

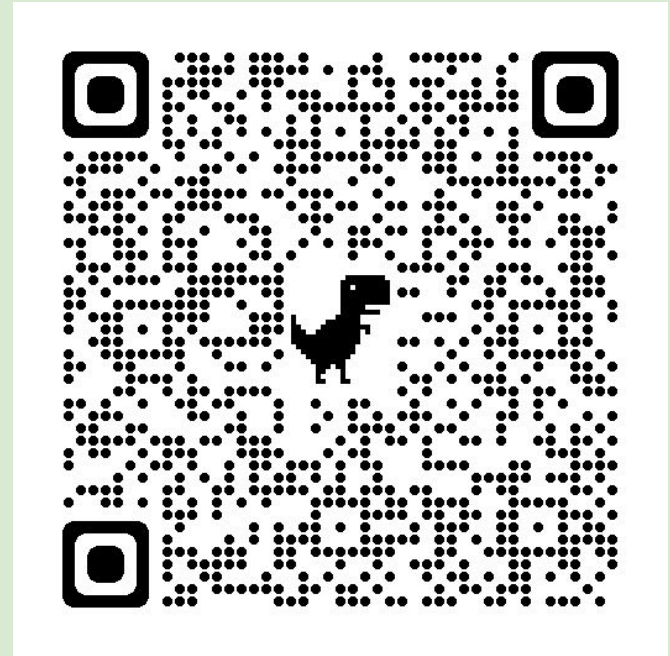
# BUILDING SELF-EFFICACY



**BELIEVING IN YOURSELF  
IS THE FIRST SECRET  
OF SUCCESS.**

LA MIRADA HIGH SCHOOL

# PRE SURVEY



# AGENDA

1. What is self-efficacy & why is it important
2. Qualities of self efficacy
3. How to build self efficacy
4. Mindfulness
5. Coping skills
6. Create your Plan

# ASCA STUDENT STANDARDS: MINDSETS & BEHAVIORS

B-LS 4. Self-motivation and self-direction for learning

# LEARNING OBJECTIVES

Students will increase their self-direction for learning by understanding how to build self-efficacy and coping skills when they encounter challenges.





# WHAT IS SELF-EFFICACY?

The belief we have in our own abilities to complete a task and face new challenges.

BELIEVE  
"YOU CAN"  
DO IT

# WHY IS SELF-EFFICACY IMPORTANT?

## **It increases...**

- resiliency in the face of obstacles
- motivation
- happiness
- academic performance
- self-regulation

People who have a sense of self-efficacy **bounce back** from failure; they approach things in terms of how to handle them rather than worrying about what can go wrong.

# THINK-PAIR-SHARE

What is a challenge/task you believe you can overcome?





# QUALITIES OF SELF-EFFICACY

## Stronger sense of self-efficacy

- View challenging problems as tasks to be mastered
- Form a stronger sense of commitment to their interests & activities
- Recover quickly from setbacks & disappointments



## Weaker sense of self-efficacy

- Avoid challenging tasks
- Believe that difficult tasks & situations are beyond their capabilities
- Focus on personal failings & negative outcomes



# IS THIS STATEMENT SOMEONE WITH STRONG/WEAK SELF-EFFICACY?

Strong

Weak

Not Sure



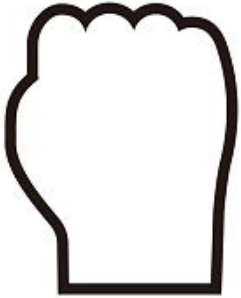
A student wants to try joining an art club. They decide not to because they are not creative.

# IS THIS STATEMENT SOMEONE WITH STRONG/WEAK SELF-EFFICACY?

Strong

Weak

Not Sure



A student failed to do well on their test and is disappointed, this is a hard class for them. However, they believe they can pass the class and keep studying.

# IS THIS STATEMENT SOMEONE WITH STRONG/WEAK SELF-EFFICACY?

Strong

Weak

Not Sure



A student decides not to do their homework because they will fail anyways since the lesson in class was too difficult.

HAVING SELF-EFFICACY IS  
NOT ALWAYS EASY...

sometimes I don't feel... good enough.



it can be a hard feeling to shake.



# HOW TO BUILD SELF-EFFICACY?

- Positive affirmations (self/others)
- Change your Mindset- Pay attention to the way you speak
  - “What if?” to “even if”
  - Power of yet - “I can’t do this...yet”
- Try new things and keep at them even if it doesn’t go great at first
- Practice self compassion

# THINK-PAIR-SHARE



**1. What are 2 of your Personal strengths?**

- Gaming, writing, playing an instrument, patient, loyal..

