


Identify Self-Efficacy Strengths

Think about the components, reflecting on your individual strengths and weaknesses. Then list a key learning objective for a particular class or assignment. Next, rate how well you are addressing each component, writing specific things you are doing or could do to address each component. Then, give yourself an overall rating on the task you identified in the first column.

	Focus on my effort, progress, and learning Am I currently doing this? How? How could I improve?	Take steps to increase my confidence in my abilities Am I currently doing this? How? How could I improve?	Rating my current self-efficacy in this class/activity/task
Example: Essay Writing	Yes, I have been doing this by putting more effort into improving my grammar on essays. I have learned about subject-verb agreement errors and improved in the Grammar section of the essay rubric. However, I'd also like to start focusing on improving my skills in proper punctuation.	Yes, somewhat. Before starting a writing assignment, I often remind myself how much I have improved my writing. However, I still get anxious when completing in-class writing and often make errors that I wouldn't in take-home essays. I can improve by using mindfulness before the next in-class essay.	Low High 
			Low High 