

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 affirm themselves as a way to develop self-efficacy. We talked about the importance of believing in oneself. Some strategies for building one's belief include:

- **Think Positive Thoughts**
- **Remind Yourself of Past Learning**
- **Keep Trying**
- **Break a Task into Smaller Parts**
- **Ask for Help**

Here are some ways you can help your child affirm him or herself:

- Work with your child to create an affirmation statement that he or she can say about him or herself each morning or each evening. Consider writing the affirmation somewhere your child can see it each day.
- Model affirming yourself for your child. Be vocal about praising your own successes and positive qualities, and try to avoid speaking negatively about yourself in front of your child.

Sincerely,

Your Child's Teacher