



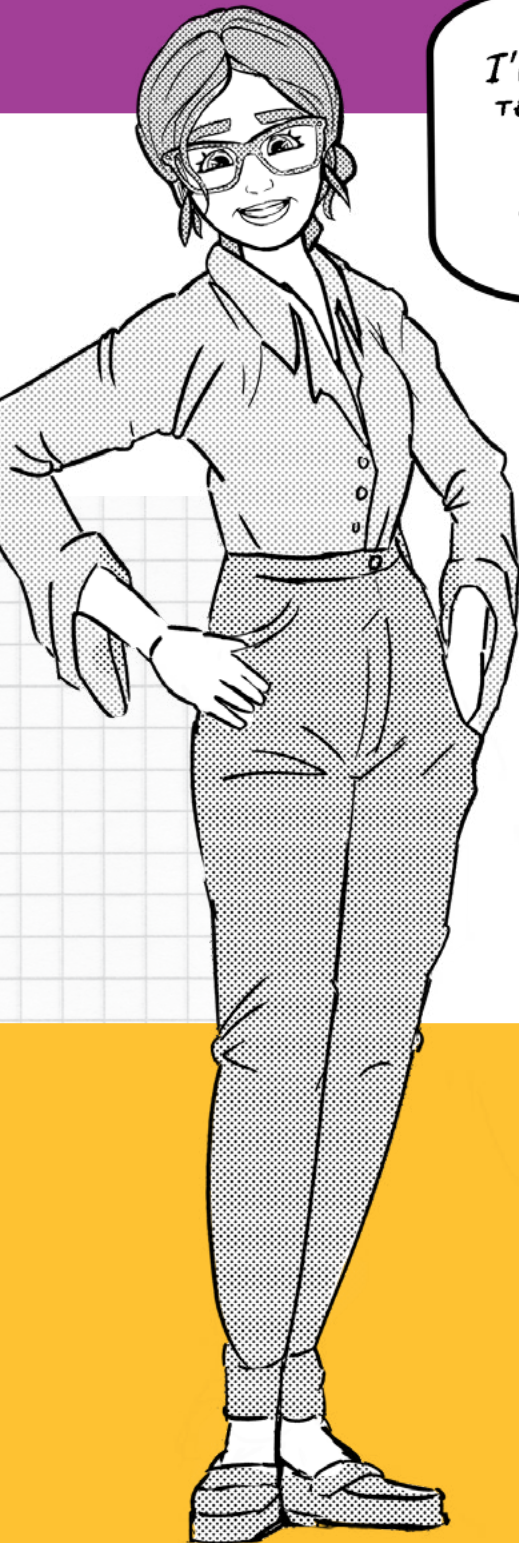
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SUPPORTING YOUR STUDENTS' SENSE OF SELF-EFFICACY



Martine St-Germain
Jolyanne Mongrain
Lydia Desrosiers

TABLE OF CONTENTS



Hi!
I'M JOLY, A VOCATIONAL AND TECHNICAL EDUCATION TEACHER. IN ADDITION TO THIS WORKBOOK, YOU CAN FIND MORE INFORMATION ABOUT RELATIONSHIP MANAGEMENT IN THE CLASSROOM AT OBSERVATOIREFP.ORG/EN/RELATIONSHIP-MANAGEMENT HAPPY READING!

INTRODUCTION.....	3
SUPPORTING YOUR STUDENTS' SENSE OF SELF-EFFICACY	4
Definition.....	4
Relevance	4
Implementation	5
BIBLIOGRAPHY.....	7



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INTRODUCTION

Learning requires a great deal of investment and dedication, as well as a personal and emotional involvement. By helping students believe in their own capacities, teachers help them to better experience learning in the classroom with their peers. In addition, this helps students feel good in class and to put a smile on their faces. Helping students feel confident and believing in themselves is also a teacher's responsibility.

WE SUGGEST

A workbook that defines a sense of self-efficacy and its importance, and provides strategies you can use to support the development of this sense in your students.



SUPPORTING YOUR STUDENTS' SENSE OF SELF-EFFICACY

DEFINITION

The sense of self-efficacy (SEE) refers to a person's beliefs in their abilities, resources, and capacities to accomplish a task (Bandura 1977, Carré, 2004).

