



ESL Virtual Learning

Study Skills

May 5, 2020

Lesson: May 5, 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 Tuesday, May 5th





Self Efficacy Tuesday

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
- Understanding Your Current Level of Self-Efficacy
- Fix Mindset versus a Growth Mindset



Understanding Your Current Level of Self-Efficacy

***Read these notes below
and think how they apply to you
#1***

- As individuals, we have different beliefs about our abilities in different areas.
- In some goals or challenging tasks, we feel confident and know how to succeed.
- But in others, we have a lower belief in our abilities and this can cause issues.
(remember the assessment you took yesterday)



These are my thoughts about my belief in the abilities I can do and can't do.

1. I know I can write good lesson plans because I went to school for it and I have colleagues who can help me improve.
2. I don't feel so good about my ability to exercise and lose weight because I am not an EXPERT in the health field.

Do my thoughts on my ability for number 2 get in my way of doing better? Yes, I think it does!!!



Understanding Your Current Level of Self-Efficacy

***Read these notes below
and think how they apply to you.***

#2

- Our self-efficacy changes over time based on our experiences.
- In other words, if we are able to complete a challenging task, our self-efficacy increases.
- The opposite is also true: failures can lead to lower self-efficacy if we give up.

WHOA! I need to read this again!!!

Do you believe this?



This is what know from my experience.

My Story

About 15 years ago, Mrs. Lamas, yes me, weighed over 200 pounds. I looked in the mirror and decided after many years of trying to lose weight, I was now ready to do something about it. I read as story about a woman who began walking only 15 minutes a day and then she increased it until one day she was walking 45 minutes a day and she was losing weight. So I tried it. And yes it worked. After 2 months I had lost 10 pounds.

I felt good and I wanted to lose more. So, I hired an exercise trainer to teach me how to use the machines in the gym and create a work out program. In about 5 months I had lost more than 40 pounds!!!

This change helped me feel good about myself and my ability to do more in other areas. Like look for a new district to work for when the Spanish Elementary program ended in my old district. My new confidence help me find a job in Independence, Missouri.

Okay, now Mrs. Lamas, yes me, finds herself back around 200 pounds and I need to lose pounds again. I know I can do it because I did it before!!!! But it is hard... **I have to start believing again!!**



Understanding Your Current Level of Self-Efficacy

***Read these notes below
and think how they apply to you.***

#3



- Self-efficacy has **NOTHING** to do with how smart we are.
- You can be very smart and still have low self-efficacy in some areas.

Again, reread this!!! NOTHING to do with HOW SMART WE ARE!!

Listen

Mrs. Lamas, yes me, has four degrees and a I am a certified Clinical Laboratory Scientist. I have lost weight before. **I know what to do but my MIND isn't connecting with my BRAIN.**

It is taking those first difficult steps to get over the obstacle of thinking you can't but you really really can.

And will it be hard? Sometimes yes.

Will I make mistakes? Will I eat a donut I don't need? Sometimes yes.

Will I want to give up? Sometimes yes but **I won't give up because I know I can do it because I have done it before.**



Understanding Your Current Level of Self-Efficacy

***Read these notes below
and think how they apply to you.***

#4



- Just because we have strong beliefs in our abilities in some areas such as basketball or singing, doesn't mean we are automatically self-efficacious in everything.
- We can all become more self-efficacious in different areas.

Mindset

I know many of you struggle at Math. And I know some of you want to just give up. I hear you, “I am no good a math,” “Math isn’t my thing,” “I will never understand this,” and “I don’t get it.”

So, trying thinking of it like:

*I am no good a math. to.... I am not good at math **yet.***

*Math isn’t my thing. to... Math isn’t my thing **yet.***

*I will never understand this. to... I don’t understand it **yet.***

*I don’t get this. to...I don’t get this **yet.***

It is just a small change. You are changing the wording to allow the possibility and likelihood of accomplishing something difficult!!!



Positive Self-Efficacy

- Practice Positive Self-Efficacy.
- Take a challenging task and re-word your belief that you can achieve the task.
- If I practiced every day, you can develop just about any skill.



**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.
Let's do this!**



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 1:00p.m. Your parent needs to go to sign a waiver.
- 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.
Practice Positive
Self-Efficacy.**

Mrs. Lamas

