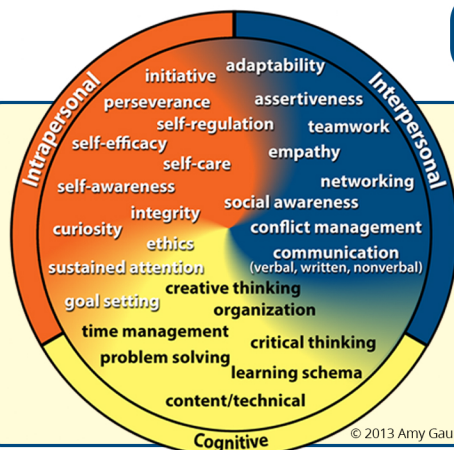


# SELF-EFFICACY



The **College and Career Competency Framework**, developed by Drs. Gaumer Erickson and Noonan at the University of Kansas, supports educators and families in developing resilient learners who collaborate to expand skills, express their wants and needs respectfully, and apply strategies to self-regulate and persevere. Visit [www.CCCFramework.org](http://www.CCCFramework.org) to learn more about College and Career Competencies.

## STUDENT IMPACTS

Teachers providing **self-efficacy** instruction and classroom practice observe student growth, including:

- Increased self-reflection and self-awareness
- Increased belief that ability grows with effort
- Improved confidence in their own abilities
- Improved quality and timeliness of work
- More openness to constructive feedback

Research in **primary** and **secondary** education identifies proven student impacts from teaching **self-efficacy**.

- Students with stronger **self-efficacy** will engage more, work harder, and persist longer when they encounter difficulties (Zimmerman, 2000).
- Of many factors, **self-efficacy** has “the strongest positive and significant association” with life satisfaction (Moksnes et al., 2019, p. 226). It also helps to counteract many stressors, including peer pressure, school/leisure conflict, and school performance.
- The most successful interventions emphasize that intelligence grows with effort (Dweck et al., 2014). These interventions include encouraging students’ growth mindset by praising effort and growth rather than ability.
- By receiving explicit instruction in **self-efficacy**, students increase their interest in pursuing challenging careers (Falco & Summers, 2019).

## DEFINITION

**Self-efficacy** is an individual’s perceptions about their capabilities to perform at an

expected level, achieve goals, and complete moderately challenging tasks (Noonan & Gaumer Erickson, 2018).

Students use **self-efficacy** strategies to persist in learning.



## RESOURCES

- **Instructional Activities** for teaching **self-efficacy** strategies K–12
- **Family Guidance** for building **self-efficacy** in the home
- Measure student growth in **self-efficacy** at [www.CCCStudent.org](http://www.CCCStudent.org)

Learn more about self-efficacy and other college and career competencies at [www.CCCFramework.org](http://www.CCCFramework.org).

