

## Defining Self-Efficacy

**Self-Efficacy: An individual’s perceptions about their capabilities to perform at an expected level, achieve goals, and complete moderately challenging tasks.**

Discuss what self-efficacy means, using the prompts below to help consider each part of the definition. Write your answers in the spaces provided; be prepared to share with the class.

What does “perceptions” mean? What are some examples of perceptions you may have?

What does “perform at an expected level” mean? What is an example of performing at an expected level?

What does “moderately challenging task” mean? What are some examples of these in your daily life?

Rewrite the definition of self-efficacy in your own words:

Choose three quotes and write your thoughts about what each quote means and how it relates to self-efficacy.

1. *Whether you think you can or think you can't...you're right.*—Henry Ford
2. *If I have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning.*—Mahatma Gandhi
3. *Believe you can and you're halfway there.*—Theodore Roosevelt
4. *Continuous effort—not strength or intelligence—is the key to unlocking our potential.*—Winston Churchill
5. *I am always doing what I cannot do yet, in order to learn how to do it.*—Vincent Van Gogh
6. *Do not judge me by my success, judge me by how many times I fell down and got back up again.*—Nelson Mandela
7. *It's not that I'm so smart, it's just that I stay with problems longer.*—Albert Einstein
8. *No matter how many mistakes you make or how slow your progress, you're still way ahead of everyone who isn't trying.*—Tony Robbins
9. *I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life...and that is why I succeed.*—Michael Jordan
10. *If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But whatever you do, you have to keep moving forward.*—Martin Luther King Jr.