

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, your child learned that belief is important for reaching a goal. Your child also learned some strategies for building his or her belief. These belief builders include:

Think about a success.

Think about what you have done before. Use that success to build a new success.

Watch someone succeed.

Think: if he or she can do it, so can I.

Listen to the encouragement of others.

If someone thinks you can do it, believe him or her.

Challenge negative thinking.

Remove the word can't from your vocabulary.

Encourage your child to apply these belief builders to develop self-efficacy to reach a goal. Be sure to let your child know that you believe in his or her ability to reach the goal. Offer specific examples of why you believe in him or her.

Sincerely,

Your Child's Teacher