

## The Four Sources for Building Self-Efficacy

Reflect on your teacher's example of building self-efficacy for a challenging task; note specific details/actions from your teacher's experience that address each of the four sources of self-efficacy.

	<b>Definition</b>	<b>Example</b>
Mastery Experiences	Remembering that you have succeeded in the past and that mistakes are opportunities to learn	
Verbal Persuasion	Focusing on positive praise, constructive feedback, and growth mindset statements	
Physiological Feedback	Recognizing and reducing anxiety through practicing relaxation techniques, writing down worries, physical activity, and positive self-talk	
Vicarious Experiences	Using other people's success to believe that you can succeed	