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**