

Self-Efficacy in the Classroom

Self-efficacy represents a student's belief that she or he can perform a task, at a specific level of difficulty.

For the item, "I understand my moods and feelings," students' responses were:

Not at all true: 4%

A little true: 22%

Pretty much true: 44%

Very much true: 30%

Mastery Experiences

Provide opportunities for students to practice their developing skills and teach strategies that can be used when challenges arise. These activities should be relatively challenging, but achievable with effort. Research shows that students feel efficacious when they have had previous experiences with success.

Model Success

Observing similar others succeed promotes feelings of efficacy. Teachers can model how to solve problems, ways for overcoming difficulties, and effective strategies. Students who are slightly more advanced at a given task can be great models for others. For example, having a student solve a problem in front of the class or describe their experience solving a particular problem, including working through challenges, can increase efficacy beliefs in their classmates.

Encouragement

When others communicate to a student that they can succeed, that student feels more confident in their abilities. Teachers who give appropriate, realistic encouragement and performance-based feedback promote feelings of efficacy in their students. Praising students' effort after success as well as providing information about strengths and skills that they can work to improve gives students information they can use when evaluating their capabilities and can increase positive expectations about future performances.



Students with self-efficacy feel confident that they can succeed.

- Research has shown that self-efficacy is related to many positive outcomes:
- Increased achievement, engagement, and time spent in academic tasks
- Positive feelings toward school and learning
- Persistence and resiliency when facing challenges
- School attendance and class participation

Resources

Helping Children Believe they Can Succeed
Self-Efficacy Overview
Teacher Efficacy
Developing Self-Efficacy

For more information about the Social Emotional Health Survey, see: www.project-covitality.info