

Unlocking Self-Efficacy

There are four main sources of self-efficacy:

- **Mastery experiences:** using past successes as a reminder that you can succeed in the future, especially when you put in effort to continue building successes at moderately challenging tasks and use mistakes as opportunities to learn
- **Vicarious experiences:** using your peers' success as an example to support your belief to that you can succeed, too
- **Verbal persuasion:** accepting (and valuing) constructive feedback and meaningful praise from teachers and peers, and using it (as well as growth mindset self-talk) to reflect on successes and interpret failures as steps towards learning
- **Physiological feedback:** Recognizing and reducing anxiety through practicing relaxation techniques, writing down worries, physical activity, positive self-talk, and similar strategies

