

# Self Efficacy

## LESSON GOAL

Develop self efficacy.

## ESSENTIAL QUESTION

What are strategies for growing and changing for the better?

## INTEGRATING TECHNOLOGY

### ANNOUNCEMENT

- Check Announcements for any information about assignments and due dates.

### MY PORTFOLIO

- Submit work to My Portfolio.

### MY WORKSPACE

- Prepare your assignments in My Workspace.

### LESSONS

- Review the lesson.
- Complete assignment.
- Submit assignment.

### ASSIGNMENTS

- Use Assignments to submit your artifacts and reflections.

### GRADEBOOK

- Check Gradebook for your lesson evaluation.

### SCHEDULE

- Check schedule for assignments and due dates.

### COMMUNICATE

with your teacher or other students if desired

- Blogger
- Chat Room
- Drop box
- Mailtool

1-2 class periods a week apart

## LESSON OVERVIEW

*“Peak performance begins with your taking responsibility for your life and everything that happens to you.”*

—Brian Tracy, Author

In this lesson you’ll analyze your own sense of responsibility and develop strategies for building self efficacy.

## STUDENT EXPECTATIONS

1. Complete a self efficacy survey.
2. Engage in and discuss an activity that demonstrates sources of self efficacy.
3. Identify tasks that develop self efficacy strategies.
4. Establish a goal and plan to use self efficacy strategies to achieve the goal.
5. Write a reflection on self efficacy.

There are two assignments in this lesson that require you to have completed the survey and participated in the lesson activities and discussions. The first is to develop a plan to accomplish a goal using self efficacy strategies. The second is to reflect on your own self efficacy.

## Here are the ways you can succeed in this lesson

1. Thoughtfully complete the survey and engage in classroom discussions fully by offering insightful responses.
2. Engage in the activity and demonstrate understanding of sources of self efficacy.
3. Thoughtfully, cooperatively, and creatively identify tasks to build self-efficacy strategies.
4. Develop a meaningful goal and use self efficacy strategies to identify tasks to accomplish the goal.
5. Use self reflection to thoroughly analyze the progress toward the planned goal and the demonstration of self efficacy to achieve the goal.
6. Thoughtfully reflect on self efficacy, demonstrating understanding of how it impacts achievement.



## ASSIGNMENT 1

In class you completed a survey and participated in an activity that demonstrated sources of self efficacy. You also worked with a partner to identify tasks that an athlete or musician may complete to take responsibility for setting goals and reaching them.

# Self Efficacy

Think about those experiences as you develop a goal and identify tasks to achieve the goal.

1. Begin by creating a goal for yourself that you could achieve in a week's time. It could be reading a book, maintaining a clean room, or applying for a job.
2. Once you have decided on a goal, identify short term goals that will lead to the achievement of your goal.
3. Next identify tasks to take responsibility for each of the following strategies.
 

|                        |                                |
|------------------------|--------------------------------|
| a. Visualizing Success | f. Self Evaluation             |
| b. Organization        | g. Self Consequences           |
| c. Time Management     | h. Controlling the Environment |
| d. Effective Practice  | i. Seeking Help                |
| e. Self Monitoring     |                                |
4. Review your plan and then use the *Sakai* Assignments Tool to submit it for evaluation.
5. Complete the tasks to achieve your goal.
6. Monitor your progress and be prepared to provide a status update at the end of a week.



## ASSIGNMENT 2

In class you completed a survey and participated in an activity that demonstrated sources of self efficacy. You worked with a partner to identify tasks that an athlete or musician may complete to take responsibility for setting goals and reaching them. You also established a goal for yourself, identified tasks to achieve the goal, and reported on progress towards your goal.

Think about these experiences as you reflect in writing on self efficacy. Use the *Sakai* Assignments Tool to submit your reflections for evaluation.

1. Explain a situation in which you feel confident you will succeed.
2. Explain a situation in which you would not succeed.
3. Have you ever not done something you wanted to do because you thought you couldn't do it? Explain.
4. Describe three tasks you do because you want to do them.
5. Describe three tasks you do because someone else wants you to do them or rewards you for doing them.
6. What are strategies you can use to overcome anxiety about things you want to do but are not confident about?

Multiply the points by the weighted score and record in the total column for each rubric. Then tally the total points for the final score.

| Weighted Score | Category   | Exceeding<br>9-10 Points  | Meeting<br>6-8 Points  | Approaching<br>3-5 Points  | Emerging<br>0-2 Points   | Total |
|----------------|--|---|--|--|--|-------|
| 3              | <b>ASSIGNMENT 1</b><br><b>Personal Strategies</b> Identify a goal and tasks to take responsibility for achieving the goal. | Developed a meaningful goal and used self efficacy strategies to identify tasks to accomplish the goal. | Developed a short-term goal and identified tasks to accomplish it. | Made a moderate effort develop a goal and to identify tasks to achieve it. | Made a minimal or no effort to develop a goal or identify tasks to achieve it. |       |
| 3              | <b>ASSIGNMENT 2</b><br><b>Reflection</b> Reflect on personal self efficacy.  | Thoughtfully reflected on self efficacy, demonstrating understanding of how it impacts achievement.     | Completed the reflection of self efficacy.                         | Made an attempt to complete the reflection on self efficacy.               | Did not complete the reflection on self efficacy.                              |       |