Part I: Introduction to the Theory

Self-Efficacy Theory (Bandura)

One’s sense of efficacy is bolstered in the following ways:

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________

Draw a quick sketch that will remind you of the key ideas related to Bandura’s theory.

Expectancy-Value Theory (Fishbein)

Consider your own course. How do you currently:

<table>
<thead>
<tr>
<th>Create a supportive environment?</th>
<th>Convey the value of the content?</th>
<th>Foster students’ sense of efficacy?</th>
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Part II: Practical Strategies for Teaching

In this video, several teaching strategies are shared. As you watch, consider the strategies that could apply to your situation and imagine making one small change that would foster student persistence and success.

It’s sometimes easier to make a teaching change if you attach it to the work already taking place.

**Prompt**  
*(When I...)*

**Action**  
*(I will...)*

For example:

- When I teach the lesson on <topic x>, I will include a scenario that demonstrates its importance.
- When I assign week one readings, I will offer choice.
- When a common error arises, I will create a quick clarification video that begins with an explanation of why this was such a wonderful misconception for students to discover.

What teaching strategy are you going to employ? Write your actionable item here:

______________________________________________________________________________

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