

La Gestion Mentale

The field of *Gestion Mentale* opens a new arena in the study of learning and teaching. It focuses on what is happening in the learner's mind while learning. To recognize the mind structures one employs, introspection is necessary. There are images and sounds and sensations that pass largely unnoticed through our mind and body. These show the personal structures that each person tends to choose to achieve certain learning goals. Through careful questioning, it is possible to bring these to full consciousness and to observe which structures are most successful for a specific individual faced with a specific learning task.

Learning tasks are categorised into five major acts:

- (1) paying attention,
- (2) remembering,
- (3) understanding,
- (4) reflecting and
- (5) creative thinking.

There is a whole range of possible mental structures one can employ to accomplish these acts. When working with individual students, the goal is to uncover together with them the structures they use and the personal mental itinerary they employ when successful in each of these five areas.

When working with the class as a whole, the crucial step is to move beyond the confines of one's own personal itinerary and open out a palate of possibilities that permit each individual student to access whatever is most fitting for her/him. In addition, it is possible to introduce *Gestion Mentale* to the class so that the students themselves can consciously guide their own learning practices, choosing the appropriate personal mental processes for each task.

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