Positive Self-Efficacy

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Learning Outcomes

● Define the concept of self-efficacy
● Understand how self-efficacy affects learning & motivation
● Develop strategies to foster positive self-efficacy
What is Self-Efficacy?

Self-Efficacy In Action

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Social Cognitive Theory

**SELF-EFFICACY**

Believing oneself capable of successfully performing certain behaviors or reaching certain goals

- **Crucial to motivation**
  - Learners more apt to initiate, exert effort in, and persist at activities for which they have high S.E.

- **Comes from past successes in an activity**
  - (to a degree)

- **Social factors can boost S.E.**
  - encouraging words
  - successful peer models

Sources of Self-Efficacy

- Performance Accomplishments (i.e., past experience)
- Vicarious Experience (i.e., modelling by others)
- Social Persuasion (i.e., coaching and evaluative feedback)
- Physiological and Emotional States

Self-Efficacy Judgements

Behaviour / Performance

Sources of Self-efficacy Information

Retrieved From Google Images 2019
Maintaining Positive Self-Efficacy

- Set SMART goals
- Divide tasks into small steps
- Surround yourself with similar successful others and people who believe in you
- Observe credible similar others
- Utilize different learning strategies
- Reflect on past accomplishments
- Recognize you are making progress towards your goals and validate oneself

Dembo and Seli (2016)
If you believe, you can achieve!
References