**2. How can you apply them when you are faced with a challenge?**

- Playing an instrument- “if i learned how to play violin, I can learn how to speak spanish”

**1:00**



OUR PRESENT MENTAL AND  
PHYSICAL STATES CAN  
INFLUENCE OUR  
SELF-EFFICACY



# WHAT IS MINDFULNESS?

Paying attention to the present, here and now, with kindness and curiosity, and then accepting what is



- STOP
- TAKE A BREATH
- OBSERVE *(what's going on inside)*
- PROCEED *(in a helpful way)*

# PROCEED: WHAT ARE COPING SKILLS?

Tools and techniques you can use to help you handle difficult emotions, decrease stress, and establish or maintain a sense of internal balance



# PROCEED: HEALTHY COPING SKILLS

**Physical:** Take a walk in your neighborhood, exercise

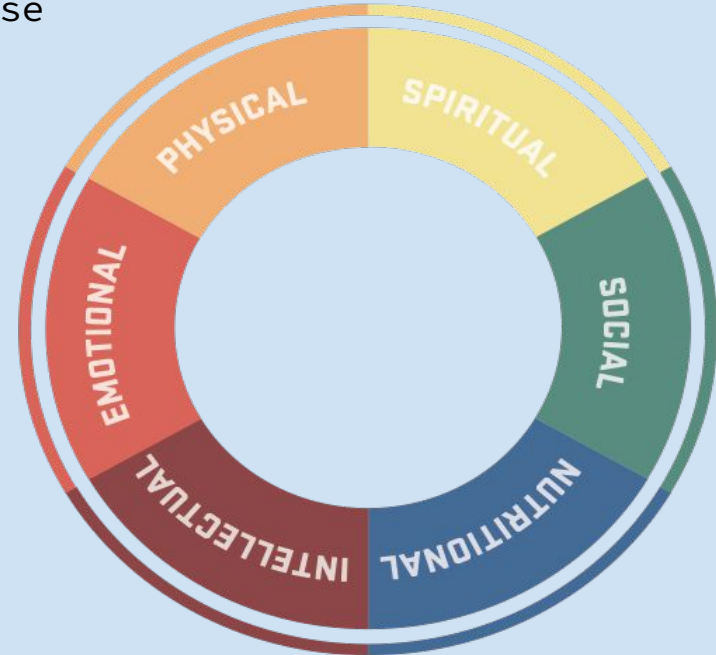
**Spiritual:** Take time to do a 10 -minute meditation session.

**Social:** Chat and hang out with your friends.

**Nutritional:** Prepare healthy meals, drink lots of water throughout the day.

**Intellectual:** Read a book. Get creative!

**Emotional:** Write in a journal or notebook, give yourself a pep talk, self-affirmations



# THINK-PAIR-SHARE

What Healthy Coping skills  
are you going to use?



NLMUSD Virtual  
Calming Room

How to Meet With  
Your Counselor



# CREATING MY SELF-EFFICACY PLAN

# SELF-EFFICACY PLAN EXAMPLES

## Student A Example

**An indicator that I am losing my belief in myself is:** when I avoid doing activities that challenge me.

**I will remind myself that I am capable by:** Thinking of a time when I accomplished something.

**Some of my strengths are:** I am optimistic and I don't give up easily.

**I will practice mindfulness today is by:** Meditating in my living room for 10 minutes.

## Student B Example

**An indicator that I am losing my belief in myself is:** When I avoid tasks because I think they are too hard.

**I will remind myself that I am capable by:** Reminding myself of the time I earned a B on my math test and how proud I felt.

**Some of my strengths are:** I am a good listener and patient.

**I will practice mindfulness today is by:** Taking deep breaths and taking breaks to play with my dog.

# CREATE YOUR SELF-EFFICACY PLAN

An indicator that I am losing my belief in myself is \_\_\_\_\_

I will remind myself that I am capable by\_\_\_\_\_

Some of my strengths are\_\_\_\_\_

I will practice mindfulness today by\_\_\_\_\_





# LESSON REVIEW

- Self efficacy is the belief that we have in our own abilities to complete a task and face new challenges.
- Self efficacy is important because it increases happiness and motivation.

# REMEMBER, YOU GOT THIS!

If you need academic or social/emotional support, please reach out to your counselor!  
We are here to help you!



# POST SURVEY

