## Self-Efficacy

A Key Component of Student Success

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## Objectives

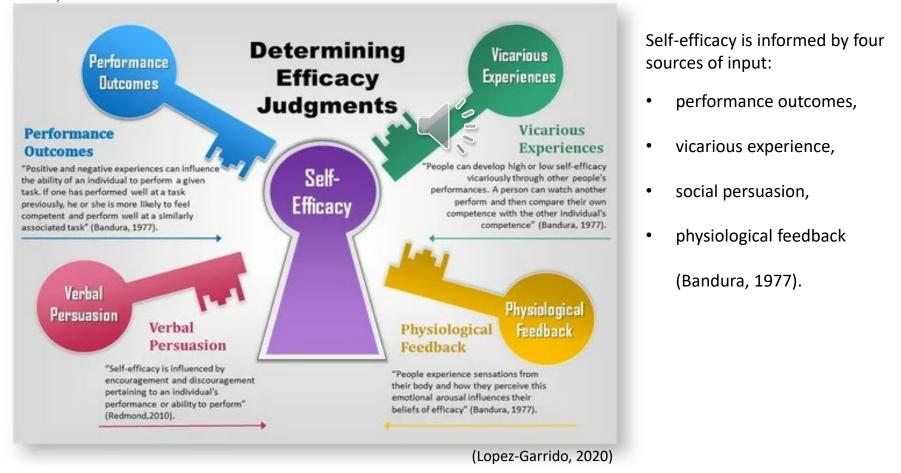
In this lesson you will:

- Build a **deeper understanding of selfefficacy**, one example of a social-emotional competency that can help students feel more motivated to persist and succeed.
- Leave with at least one **specific strategy or technique** that you could try in the classroom to support your students in developing selfefficacy.
- Identify the **role a teacher can play** in helping students develop self-efficacy.



## Understanding Self-Efficacy

**Self-Efficacy** is the belief in one's ability to succeed in achieving an outcome or reaching a goal (Bandura, 1977; Nagaoka et al. 2013). This belief, specific to a task or an area of knowledge or performance, shapes the behaviors and strategies that help one pursue their goal (Bandura, 1977).



## Why Self-Efficacy Matters

Self-Efficacy is a gateway to other mindsets, essential skills, and habits. Having high self-efficacy...

