What's it all about?

RARE — Early Childhood Support Services

Definition

Self-efficacy is a theory developed by Bandura that refers to every human being's control over their own motivation and belief that they can achieve tasks. It is also about how people manage their own behaviours and social environments to be able to achieve this success.

What it is not

Self-efficacy is not giving children rewards and external motivation to complete tasks, such as stamps and sticker charts. It is not telling children how they should manage their behaviours and controlling children.

Self-efficacy

NQF 🔗

NQS -
1.2.1 - Responsive teaching
QA5
Learning Framework -
LO 1
LO 2
LO 3
LO 4

How to achieve it

➡ Give children feedback on their efforts to let them know any changes they could make to improve their outcomes and let them know how to achieve success.

➡ Role model self-efficacy with the children, as children pick up on and mirror the behaviours of those around them. Reflect on whether the educators in your service are showing strong internal motivation, social skills and behaviours that promote their success.

➡ Focus on children's efforts when giving feedback as this has been proven to be far more successful than telling children they are smart*. E.g. "you stuck with that and didn't give up" instead of "you were so smart to finish that"

*The effects of praise for effort versus praise for intelligence on vocational education students – Glerum et al. 2019