

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 the importance of their beliefs on their ability to reach goals. We talked about strategies for building their beliefs. The strategies include:

- **Change negative beliefs into positive beliefs, using the word *yet*.**
For example, instead of saying I can't read this book; say, I can't read this book, yet.
- **Observing others achieve the goal. Watch others.**
Think, *if he or she can do it, so can I!*
- **Listening to others who say you can do it.**
What do others say? If they say you can do it, believe them!

Here are some ways you can help your child build his or her belief.

- Talk with your child about a goal he or she has. Help your child change any negative beliefs he or she has with positive beliefs.
- Tell your child that you think he or she can reach a goal. Provide examples of other things your child has done that he or she didn't think he or she could do.

Sincerely,

Your Child's Teacher