

Self-Efficacy Strategies Matching Game

Directions: Draw a line from the self-efficacy strategy on the left to its matching description on the right.

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|  | 1. Focus on my effort | a. Just because I don't know it now doesn't mean I can't learn it in the future. |
|  | 2. Try again | b. My brain is like a muscle, and I can build neuropathways by completing challenging tasks. |
|  | 3. Calm myself | c. Advice from adults and my friends will help me improve faster. |
|  | 4. Say, "I haven't learned _____ yet" | d. I've done hard things in the past, and that knowledge can help me learn hard things now. |
|  | 5. Exercise my brain | e. I will say, "Thank you," when someone notices that I'm working hard. |
|  | 6. Learn from my mistakes | f. Mistakes are a normal part of my learning. |
|  | 7. Remember hard things I've done | g. Others' successes and mistakes help me learn. |
|  | 8. Give and accept praise | h. I can take deep breaths and count to eight when I am experiencing big emotions. |
|  | 9. Accept feedback | i. It will take multiple attempts to learn something new. |
|  | 10. Watch and learn from others | j. I need to try hard and not give up when something is difficult. |

Answers: 1. j, 2. i, 3. h, 4. a, 5. b, 6. f, 7. d, 8. e, 9. c, 10. g.