

Recognizing and Reducing Physiological Feedback Will Help Build My Self-Efficacy

Read the article linked to below: *Reducing Your Test Anxiety*. As you read through the article, list five strategies mentioned for controlling stress and anxiety.

https://padlet.com/ResearchCollaboration/Self_Efficacy/wish/165762226

After you have read through the article, share the strategies you identified. Although these strategies are connected to test anxiety, they can be used in any situation where you may be experiencing physiological feedback.

Think about how learning to reduce your physiological feedback could help you in different areas of your life. For example, are there situations where learning to reduce your physiological feedback related to academics could improve your life? Do you have things that you want to learn to do or accomplish but in reaction to which your physiological reactions become too overwhelming? Would increasing your self-efficacy increase the likelihood that you could accomplish something? Identify at least three reasons that you want to improve your self-efficacy.

Improving my self-efficacy is important because:

1.

2.

3.