

Areas Where I Have High and Low Self-Efficacy

Make a list of three areas where you think your self-efficacy is already high and three areas where you'd like it to be higher. Examples include specific course subjects, types of assignments or in-class activities, sports, extracurricular activities, and specific tasks in your personal lives such as driving, working, recreational activities, etc. Consider why you would like to have higher self-efficacy in the three areas you identified. What might be different if you were more self-efficacious in each of these areas? Why is improving your self-efficacy in these areas important?

My areas of high self-efficacy:

- 1.
- 2.
- 3.

My areas where self-efficacy could be improved:

- 1.

What might be different? Why is it important?

- 2.

What might be different? Why is it important?

- 3.

What might be different? Why is it important?