

Self Efficacy Strategies

Name: _____ Date: _____

DIRECTIONS: Below are strategies that are effective in achievement. Tasks that a writer might do to work on the strategies are given as an example. Imagine you are an athlete and a musician. Work with a partner to identify tasks that could be done to work on each strategy. Then write a goal for yourself and create tasks to develop each strategy to achieve your goal.

	Writer	Athlete	Musician	You
Goal Setting Set realistic, but achievable, but ambitious long term and short term goals.	I want to write a short story of 20 pages in two weeks. I will write at least two pages per day.			
Visualizing Success Imagine what the successful outcome will be.	My story will be so interesting; I might be able to get it published in a local paper.			
Organizing Logically organize the task to achieve the goal.	I will outline my story before I begin so I know what I'm writing.			
Time Management Establish a pace to achieve goals.	Instead of watching TV, I will write every night for 1 hour before I go to bed.			
Effective Practice Create and engage in practice activities that will lead to achievement.	I want the dialogue in my story to be realistic, so I will listen and practice speaking as I think the different characters would speak.			
Self-Instruction Identify information or skills that are needed and learn them.	One character in my story is an electrician. I will talk to an electrician to learn about what they do.			

Self Efficacy Strategies

Name: _____ Date: _____

	Writer	Athlete	Musician	You
Self-Monitoring Develop checkpoints to make sure achievement is on track.	I will check to see if I have kept up with my plans every two days.			
Self-Evaluation Periodically evaluate the quality of the work and course correct when needed before completion.	I'm not sure the beginning of my story is very effective. I will ask my friend to read what I have written so far to see if she has any comments. I might have to rewrite the introduction.			
Self-Consequences Develop a system of awards and punishments for success or failure to achieve short term goals.	If I finish two pages tonight, I will watch a movie. If I don't, I'll get up early to finish.			
Controlling Environment Locate a place to work towards your goal without major disruptions.	The best place for me to write without distractions is at the library.			
Seeking Help Identify need for help and get it.	I'm not happy with how I have described this character. I'll ask my mom to help me brainstorm some more characteristics I could write.			