

# Self-Efficacy

A Key Component of Student Success

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# Objectives

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In this lesson you will:

- Build a **deeper understanding of self-efficacy**, 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 self-efficacy.
- 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).



Self-efficacy is informed by four sources of input:

- performance outcomes,
- vicarious experience,
- social persuasion,
- physiological feedback

(Bandura, 1977).

# Why Self-Efficacy Matters

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Self-Efficacy is a gateway to other mindsets, essential skills, and habits.

Having high self-efficacy...

...encourages students to persist and not give up in the face of difficulties (Bandura, 1993).



...compels students to enact their agency in pursuit of a goal because they believe it will be worth it in the end (Cauce & Gordon, 2012).



...helps students use more self-regulation practices that make them successful in school (Pajares & Schunk, 2001).



...can help students recover from challenges more successfully by motivating them to increase their efforts and abilities (Bandura, 1993; Dweck et al., 2013).

