

Dear Families/Caregivers,

Self-efficacy is the belief in oneself. A student's self-efficacy greatly influences his or her academic motivation, learning, and achievement.

In this lesson, students learned that viewing mistakes as a part of learning is one way to develop self-efficacy. We talked about strategies for building their beliefs in their ability to reach a goal. The strategies include:

Say nice things to yourself.

Keep trying.

Ask for help.

Break a goal into smaller steps.

Take a break and try again later.

Here are some ways you can help your child see mistakes as part of learning and build his or her self-efficacy:

- When your child makes a mistake, celebrate it as a part of his or her learning! Encourage your child to keep trying and to ask for help if he or she needs it.
- When your child is spending time with his or her friends, encourage him or her to say nice things and be encouraging to his or her friends when they make mistakes.

Sincerely,

Your Child's Teacher