

Self-Efficacy: Supplemental Handout

The Development of Self-Efficacy¹

Period (approx. ages)	Relevant Characteristics of Development *	Examples of Students Exhibiting High Self-efficacy
Early-mid Childhood (ages 2-6)	<ul style="list-style-type: none"> Beginning to build the capacity for self-control and looking ahead Developing an understanding of expectations and adjusting behaviors accordingly 	<p><i>Continuing to find ways to pursue a curiosity or master a task in spite of setbacks</i></p> <p>“I couldn’t remember what came after the letter N! I bet if I start over, I can remember.”</p>
Mid-Late Childhood (ages 6-11)	<ul style="list-style-type: none"> Developing ability to self-evaluate based on competence and perspective of others Self-awareness of one’s limitations, but learning one’s ability to control oneself and the environment 	<p><i>Observing peer models to build a stronger sense of one’s own ability to accomplish a goal</i></p> <p>“Ms. Smith helped Ana sound out the word and the next time, she could read it on her own! I wonder if I can try that, too.”</p>
Early Adolescence (ages 12-14)	<ul style="list-style-type: none"> Developing an understanding of the self and one’s abilities to influence outcomes Reworking understanding of autonomy and initiative Metacognitive abilities become more developed and help one assess their own capabilities more accurately 	<p><i>Believing that one can adapt their behavior in pursuit of a goal</i></p> <p>“I don’t think I studied enough for that last geometry quiz. I’m sure if I make more time to review the lesson, I can get a better grade on the next quiz.”</p>
Late Adolescence (ages 14-18)	<ul style="list-style-type: none"> Developing an understanding of what’s important to the self and one’s influence in planning for future goals 	<p><i>High academic achievement and rigorous goal setting</i></p> <p>“I really want to go to college with my peers. If I plan out my applications this summer, I should be able to have everything ready to apply in the fall and make sure I get things in on time.”</p>

*The characteristics listed under these periods continue to manifest and develop in different ways throughout different periods in childhood and adolescence.