



I Know I Can: Motivation Based on Self-Efficacy

What is self-efficacy?

Self-efficacy is a person's confidence in his or her ability to do something well.

Why is it important?

Your child's self-efficacy plays an important role in his or her academic achievement because it affects the amount of time your child is willing to devote to a learning task, how hard your child will try and how long your child will persist when the learning proves challenging.

Where does your child's self-efficacy come from?

- Judging his or her own performance
- Comparing his or her performance in relation to others'
- Listening to what other people say about his or her capabilities

What can you do to help your child build self-efficacy?

- Help your children focus on improving their own performance over time by not making comparisons between them and others.
 - » *Your efforts are paying off! You have brought your grade average up 8 points since last grading period.*
- Generously praise traits you want your children to develop and things your children have control over.
 - » *I see you are putting in extra time learning your multiplication facts. Your dedication is going to pay off!*
 - » *I like that you always carry a book with you. No wonder you are such a good reader!*

- When your children succeed, guide them in reflecting on what they did that led to the success.
 - » *What are some things you did that led to this success?*
 - » *Looks like all of that time you spent revising your term paper really paid off with a good grade!*
- When your children fail, and they will (we all do!), focus on what can be learned from the experience to do better next time. Help your children see mistakes/failures as learning opportunities.
 - » *What did you learn from this experience that you can build on to do better next time?*

Your words are powerful! Give your child positive labels to live up to.

- *You're so clever!*
- *I love your creativity in solving problems!*
- *With as many books you have read on that topic, you are becoming a true expert!*
- *You never give up, do you?*
- *You have what it takes to be an author one day. I will be the first to ask for a signed copy of your book!*

Just Take 20 Self-Efficacy Challenge

Take 20 minutes to write your child a letter and put it in the mail. Won't your child be surprised and thrilled to get something in the mail and then open it to read how much you have noticed his or her growth from efforts toward learning?

Come read with us!
Visit JustTake20.org for more fun reading activities!

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