

Self-Efficacy Statements

Read the statement, discuss, and summarize your thoughts about the meaning. How does this statement reinforce what you have learned about self-efficacy? How does this statement relate to identifying areas of strength and challenge related to self-efficacy?

1. As individuals, we have varying levels of self-efficacy, depending on the area. For example, in some goals or challenging tasks, we feel confident and know how to succeed. But in others, we have a lower confidence in our abilities, and this can cause issues.
2. Our level of self-efficacy often changes over time based on our experiences. In other words, when we are able to complete challenging tasks, our self-efficacy increases. The opposite is also true: failures can lead to lower confidence, especially when we give up.
3. Self-efficacy has NOTHING to do with how smart we are. You can be very smart and still have low confidence in some areas.
4. Just because we have confidence that our skills can increase in some areas, such as basketball or singing, it doesn't mean we are automatically confident in everything. We can all become more self-efficacious in various areas.