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| **How to Create Systems Map: directions with examples** |
| 1. Identify the general/broad topic that you are interested in.  Example: You are interested in the general topic of obesity  2. Brainstorm on the general topic and list all the concepts and themes that are related to the topic on a large piece of paper. Keep the concepts as concise as possible.  Example:   |  |  |  | | --- | --- | --- | | Who? How many? Reasons or causes of Effects of More fast food Bigger portions Large fries Diabetes Technology dependent Stroke Heart disease High-blood pressure Balanced diet Little sugar | Kids Adult female Mothers  Depression Genetic  More TV viewing Sedentary life style  Low work productivity Low self-esteem Poor emotional health Physical fitness at work  Balanced diet  Nutritious meals  Less fast food | Obese parents Unhealthy Diet Little physical exercise Soda pop Dessert  Too much sugar Commuters Few pedestrians How to prevent Transportation system  Exercise programs Physical fitness in school  Physical exercise Walk or pedal to work | |
| 3. Using unlined paper, write the main theme in the center of the page.  4. Take the other concepts identified in the brainstorming and connect them to the center concept. You can use other organizational patterns such as branches, arrows or groups. More important ideas should be put nearer to the center and less important ones closer to the edge. Identify the relationship between the concepts.  Image of obesity concept map  5. After the map has been created, look at the organizational patterns to see if the pieces fit together and make sense and if there is anything missing. After the map has been created, look at the organizational patterns to see if the pieces fit together and make sense and if there is anything missing. |