

Mind Mapping

Two Approaches to Organizing Your Work

Mind mapping is a useful tool when writing a paper. Mind mapping helps formulate ideas, organize thoughts, and generate direction for a main topic. When writing a paper, information and flow are important to express thoughts most effectively. In this exercise, you will be using a Mind Mapping Template to help you plan your first essay.

The first template is a thought bubble template that is more circular thinking. The second is an outline template which is more linear thinking and is more reminiscent of a traditional outline. They both yield the same end result, but the angle of approach is different. Choose whichever one fits you best. Or, if you typically use a traditional outline format, you may continue to do so. The idea is simply to ensure that you use the tools available to construct a coherent and cohesive essay.

Copy whichever template you prefer to a Word document. Type over the existing text and fill out each form with one main idea, subtopics, and details of each subtopic. The number of subtopics can be expanded for large papers, and contracted for small ones. The list of details is flexible as well. In general, you want to have a minimum of three subtopics and three details.

Mind mapping can also be used as a very effective means for developing presentations, decision making, and planning, among other things. There are a number of websites that present innovative ideas on mind mapping and outlining. Some even offer other templates and free software.

Happy mapping!

Thought Bubble Mind Map



Outline Style Mind Mapping

Main Idea – The Importance of Exercise

First Subtopic – Exercise makes the physical body healthier

Detail – Positive effect on heart

Detail – Positive effect on lungs

Detail – Positive effect on bones and joints

Second Subtopic – Exercise affects emotional health

Detail – Feelings of accomplishment

Detail – Body image

Detail – Endorphins

Third Subtopic – Different Types Of Exercises and their benefits

Detail – Stretching

Detail – Anaerobic

Detail – Aerobic

Fourth Subtopic – Exercise and its benefit throughout life

Detail – Adults

Detail – Seniors

Detail – Children

Conclusion – Wrap up, recap main ideas, and come to a strong conclusion about the topic.