

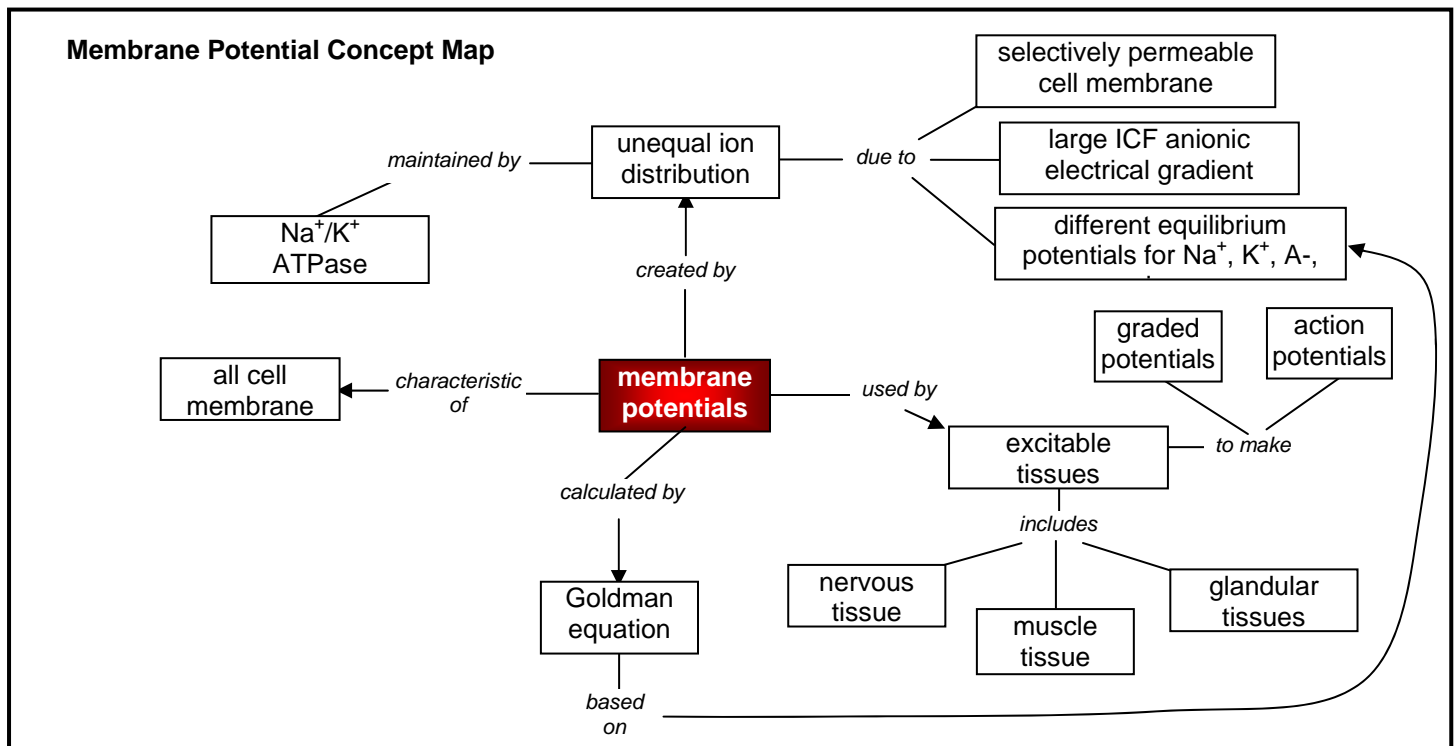
# Concept Mapping

A tool for increasing learning & compression through connections

The idea behind concept mapping is to take any concept and build connections that explain the concept and its components in a manner which makes sense to you.

The process:

1. identify your topic (for example: membrane potentials) the red center box below,
2. use connecting (linking) phrases such as: “involved in”, “part of”, “allows for”, “creates”, “made by”... really anything that you can think to link with (italics below),
3. from the connecting phrases, follow up with what it is connected to according to your phrase (square white text boxes), lines can be straight, curved or even connecting some phases from one connection to another.
4. Remember! For the most part there is no right or wrong way to do these studies. The only way to get it wrong is to use incorrect terms from your connecting phrases



This is a quick and simple example... as you look at it you may see areas where you can continue to add on. Start simple, and keep working on it!

The above example I just put together using lines and text boxes, and does take more time – especially if you get quite a ways into it and decide to move some things around.

There are some free concept mapping programs that make the process easier. The following program is excellent and free! <http://cmap.ihmc.us/conceptmap.html>  
It looks a little daunting, but give it a try!

Here are a couple of lists of terms to try and map out, the first one is big, the second one is smaller but you can expand it if you wanted to add further terms.

1. Central term/concept: CNS

terms to map:

brain stem  
diencephalon  
cerebrum  
cerebellum  
basal nuclei  
gray matter  
white matter  
meninges  
medulla oblongata  
pons  
midbrain  
thalamus  
epithalamus  
hypothalamus  
spinal cord  
primary motor cortex (pre-central gyrus)  
somatosensory cortex (post-central gyrus)  
visual cortex  
Broca's area  
Wernicke's area  
corpus callosum  
frontal  
parietal  
occipital  
temporal  
sulcus  
gyrus

connectors that may be used:

part of  
composed of  
includes  
functions in  
connects

You may add your own connectors  
as you see fit to do so.

## 2. Endocrine Map

Key concept to map: Anterior Pituitary Gland

Terms to connect

releasing & inhibiting hormones  
tropic hormones  
nuclei  
hypothalamus  
infundibulum  
hypophyseal portal vein  
FSH  
LH  
ACTH  
hGH  
MSH  
TSH  
PRL

connecting terms

controlled by  
from  
to  
through  
via  
effects  
release

again, you will probably need to add some connectors to this list... you can also continue to expand the terms on the left as you see fit!