

ANNEX 5

SCIENTIFIC POSTER – INSTRUCTIONS

Please refer to the source material <http://www.uwm.edu.pl/czachor/dyda/poster.htm>

MIND MAP – INSTRUCTIONS

Mind maps not only improve memory and are useful for organizing and consolidating knowledge. They perfectly improve coordination of hand and eye, develop visual abilities and imaging skills and improve the cooperation between the two hemispheres of the brain. They develop imagination, artistic talent, creative thinking and self-esteem, and when they are created in a team, they can contribute to the improvement of mutual relations and cooperation. The mind maps created on the plane cards reflect the multidimensional reality, combining space, time and colour. It organizes thoughts, so it can be easier to store and search for the information you need. It is an expression of multidirectional thinking characteristic of our mind which collects information in an integrated, multidirectional and organized way. The map helps you get to this way of thinking and multiply not only memory capacity, but also the performance of the mind, because the proper storage of information streamlines the process of thinking.

Just try to find out for yourself!

The rules of map drawing are simple.

- Place the long edge of the card horizontally.
- In the central part of the card write in capital letters the key word or introduce it graphically.
- Central lines (connected to the key word), draw a thick line; other lines (branches) have to connect with them.
- Along each line write one word (or two, but no more); you can also use words instead of drawing a graphic symbol.
- Use drawings, including the ridiculous ones:
- Drawings usually are easier to memorize than words.
- Drawings, lines and words can be of different sizes.
- Use at least three colours.
- You can encircle each branch with its branches (as in the cloud).
- Add blank lines, it frees association.

Fix with the map

- After having drawn the map, you must necessarily “tell” the story in order to store the material contained therein.
- Because the durability of our memory changes with the passage of time, you should regularly review the map, go back to them, “tell” them again, remember the message.

- By the way, you can complete the map, add lines and list the new information.
- You can also sketch the map again, and in this way, sum up everything what you will be able to recall. Such an exercise refreshes the memory.
- When recalling the map, you can use the support of notes, if necessary.
- Then compare your “copy” to the original, correct mistakes and fill in the gaps.

<https://www.youtube.com/watch?v=8BgkWIEeX-M>

https://www.youtube.com/watch?v=kECHj8g6_fU