It is a person's self-perception of their abilities and resources to develop their skills or complete a project. The more capable and confident a student feels about a task and their role, the more they feel in control of their learning.

The sense of self-efficacy is built throughout one's academic training and professional career, based on the successes and failures encountered during different experiences. Role models (teachers, co-workers, mentors, internship colleagues, etc.) and the feedback they provide also shape the students' sense of self-efficacy. Finally, how students themselves feel (positive or negative feelings) also factor in.

RELEVANCE

Students with a strong sense of self-efficacy will be highly motivated to engage because they will feel up to the task and able to achieve their goals, experience success, complete the expected work, and achieve learning.

Teachers can influence this sense of self-efficacy significantly by using a variety of strategies to improve self-esteem. Empowering students to take control of their own education will also increase their sense of self-efficacy. Teachers who support their students' sense of self-efficacy will have students who are engaged, who take initiatives, and who are willing to take risks.

APPLICATION

Here are some strategies to support your students' sense of self-efficacy.

Lead students to analyze, understand, and solve

- Introduce students to a problem-solving approach.
- Help them set realistic goals and establish a timeline to get there.
- Encourage students to step back and analyze their work.
- Take the necessary time for reflection with students, and support them in their thinking.
- Help students understand the causes of certain problems, guide and support them as they seek solutions.

Invite students to give their opinions, points of view

- Solicit students' opinion at any given opportunity; ask questions.
- Ask them to verbalize their difficulties and to come up with solutions.
- As a teacher, avoid telling students what to do, what to say, or what to think. Instead, lead them toward self-analysis.

Encourage the learning process

- Value the process more than the outcome (to build confidence and help focus on goals).
- Emphasize small successes (one step at a time in their progression).
- Lead students to see the good side, even if they feel a sense of failure or experiencing a difficult situation. Help students to learn from hardships.

Play the role of facilitator with students

- Listen, be compassionate and caring.
- Lead students to develop their full potential by coaching them through the learning process.
- Avoid being judgmental and demonstrate neutrality, equality, and fairness to everyone.
- Create an atmosphere of trust, respect, and collaboration.

Recognize students' experience and potential

- Be humble, acknowledge the other's expertise often and verbalize it.
- Recognize everyone's strengths and expertise in front of the entire class.

Create monitoring tools and make them available to students

- Notebook for skill monitoring (educational notebook that allows students to be aware of their learning and progress)
- Employability notebook showing students' skills, projects implemented during their academic training, etc. (i.e., a portfolio they can use during an interview)
- Soft skills certificate
- Certificate of competence

Put students' skills to work to benefit others

- If they feel comfortable, have students demonstrate in front of others.
- Involve students in the creation of instructional material that will be useful to beginners.
- Recognize students' expertise in a particular area and use it in the classroom or workshop.

Encourage and value students

- Give positive feedback consistently and regularly.
- Use the "sandwich" method which consists of providing a positive comment before and after a suggestion for improvement (praise, suggestion for improvement, praise).
- Highlight students' good work and successes in front of the group; hold them up as examples.
- Encourage students to persevere if they encounter a difficulty.
- Find strengths in everyone, even when it is difficult.
- Set up a reward system (certificate, student of the week based on the employee of the month principle, rewards cards, etc.)

Encourage students to surpass themselves and experience success

- Propose challenges personalized to each student (based on their skill level).
- Don't give students all the answers, lead them to trust themselves, take ownership of their learning, and succeed on their own (even if it's a long process).

INSPIRATIONS AND COLLABORATIONS

THE MATERIAL PRESENTED IN THIS DOCUMENT IS INSPIRED BY:

VOCATIONAL TEACHERS

Olivier Bouton

Danielle Cloutier

Véronique Labelle

Linda Lafrance

Manon Larouche

Laurence Paquette

SOURCES

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CONTENT CREATORS

Lydia Desrosiers

Jolyanne Mongrain

COPYEDITOR

Camille Carrier-Belleau

Marie-Claire Légaré

EDITOR

Martine St-Germain

GRAPHIC DESIGN

WILD WILLI Design - Fabian Will

ILLUSTRATOR

Cassandre St-Louis



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