

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

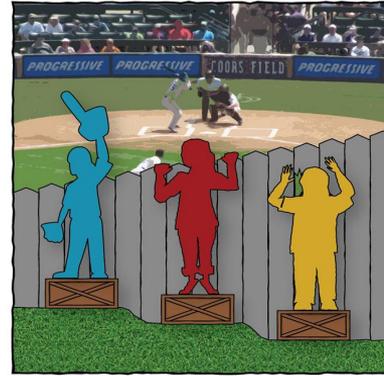
– What is Social and Emotional Learning (SEL)? Why do we care?



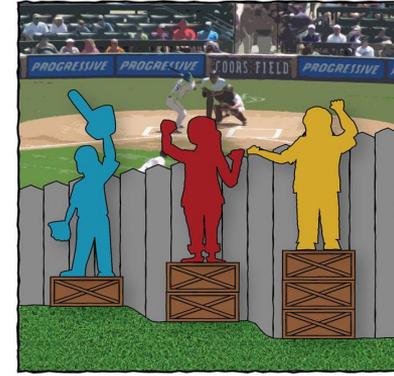
It's important to note....

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.

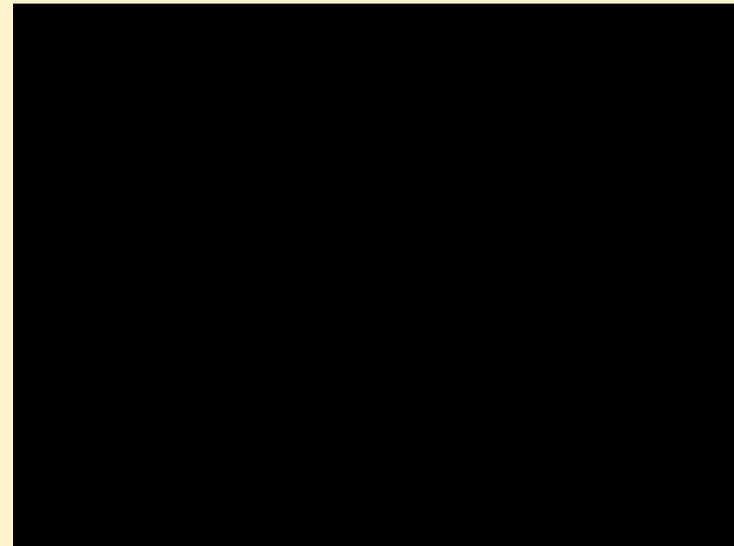
Self-Awareness includes the acknowledgement and understanding of social identities with regard to race, class, gender, nationality, family structure, and how each contribute to one's sense of power and agency in various contexts.



EQUALITY

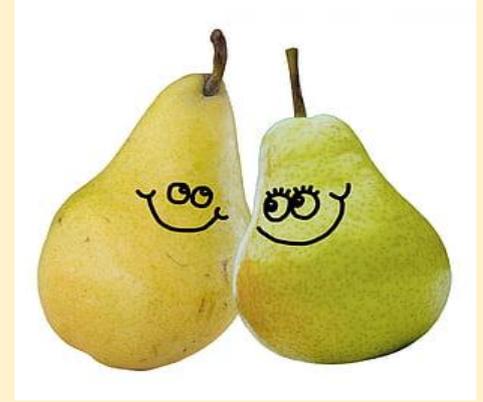


EQUITY





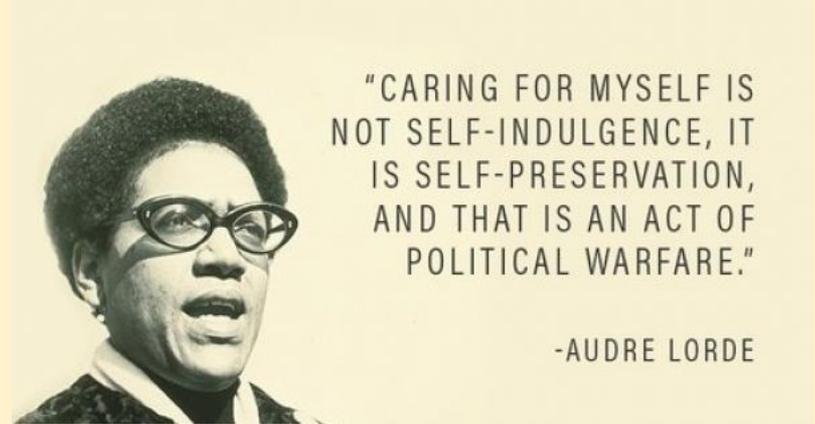
Pair Share



- 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?

