Believing in Yourself

Social Emotional Learning and Building a Sense of Self-Efficacy 2021
What are we doing here today?

- Define Social Emotional Learning and discuss relevance
- Clarify components of Self-Awareness
- Define Self-Efficacy and Understand its Importance
- Develop 4 strategies for building Self-Efficacy
What is Social and Emotional Learning (SEL)? Why do we care?
SELF-AWARENESS: The ability to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one’s strengths and limitations with a well grounded sense of confidence and purpose.

- How do I think and feel?
- What are my strengths, my challenges?
- How can I feel more confident?
- What are my biases?
- What are the parts that make me ME?
Learning coping skills can be helpful. And... realizing that there are systems in our society that work to keep some of us down, no matter how hard we try, and tell others of us that we need to be perfect or we will be failures, do exist.

Self-Awareness includes the acknowledgement and understanding of social identities with regard to race, class, gender, nationality, family structure, and how each contribute to one’s sense of power and agency in various contexts.
1) Using your own words, define Social and Emotional Learning, and make an argument for OR against the importance of learning these skills.

2) Why would we focus on ourselves before focusing on others? Do you agree or disagree?
Self-efficacy is......

- Self-efficacy is the belief we have in our abilities and competencies
- Self-efficacy determines how we think and feel about ourselves

“CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE.”

-AUDRE LORDE
Four ways to build Self-efficacy

1. Set simple goals
2. Look at the big picture
3. Reframe Obstacles
4. Stay in the Stretch Zone
1. Set simple goals

A good idea to build and sustain self-efficacy is to set goals reasonably and approach them one by one. We can break the goals into smaller subgoals and work on achieving them one at a time.

We can celebrate our small successes, and our goals become more manageable and accessible.
REWIREMENT
WOOP It Up
2. Look at the bigger picture

- Look beyond short-term losses
- Visualize having achieved the goal
Take a moment to imagine accomplishing a goal

Visualize it with as many senses as you can - what might it look like, taste like, smell like, feel like...
3. Reframe obstacles

A practical psychological tool to increase self-efficacy is identifying obstacles (problems), thought blocks (when we get stuck in our head), and reframing or replacing them with positive interventions (strategies). Reconstructing the way we look at failures and feel about them help a lot in changing the way we think of ourselves.
4. Stay in the Stretch Zone...

Comfort - Stretch - Panic
Recap

We can increase self-efficacy by:

1. Set simple goals
2. Look at the big picture
3. Reframe Obstacles
4. Stay in the Stretch Zone
Let's wrap it up!

➔ Being kind to yourself is the way to reach your goals - not criticizing yourself

➔ Recognize that inequity exists and acknowledging that will enable us to take care of ourselves and meet our goals.

➔ The way to believe in yourself is to Try new things, and give yourself a break when you make mistakes

➔ Learning about yourself will Enable you to reach your goals and contribute to your community
Questions or Comments?

We welcome you to ask any questions you have, or to share any comments or ideas you may have (including critical feedback!).

Feel free to contact your guidance counselor, or email me at Leila_Lurie@fuhsd.org
References

