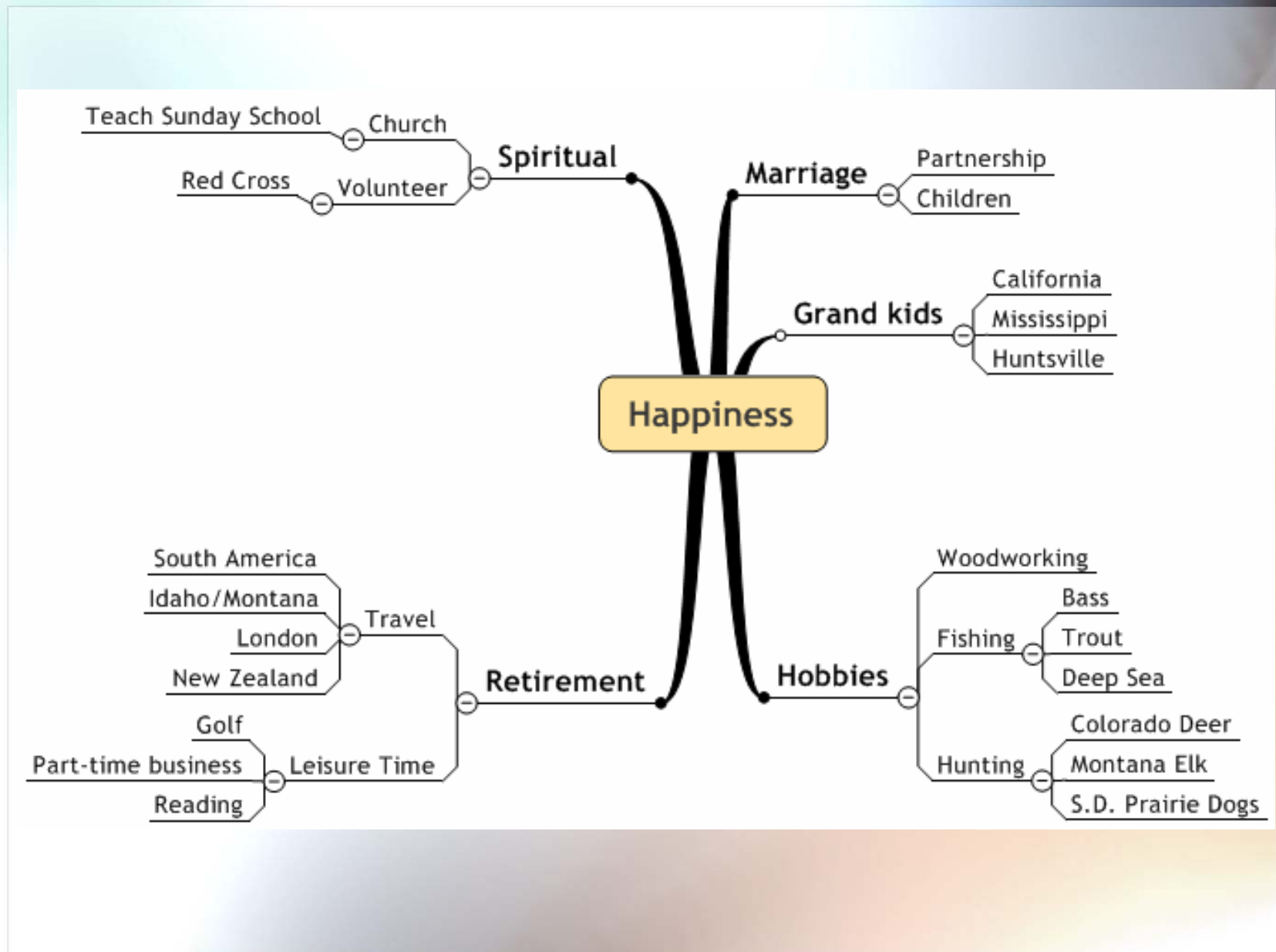


Mind Map by Tony Buzan of a two-day lecture/400 page book by John Naisbitt (see pages 256-7).

Exercise #1

- **Middle of page write “Happiness”**
- **For 2 minutes, draw branches of key words relative to what happiness is to you**
- **For 2 minutes, draw more branches from the key words with words relative to the key word**

