

What Is Self-Efficacy? (Elementary)

Think of a time when you wanted to do or learn something but felt like it was too hard. Maybe it was sounding out words, playing a sport, or learning math, but you felt like you just wouldn't be able to learn it. You felt frustrated and wanted to give up. You might have thought, "I'm bad at this" or "I'll never be able to do that well." When you feel this way, you need to increase your self-efficacy.

Self-efficacy is believing that you can learn hard things. When you have strong self-efficacy, you believe you can do something difficult. You understand that it might be hard at first, but as you practice and put in lots of effort, you'll get better.

When you have strong self-efficacy, you know there are things you can do and say to yourself that will help you keep trying and learning. When we learn about self-efficacy, we learn strategies to help us believe we can do hard things.

The next time you try to learn something really hard and you lack confidence, remember that you can take steps to increase your belief in yourself through self-efficacy.