

# Positive Self-Efficacy

By: Carmen Tatenco

# 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?



Retrieved From Google Images 2019  
Pajares, F. (2006)

# Self-Efficacy In Action



Retrieved From Google Images 2019

Pajares, F. (2006)

# 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)

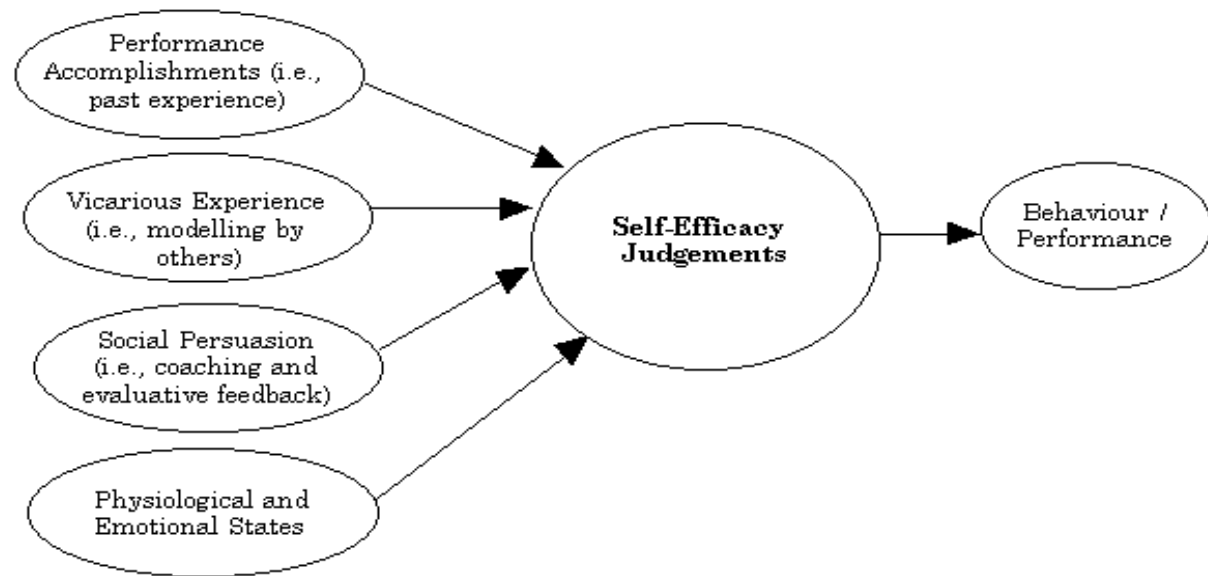
### Social factors can boost S.E.

encouraging words

successful peer models

Retrieved From Google Images 2019  
Pajares, F. (2006)

# Sources of Self-Efficacy



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

If you  
believe,  
you can  
achieve!





# References

- Dembo, M. H. & Seli, H. (2016). *Motivation and learning strategies for college success: A self regulation approach* (5th ed.). New York: Routledge
- Pajares, F. (2006). Self-Efficacy Theory. Retrieved from <http://www.education.com/reference/article/self-efficacy-theory/>