

Give and Accept Praise (Secondary)

Have you ever heard your friends say, “I can’t do this” or “This is too hard”? Maybe you have said those things or felt that way yourself. When we feel overwhelmed, like we can’t learn things, it means we don’t feel confident and we’re having a hard time believing that we can succeed. The next time you hear someone saying, “I can’t do this” or “I will never get better at this,” you can help build their self-efficacy by encouraging them and saying things like “You’re working hard and getting better.”

When you ***give praise*** to your friends, it’s important to praise their effort, be specific, and, most of all, be kind. Whenever you can, point out how hard they have been working, and mention the specific things they understand better now than when they started.

When you ***give praise***, you shouldn’t compare yourself or your friends to other people. We each need to focus on our own effort and progress. If you’re feeling frustrated, your friends, teachers, or family can help you see your progress and your effort by ***giving praise***. When someone ***gives you praise***, don’t dismiss it. Instead, ***accept the praise*** and express your appreciation. Reflect on how your ongoing practice has led to progress.

When you ***give and accept praise***, it helps you be more confident and build stronger self-efficacy. The next time you see your friend working on something really hard, give them specific praise. The next time you are working on something and someone gives you specific praise, express your appreciation. Remember that ***giving and accepting praise*** is an important part of building self-efficacy.