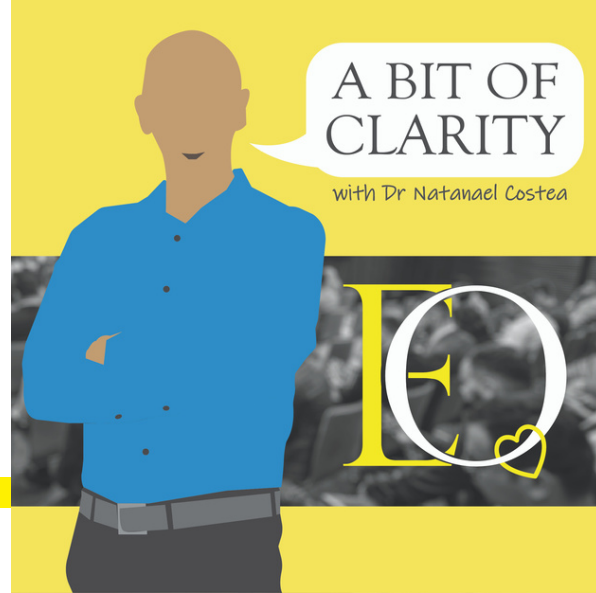


EP 023

SELF - EFFICACY



SHOW NOTES

OBJECTIVE

> Develop an understanding of self-efficacy.

UNDERSTANDING SELF-EFFICACY

> **Self-efficacy** is the belief we have in our own abilities, specifically our ability to meet the challenges ahead of us and complete a task successfully. It simply is the ability to believe in modulating your behaviour to reach your goals.

> **Self-Efficacy vs. Self-Esteem.** Self-esteem refers to an overall feeling of one's worth or value. While self-esteem is focused more on **"being"** (e.g., feeling that you are perfectly acceptable as you are), self-efficacy is more focused on **"doing"** (e.g., feeling that you are up to a challenge).

> **Self-Efficacy vs. Self-Regulation.** Self-regulation is more of a **strategy for achieving one's goals**, especially in relation to learning, while self-efficacy is **the belief that he or she can succeed**.

HOW TO IMPROVE SELF-EFFICACY BELIEFS AND EXPECTATIONS

1. Mastery experiences - refer to the experiences we gain when we take on a new challenge and succeed. The best way to learn a skill or improve our performance **by practice**.

2. Vicarious experience - is having a role model to observe and emulate. When we have positive role models who display a healthy level of self-efficacy, we are likely to absorb some of those **positive beliefs** about the self.

3. Verbal persuasion - is the positive impact that our words can have on someone's self-efficacy; telling a child that she is capable to face any challenge ahead of her can encourage and motivate her, as well as adding to her **growing belief** in her own ability to succeed.

4. Emotional and physiological states - refer to the importance of context and overall health and well-being in the development and maintenance of self-efficacy. It is certainly much easier to boost your self-efficacy when you're **healthy and well**.

5. Imaginal experiences (visualization) - going through exercises that allow you to **imagine your future success** in detail, help you to build the belief that succeeding is indeed possible.

APPLICATION

> Identify an area where you would like to boost your self-efficacy and go through the five improvement points above, deriving a few specific action points for each.

RESOURCES

> More from Dr Natanael Costea: www.eq.org.au

> Subscribe on [Apple Podcasts](#)

> Subscribe on [Google Play](#)

CONNECT

> Facebook: www.facebook.com/eq.org.au

> Instagram: www.instagram.com/eq.org.au

