



# SELF EFFICACY

GISWELM – How to give the students skills and means on their way to the European labour market

Italy, 5-9 June 2017

# BANDURA'S THEORY

SOCIAL LEARNING THEORY  
Self-Efficacy

# GLOSSARY OF SELF EFFICACY THEORY

**Affective Processes:** Processes regulating emotional states and elicitation of emotional reactions.

**Cognitive Processes:** Thinking processes involved in the acquisition, organization and use of information.

**Motivation:** Activation to action. Level of motivation is reflected in choice of courses of action, and in the intensity and persistence of effort.

**Perceived Self-Efficacy:** People's beliefs about their capabilities to produce effects.

**Self-Regulation:** Exercise of influence over one's own motivation, thought processes, emotional states and patterns of behavior.

# MOTIVATIONAL PROCESSES

There are 3 different forms of cognitive motivators.

1. **Causal Attribution** (causal attributions affect motivation, performance and affective reactions mainly through belief of self efficacy)
2. **Outcome Expectancies** (the predictiveness of expectancy value theory is enhanced by including the influence of perceived self efficacy)
3. **Cognized Goals** (challenging goals enhance and sustain motivation)

Self Efficacy beliefs operate in each of these types of cognitive Motivation.

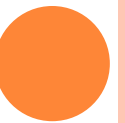
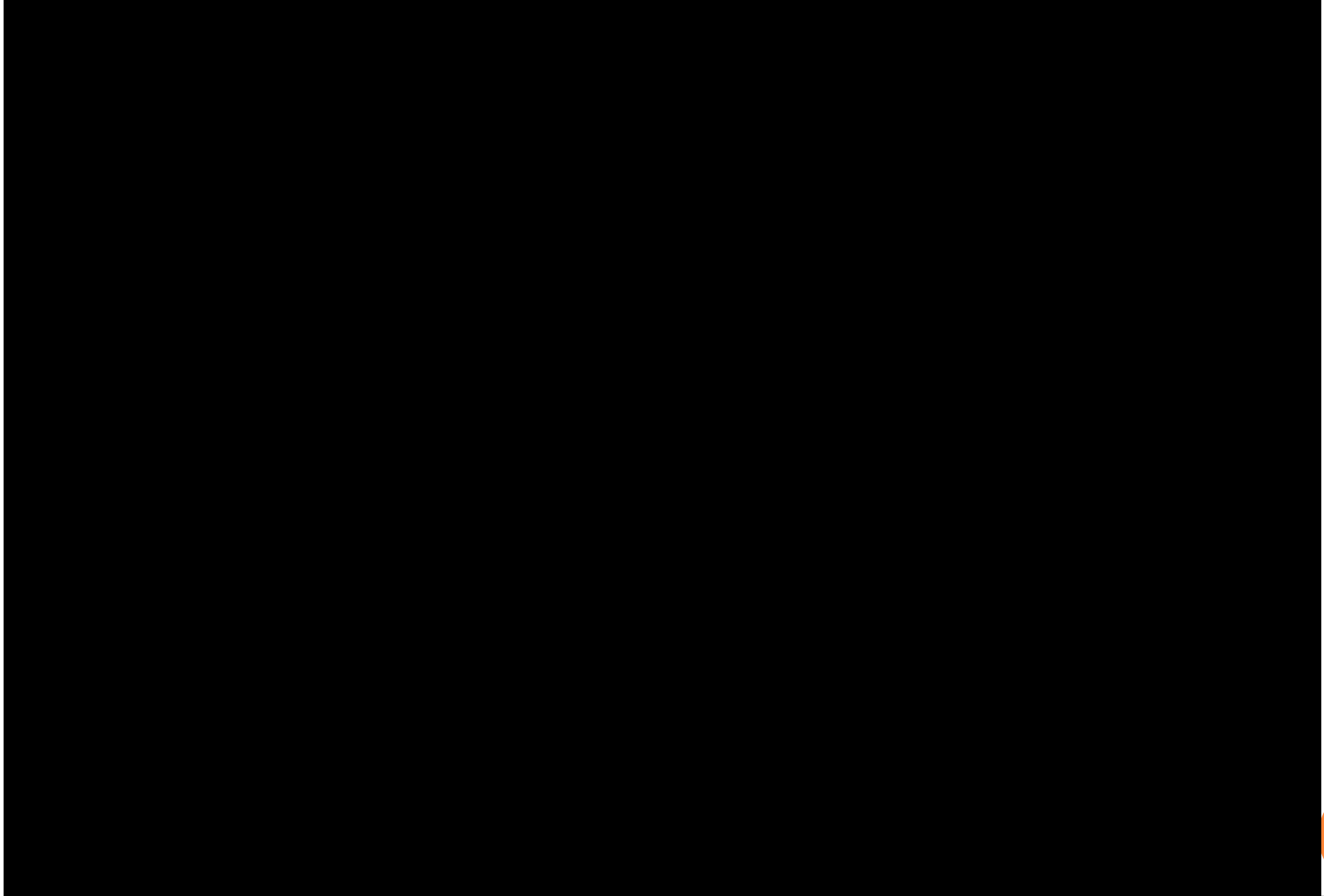
## MOTIVATIONAL PROCESSES

Self efficacy beliefs contribute to motivation in several ways:

- They determinate the goals people set for themselves;
- How much effort they expend;
- How long they persevere in the face of difficulties;
- Their resilience to failures.

Strong perseverance contribute to performance accomplishments.

# SELF ESTEEM, SELF EFFICACY AND LOCUS OF CONTROL



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