

“Among the mechanisms of human agency, none is more central or pervasive than beliefs of personal efficacy.” - Albert Bandura

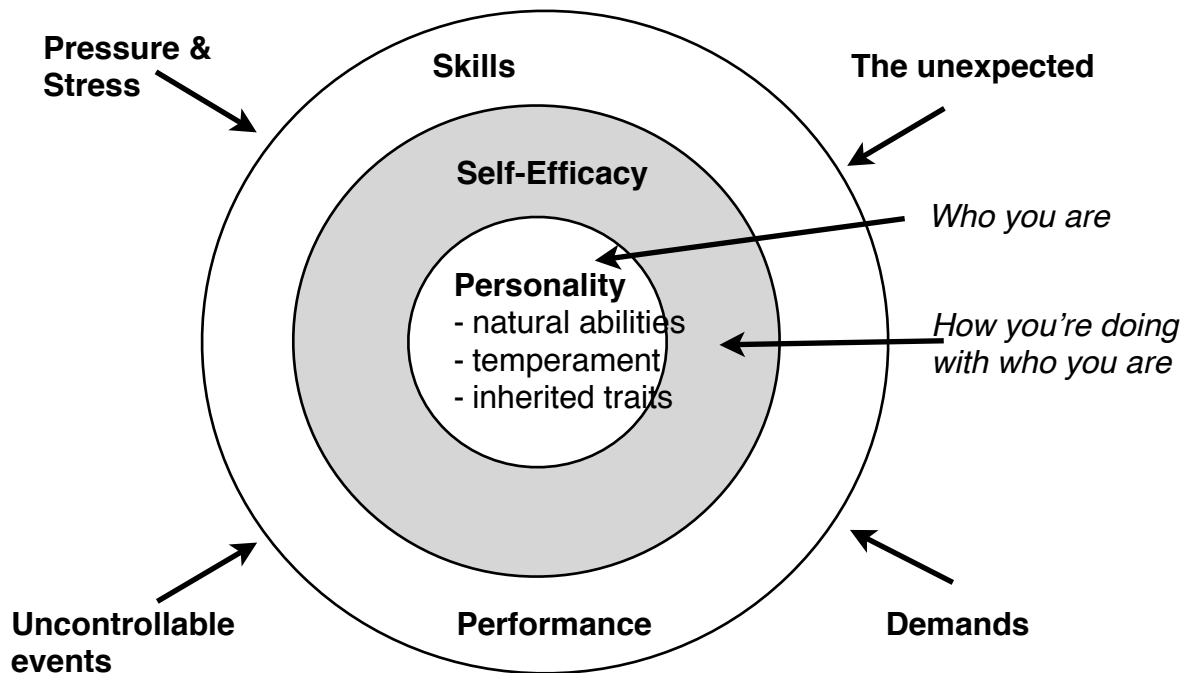
“They are able who think they are able.” - Virgil, Roman Poet

Self-Efficacy is...

- The belief that one has the power to produce an effect
- The belief in one’s ability to succeed in specific tasks or situations
- Subjective judgment of one’s capabilities to organize and execute courses of action to attain desired goals
- More predictive, applicable, and useful than self-esteem

Distinctive Features of Self-Efficacy

- Focus on perceived capabilities
- Domain-, Context-, and Task-specific
- Dependent on mastery criterion rather than normative comparison



Personality	Self-Efficacy	Performance
Who I am	How I am doing with who I am	What I accomplish
Hard Drive	Operating System	Software
Resources	Stewardship of resources	Outcomes
Capacity	Process	Content

Four Statements of Choice

1. I can easily...
2. It will be my challenge to...
3. Today I want...
4. My request for support is...

Comfort Circles

