Main “parts” of node-link maps

Node-link mapping is a simple technique for presenting verbal information in the form of a diagram. It has been shown to have positive benefits for counselling interactions with clients.

- Node-link mapping was first studied as a tool for helping students take better notes during lengthy college lectures. Students were taught to take notes by placing key ideas in boxes called “nodes” that were connected to other nodes with lines (“links”) representing different types of relationships. The end result often resembled a map or flow chart of the lecture. Other students took notes as they would usually take them, and when the two approaches were compared the students who used the “node-link mapping” system did better on tests and felt more confident about understanding the lecture than did students who took traditional notes. There seems to be something about visually displaying information that helps us better understand things and recall key ideas (hopefully when we need them). This is summarised in the old adage ‘a picture is worth a thousand words’.

- **A node**, which is just an idea captured in a box, circle, or other shape

  For example:

  ![Blockbuster movie](image)

- **Links** (named or not) which show the relationship between nodes

  For example:

  ![Blockbuster movie](image) ![Avatar](image)  EX

  “An example of a blockbuster movie is Avatar”