

College and Career Competency Sequence: Self-Efficacy

These targets describe how students demonstrate progressive intrapersonal skills at each stage. By the end of each stage, each student:

DEVELOPING

- Demonstrates an understanding that making mistakes is normal.
- Continues work on a challenging task by trying different ways to solve a problem.
- Demonstrates approaching a challenging task with recognition that ability grows with effort.
- Describes mistakes as normal and as opportunities to learn.
- Provides examples of growth mindset self-talk statements.
- Describes some basic structures of the brain and understands that a brain can “grow” and change with practice.

EMERGING

- Explains the difference between a fixed mindset and a growth mindset.
- Identifies times when their efficacy was strong and times when it was lacking.
- Provides examples of how effort relates to accomplishing a challenging task and incorporates the concept to their own life.
- Describes ways to increase self-confidence/belief in ability for various challenging tasks.
- Demonstrates verbal persuasion and growth mindset self-talk.
- Explains how our brain changes as it is challenged with new information (basics of neuroplasticity) and applies this to growth versus fixed mindsets.

DEMONSTRATING

- Describes self-efficacy.
- Describes relevant brain anatomy, such as how neural connections grow and change.
- Self-assesses level of efficacy, effort, and amount of learning over time applied to specific tasks/knowledge.
- Describes how ability can grow with effort in various situations.
- Describes sources of efficacy, such as self-talk, previous victories and mastery experiences, emotional and physical signals, and vicarious experiences.
- Utilizes mindful practices to self-calm and focus.

GENERALIZING

- Demonstrates an awareness of their level of efficacy for various challenging tasks.
- Utilizes strategies from four sources of self-efficacy (mastery experiences, vicarious experiences, verbal persuasion, and physiological feedback).