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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 obesity2. 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:

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| Who?How many?Reasons or causes ofEffects ofMore fast foodBigger portionsLarge friesDiabetesTechnology dependentStrokeHeart diseaseHigh-blood pressureBalanced dietLittle sugar | KidsAdult femaleMothers DepressionGenetic More TV viewingSedentary life style Low work productivityLow self-esteemPoor emotional healthPhysical fitness at work Balanced diet Nutritious meals Less fast food | Obese parentsUnhealthy DietLittle physical exerciseSoda popDessert Too much sugarCommutersFew pedestriansHow to preventTransportation system Exercise programsPhysical fitness in school Physical exerciseWalk or pedal to work |

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| 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 map5. 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. |