



ESL Virtual Learning

Study Skills

May 4, 2020

Lesson: May 4, 2020

Objectives:

1. Students will learn about self-efficacy
2. Students will understand the concept The Ability to Grow.
3. Students will understand the concept Believe in Your Ability.
4. Student will be challenged to change their attitude from a Fix Mindset to a Growth Mindset.

Study Skills E-LEARNING Monday, May 4th





Motivational Monday!

Continue to do what you have been doing to get the best grade for 2nd Semester.

- What is Self-Efficacy?
 - Ability Can Grow With Effort
 - Believe in Your Ability
- Fix Mindset versus a Growth Mindset

What is Self-Efficacy?

**Take this Pre Knowledge
assessment on Self-Efficacy.**

Self Efficacy has two components.

- Ability Can Grow with Effort
And
- Believe in Your Ability



Making Connections: Look at the following Quotes by Famous People and connect the two components Self-Efficacy and think about what these quotes mean.

- *Whether you think you can, or think you can't... you're right. – Henry Ford*
- *It's not that I'm so smart, it's just that I stay with problems longer. – Albert Einstein*

More Quotes

- *Continuous effort – not strength or intelligence – is the key to unlocking our potential. – Winston Churchill*
- *I am always doing what I cannot do yet, in order to learn how to do it. – Vincent Van Gogh*

ANSWER

Four areas where I think my self-efficacy is pretty high (it doesn't have to be school related):

1.

2.

3.

4.

Here are my ANSWERS

Four areas where I think my self-efficacy is pretty high (it doesn't have to be school related):

- 1. I can create engaging lesson plans.*
- 2. I am a creative cook.*
- 3. I am a safe driver.*
- 4. I collaborate with my colleagues well.*

Now go back and do yours: Maybe its sports, history, taking care of your family etc.

ANSWER

And four areas where I like it to be higher:

1.

2.

3.

4.

Here are my ANSWER, then go back and do yours!

And four areas where I like it to be higher:

- 1. I want to exercise but I can't keep waiting to start.*
- 2. Getting feedback on homework back to students in a more timely fashion.*
- 3. Having better listening skills.*
- 4. Being more organized.*

ANSWER

Why would I like to have higher self-efficacy in the four areas?

What might be different if I were more self-efficacious in each of these areas?

Here is my Response for one of the four areas

Why would I like to have higher self-efficacy in this area? If I would establish a routine, I would create the habit of exercising.

What might be different if I were more self-efficacious in this area? If I established an habit of exercising at least three times a week, I would notice I was slowly losing weight and that would make me feel good about accomplishing my goal. It may help me with my other areas.

Reflection

Think of an area you want to change. One of the four areas that makes you frustrated and answer these questions.

Did you start this task already thinking that you would be unsuccessful? Yes No

Or did you approach the task as something that was challenging, but not impossible for you to accomplish? Yes No

Did you continue working on the task even when you were experiencing difficulty, or did you give up? Yes No

Even if you didn't succeed fully at the task, did you make any improvements as result of your efforts? Yes No

Now, did your level of self-efficacy (belief that your ability would grow with effort and that you could accomplish the task) affect the result?

**Your level of self-efficacy
(belief that your ability
would grow with effort and
that you can accomplish any
task) WILL AFFECT the
OUTCOME.**

*Believe in Your Ability,
Regardless of what level
you are at. It isn't that you
can't do it, you just can't
do it yet!!!*

Challenge

Start believing you can in one area. Make a small change and email your teacher and tell them what you changed.





A Weekly Check In! If you have not done so, I would like you to take this weekly survey letting us know how you are doing.



Things to Remember

- Contact your teachers, tell them hello. We miss you!
- There is still time to improve your grades for 2nd semester.
- You can still get a Chromebook at Truman High School. Go to the school from 11:45a.m. to 12:45p.m. Your parent needs to go to sign a waiver. Or go to Cental Office.
- Go to this link that was shared in an email by Dr. Herl to get free WiFi. <https://corporate.comcast.com/covid-19>
- Here is a [Spanish video](#) on how you can use your cell phone as a HOT SPOT. Please share this with all the other ESL students.

**This ends another day. I hope
it was a great day for you.
Don't forget teachers are
available to help you. You
need to email us.
*Believe in your ability!***

Mrs. Lamas

