W4 Self-Efficacy (Bandura, 1993)

**True/False Questions**

1. The notion of self-efficacy is important because it brings our attention to the self-regulatory processes in cognitive functioning and activities
2. Bandura associate the notion of self-efficacy with the exercise of human agency
3. According to Bandura, self-efficacy is by and large determined by one’s ability
4. According to Bandura, conception of ability has little to do with one’s self-efficacy
5. Bandura believed that social comparison and performance feedback can influence one’s self efficacy
6. According to Bandura, past performance has little to do with one’s self-efficacy when encountering new relevant tasks
7. According to Bandura, self-efficacy can influence performance through four major processes
8. These four processes include task selection and persistence

**Four antecedents of self-efficacy**

Enactive experience (attribution, controllability)

Social persuasion (feedback)

Social comparison (peer norm-based on individual-based)

Physiological (bodily)

**Four consequences of self-efficacy**

Cognitive (skill execution, task-focused, problem-focused)

Motivational (effort level, persistence)

Affectively (positive affect, anxiety)

Selection (task choice, course selection, career choice)

**Long-term effects of Self-Efficacy**

Long-term development and achievement

**Teacher Efficacy**

Instructional efficacy

Collective school efficacy

**Parental self-efficacy and school involvement**

2002 Survey on the most frequently cited psychologists worldwide, from No 1. to No. 4

**Albert Bandura (1925-1921)**

Born in Mundare, Alberta

“Accidentally” ran into psychology in college years

BA from Univ. of British Columbia 1945

Arrived in the US in 1949, and naturalized in 1956

MA Univ. of Iowa 1951

PhD in clinical psychology Univ. of Iowa 1952

Professor at Stanford since 1953 until becoming Prof Emeritus 2010

**Early Research on aggression**

Bobo doll experiment 1961

Social learning theory 1977 (the self-efficacy article, 1977)

A major shift 1986*: Social Foundations of Thought and Action*

*Triadic reciprocal causation*

Environment

Behavior Personal

(cog. affect., & bio)

Individuals as self-organizing, proactive, self-reflective, self-regulating

Forethought (Future-oriented)

Personal standards

Affective reaction (self)