

# SELF-EFFICACY Golden Rules

*Self-Efficacy is the belief that you can succeed in achieving an outcome or reaching a goal. Self-efficacy reflects confidence in your own ability to control or manage your motivation, behavior, and environment.*

## Golden Rules for Engaging Students in Learning Activities"

- Define "Success" in Clear and Relevant Ways:
  - Focus on learning activities that are relevant and engaging so that students see inherent value in succeeding
  - Set clear, developmentally-appropriate expectations about what success looks like in particular context
  - Model (or have other students model) what success looks like, e.g.
    - Prior to starting a new task, mentally walk students through the task to visualize what it will take to reach the goal
    - Display pictures or videos of students at work on projects with comments about the skills being demonstrated
- Build A Sense of Momentum and Progress:
  - Teach students about growth mindset and help them understand that they can build their skills with practice and effort
  - Break big goals into smaller pieces to create opportunities for "small wins" along the way Focus on what's already been achieved by showing students that they're already X% of the way to meeting their goal (even if X is a low number)
  - Celebrate each incremental step towards the goal to give students the experience of being successful in small ways
  - Create opportunities for students to regularly demonstrate their growing understanding throughout the activity
  - Provide task-specific (rather than ability-focused) feedback to help students improve their performance
  - Ask students to identify specific times that they feel confident in their ability to succeed and describe what they're thinking and feeling in those moments
- Address Potential Barriers to Success:
  - Make sure that students have the time and resources needed to reach their goals
  - Acknowledge competing demands on students' time and make a plan together about how to prioritize accordingly
  - Ensure that students feel physically and psychologically safe when engaging classroom