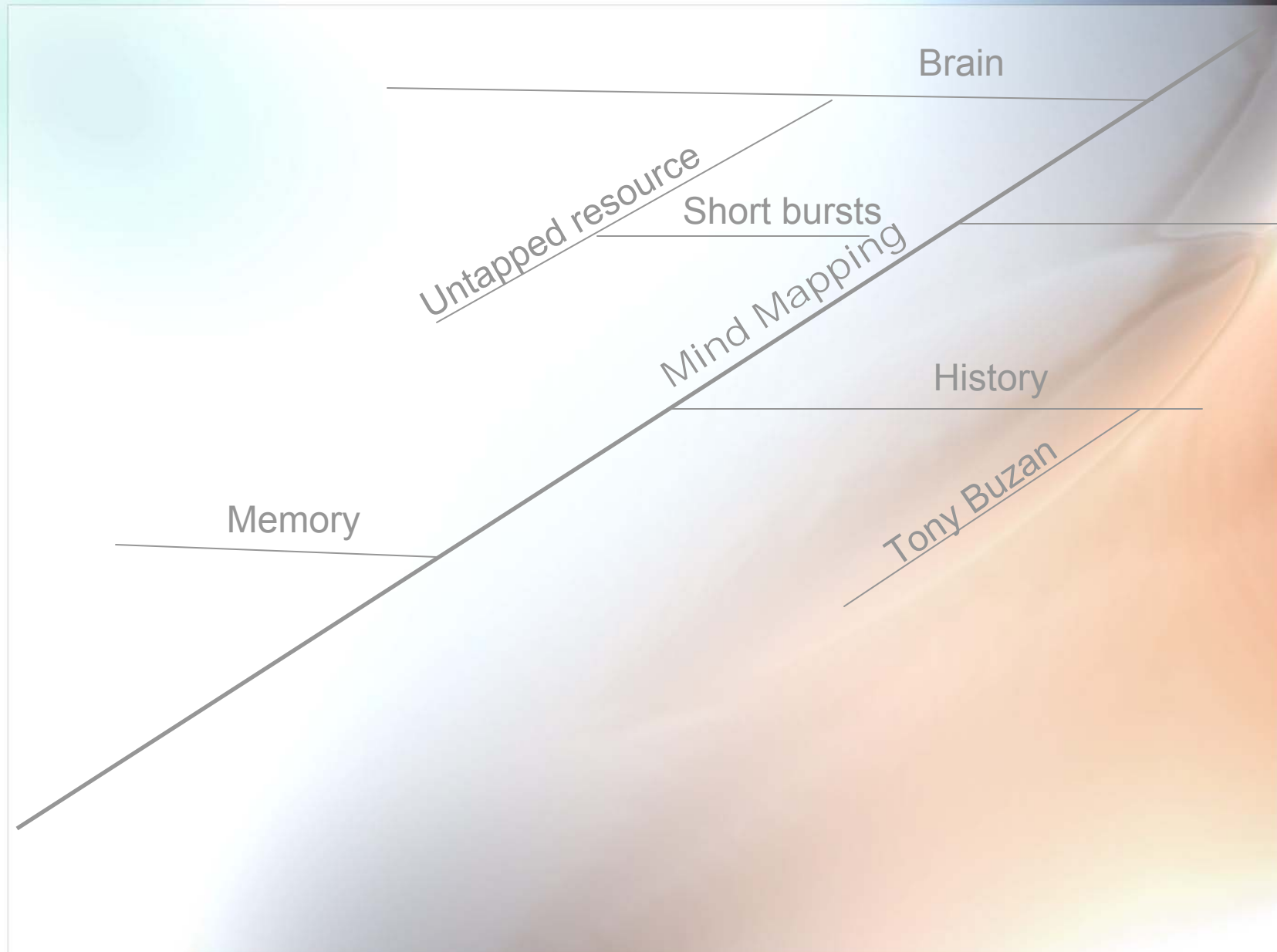
Example #1...



Exercise #2

- **Position Paper in Landscape**
- **Draw diagonal line from bottom left to top right for right-handers, opposite for left-handers**
- **Label line “Brain Mapping”**
- **Draw branch lines of key points you have heard up to now**
- **Can you draw any minor branches?**

