

What Is Self-Efficacy? (Secondary)

Have you ever wanted to learn something new but felt like it was going to be too difficult? Maybe you wanted to get your learner's permit or learn to graph linear equations, but you just didn't think you would ever be able to do it. You felt overwhelmed 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. Strategies like ***focus on my effort, try again***, and ***calm myself*** will help improve your confidence in yourself.

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.