

# THE FOUNDATIONS OF THE MENTAL APPRENTICE

## ENGAGEMENT MOTIVATION

The foundations of Engagement Motivation are built through the shared relational history common in the parent/child relationship. From infancy on, parents and children develop a continually updated Shared Relational History generated from thousands of co-created experiences. Because of their relational history and strong investment, parents are uniquely able to provide their child with a personalized learning platform adapted to that child's unique profile of strengths and limitations.

## GROWTH-SEEKING MINDSET

The attributes of a growth seeking mindset are: Intrinsic motivation, Agency and Autonomy seeking, Preference for novelty, exploring and experimenting, and challenge seeking. Growth-Seeking does not emerge automatically. Rather it is the infant's success during their first half year that set the stage. Among these abilities include an emerging sense of oneself as an active 'Agent', a sufficient capacity for mediating their emotional reactions and maintaining cognitive organization in the face of potentially disorganizing situations. In addition, activation is dependent on the infant's perception of themselves on the one hand as autonomous agents able to take actions that influence their world, and on the other hand as tightly integrated into a relational system with parental guides, perceived as playing a central role in their growth.

## PERSONAL AGENCY

Mindful Guides as Facilitators building Personal Agentic Foundations: Growth-Seeking Motivation & Mindsets, Meaning-Making, Observational Learning, and Self-Regulating. The developmental progression of a sense of personal agency moves from perceiving causal relations between environmental events, through understanding causation via action, and finally to recognizing oneself as the agent of the actions. Infants personally experience the effects of actions directed toward them, which adds salience to the causative functions of actions. As infants begin to develop some behavioral capabilities, they not only observe but also directly experience that their actions make things happen." Bandura, (2007)

## EXPERIENTIAL LEARNING

The models of experiential learning include: observing oneself and others, co-experiencing, social referencing, learning transfer, exploring and experimenting, and obtaining feedback.

## INTERPERSONAL AGENCY

Interpersonal agency includes sharing emotions and exerting influence through non verbal dialogue (communication), participating in synchronized, simple, mutually regulated environments (co-regulation), and forming reliable social expectations through repeated observation (social understanding). The foundations of interpersonal agency are formed through building early foundations for empathy and emotion based relationships (caring), collaboration with the MindGuide and building multiple-channel experience-sharing communication within an authentic dialogue format (communication).