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 to reflect on past successes as a way to develop self-efficacy. We talked about the value of thinking about past successes to develop their belief in themselves when facing new challenges.

When learning new things, encourage your child to remember to:

- **Practice**
- **Work Hard**
- **Ask for Help**
- **Keep Trying**

Here are some ways you can help your child reflect on past successes and build his or her self-efficacy:

- Create a scrapbook of your child's successes together! This could be digital or physical. Work together to add new successes regularly for your child to reflect on.
- When you are trying to reach a goal, include your child in the process. Have your child help you to identify things that you are already successful at and to track new successes that you aquire while pursuing your goal!

Sincerely,

Your Child's Teacher