

## Improving Student Self-Efficacy

Observe your students and determine if they have any behaviors that demonstrate low self-efficacy.	What might have caused the low self-efficacy?	What should you do to improve students' self-efficacy?
<input type="checkbox"/> Students act out, refuse to work, or shut down when an activity is difficult.	<input type="checkbox"/> Lack of successful experiences	<input type="checkbox"/> Modify task difficulty.
<input type="checkbox"/> Students give up quickly.	<input type="checkbox"/> No opportunity for mastery	<input type="checkbox"/> Capitalize on students' interests.
<input type="checkbox"/> Students do not have faith in their ability to perform a task.	<input type="checkbox"/> Lack of encouragement and support	<input type="checkbox"/> Allow students to make choices.
<input type="checkbox"/> Students provide responses that are not thoughtful or careless.	<input type="checkbox"/> High stress or anxiety	<input type="checkbox"/> Use better motivating strategies.
<input type="checkbox"/>	<input type="checkbox"/> Competitive learning environment	<input type="checkbox"/> Give frequent, focused feedback.
<input type="checkbox"/>	<input type="checkbox"/> Inadequate feedback	<input type="checkbox"/> Encourage accurate attributions.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Set challenging but achievable learning goals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Divide learning into manageable segments.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Teach students self-management skills.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Modify instructional strategies.
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