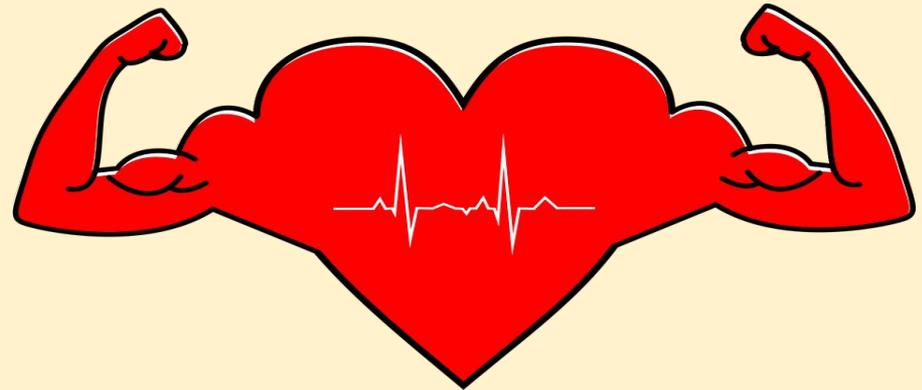
Self-efficacy is.....

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



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

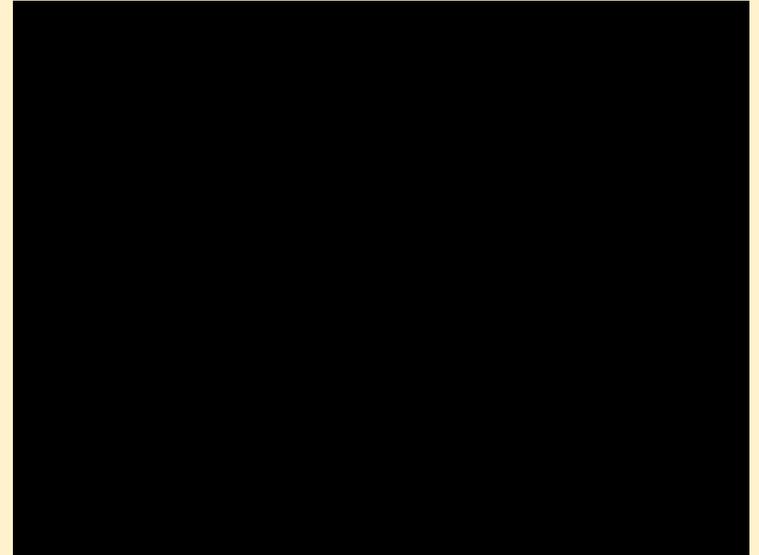
A practical psychological tool to increase self-efficacy is identifying obstacles (problems), thought blocks (when we get stuck in our head), and reframing or replacing them with positive interventions (strategies). Reconstructing the way we look at failures and feel about them help a lot in changing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



4. Stay in the Stretch Zone...



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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!

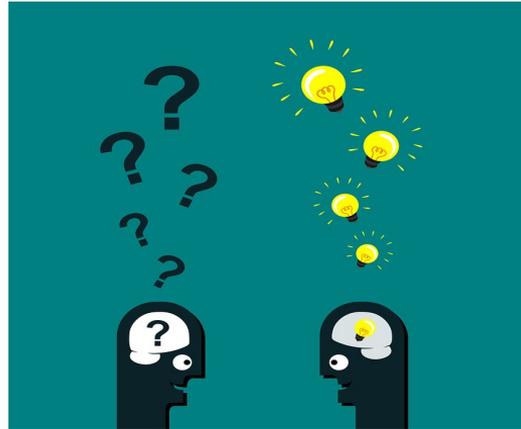
- **Being kind to yourself is the way to reach your goals - not criticizing yourself**
- **Recognize that inequity exists** and acknowledging that will enable us to take care of ourselves and meet our goals.
- **The way to believe in yourself is to** Try new things, and give yourself a break when you 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@fuhd.org



References

“4 Ways to Improve and Increase Self-Efficacy.” *PositivePsychology.com*, 10 Mar. 2021, <https://positivepsychology.com/3-ways-build-self-efficacy/>.

“Advancing Social and Emotional Learning.” *CASEL*, 14 Oct. 2021, <http://www.casel.org/>.

“Dr. Laurie Santos: 10R Rewirement: Woop It Up.” *YouTube*, 1 Apr. 2021, https://youtu.be/TISjaskYA_4.

