

Self-Efficacy by Tammy Graham

<https://www.youtube.com/watch?v=meDtZ7gs3zw>

“Believing in yourself to take action comes from four sources according to Albert Bandura the psychologist who brought the theory of Self Efficacy.”

Four Sources of Self-Efficacy

1. Mastery: a learner's previous success at a task
 - a. Getting better grades in elementary school or high school
2. Modeling: a learner’s observation of a role model attaining success
 - a. to watch and learn from their success builds self-efficacy in others
3. Persuasion: feedback from others about your capabilities through others
 - a. such as co-workers, friends and family members
 - b. words of encouragement
4. Psychological States: internal feelings about our abilities
 - a. Person with a strong sense of self-efficacy builds a growth mindset
 - b. Growth Mindset = Success

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