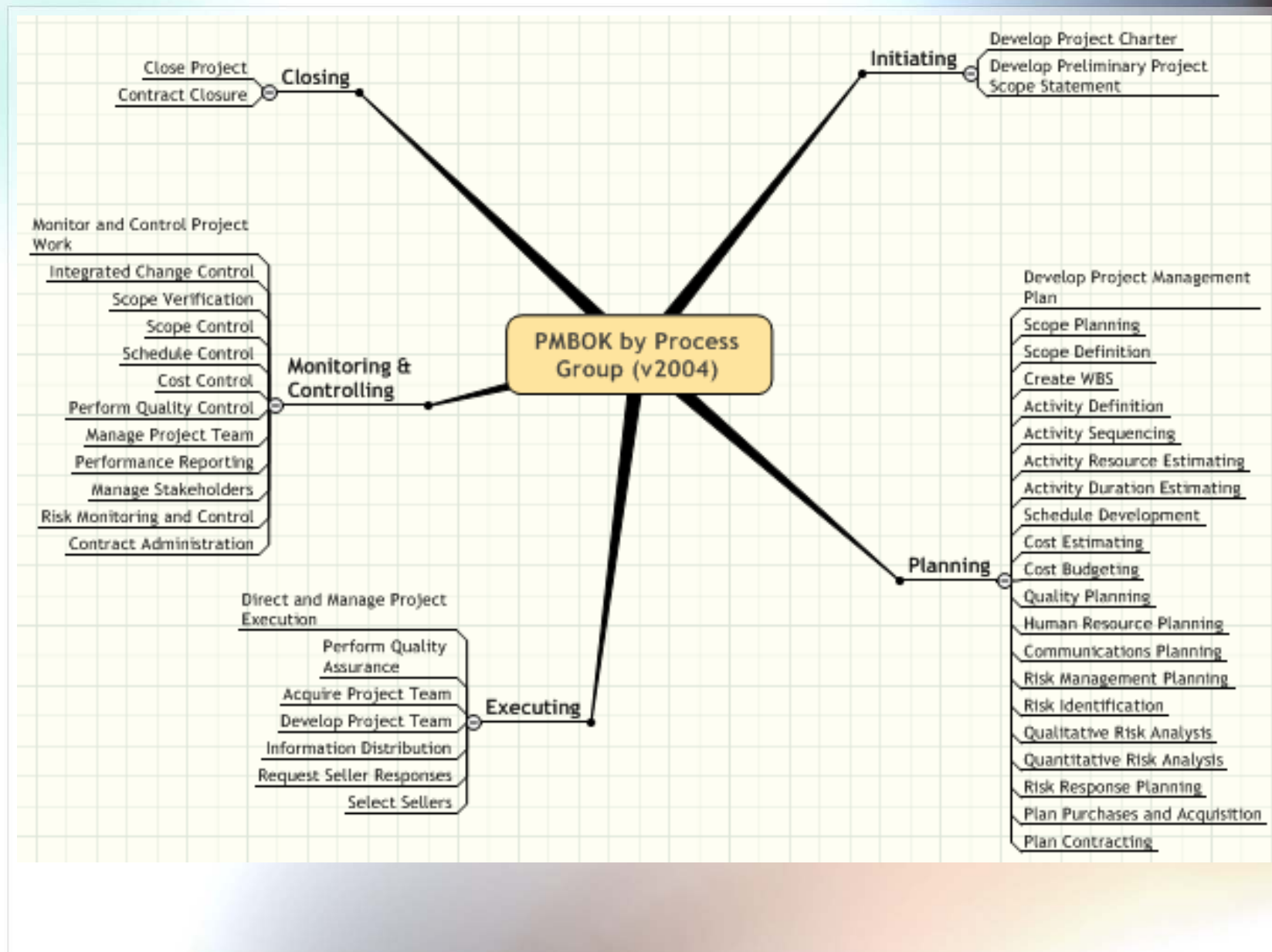
Example #2



Exercise #3

- **Middle of page write “My Project”**
- **For 2 minutes, draw branches of key words relative to how you would structure a project**
- **Continue to draw more branches from the key words with words relative to the key word (2 min)**

Example #3



Tools...

- **MindManager XP5 (v6 just announced)**
 - Integration w/Microsoft
 - Project
 - Word
 - Power Point
 - Outlook (tasks, contacts, schedule)
 - Create Web Pages
 - See link: <http://www.mindjet.com>
- **Inspiration**
 - Simple and Easy to Use
 - Geared toward Primary/Secondary Education
 - Palm OS version recently released
 - See link: <http://www.inspiration.com>

Tools...

- **Microsoft Visio**
 - Manual manipulation of elements best left to documenting whiteboard sessions or design of flow charts
 - See link: <http://support.microsoft.com/default.aspx?scid=kb;en-us;254589>
- **BrainForest (PalmOS & Windows)**
 - Desktop Version Available allows for synchronization
 - Outline mode suitable for Palm but inhibits creativity of more graphical approaches
 - Works nice if you want to translate Palm outlines to another graphical tool
 - See link: <http://ultrasoft.com/brainforest>

More Tools...

- Visual Mind (Norway), 30-day evaluation copy: <http://www.visual-mind.com/index.htm>
- SmartIdeas (Canada), 30-day evaluation geared to academic K-12.
<http://www2.smarttech.com/st/en-US/Products/SMART+Ideas/>
- FreeMind (Czech), free with java source code:
http://freemind.sourceforge.net/wiki/index.php/Main_Page

References

- **Buzan, Tony.** *The Mind Map Book*, 1993, A Plume Book, New York
- **Russell, Peter.** *The Brain Book*, 1979, A Plume Book, New York
- **Wycoff, Joyce.** *Mindmapping*, 1991, Berkley Books, New York



Other Information...

- Study Skills
 - <http://www.jcu.edu.au/studying/services/studyskills/mindmap/>
- MindTools
 - http://www.mindtools.com/pages/article/newlSS_01.htm
- Mind Mapping Resource Center
 - <http://www.innovationtools.com/resources/mindmapping.asp>

A Challenge...

- **You now know that there are ways to increase your creativity by enabling both sides of your brain**
- **Mind Mapping assists you in using both sides of your brain**
- **You can effectively and quickly understand complex information, meeting, and documents**
- **Challenge: Use mind mapping during the rest of the Symposium and share your results with me at dinner.**



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