



Student Self-Efficacy

When students believe in themselves they are more likely to succeed. This phenomenon is known as self-efficacy and John Hattie's research found there is a 0.92 effect size on student achievement when our children possess this attribute. If they're lucky, kids have parents and other adults in their lives who have cultivated a strong sense of self-efficacy within them from birth. Unfortunately, many children come to us unaware of their full potential or feeling beat-down, defeated, and shy. Oftentimes they are not risk-takers because they've not experienced the thrill of academic success. The question is: What can we do to create self-efficacy in our students?

Stanford psychologist, Albert Bandura, has given us four ways to build a sense of self-efficacy for our children.

Mastery experiences - Students' successful experiences boost self-efficacy, while failures erode it. This is the most robust source of self-efficacy.

Vicarious experience - Observing a peer succeed at a task can strengthen beliefs in one's own abilities.

Verbal persuasion - Teachers can boost self-efficacy with credible communication and feedback to guide the student through the task or motivate them to make their best effort.

Emotional state - A positive mood can boost one's beliefs in self-efficacy, while anxiety can undermine it. Teachers can help by reducing stressful situations and lowering anxiety surrounding events like exams or presentations.

Other tips to help students build self-efficacy are:

Use moderately difficult tasks. If the task is too easy, it will be boring or embarrassing and may communicate the feeling that the teacher doubts their abilities; a too-difficult task will re-enforce low self-efficacy. The target for difficulty is slightly above the students' current ability levels.

Teach specific learning strategies. Give students a concrete plan of attack for working on an assignment, rather than simply turning them loose.

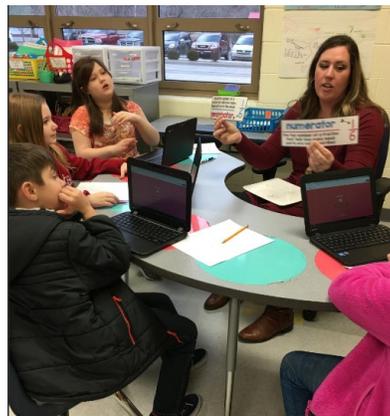
Capitalize on students' interests. Tie the course material or concepts to student interests such as sports, pop culture, movies or technology.

Encourage students to try. Give them consistent, credible and specific encouragement, such as, "You can do this. "

Spotlight on Excellence

Students in Keri Flannery's class at Tygart Creek used Kahoot at the teacher center in math class. After each question, Mrs. Flannery reviewed the response. In this picture, students are recalling Tier 3 math vocabulary using cards from their math word wall.

It's important to make sure all students know the correct answers when using a game like Kahoot or Quizziz in the classroom.



Winter Events

- ◆ February 5 Google Academy
- ◆ February 8 4th Grade Math Club
- ◆ February 9 HS Calculator Club
- ◆ Feb 12 ECHS Academy
- ◆ Feb 13 ECMS Academy



Inside

This Issue:

[Help Students Believe in Themselves](#)

[Building Self-Efficacy](#)

[Self-Efficacy Resources](#)

[Ten Activities](#)