

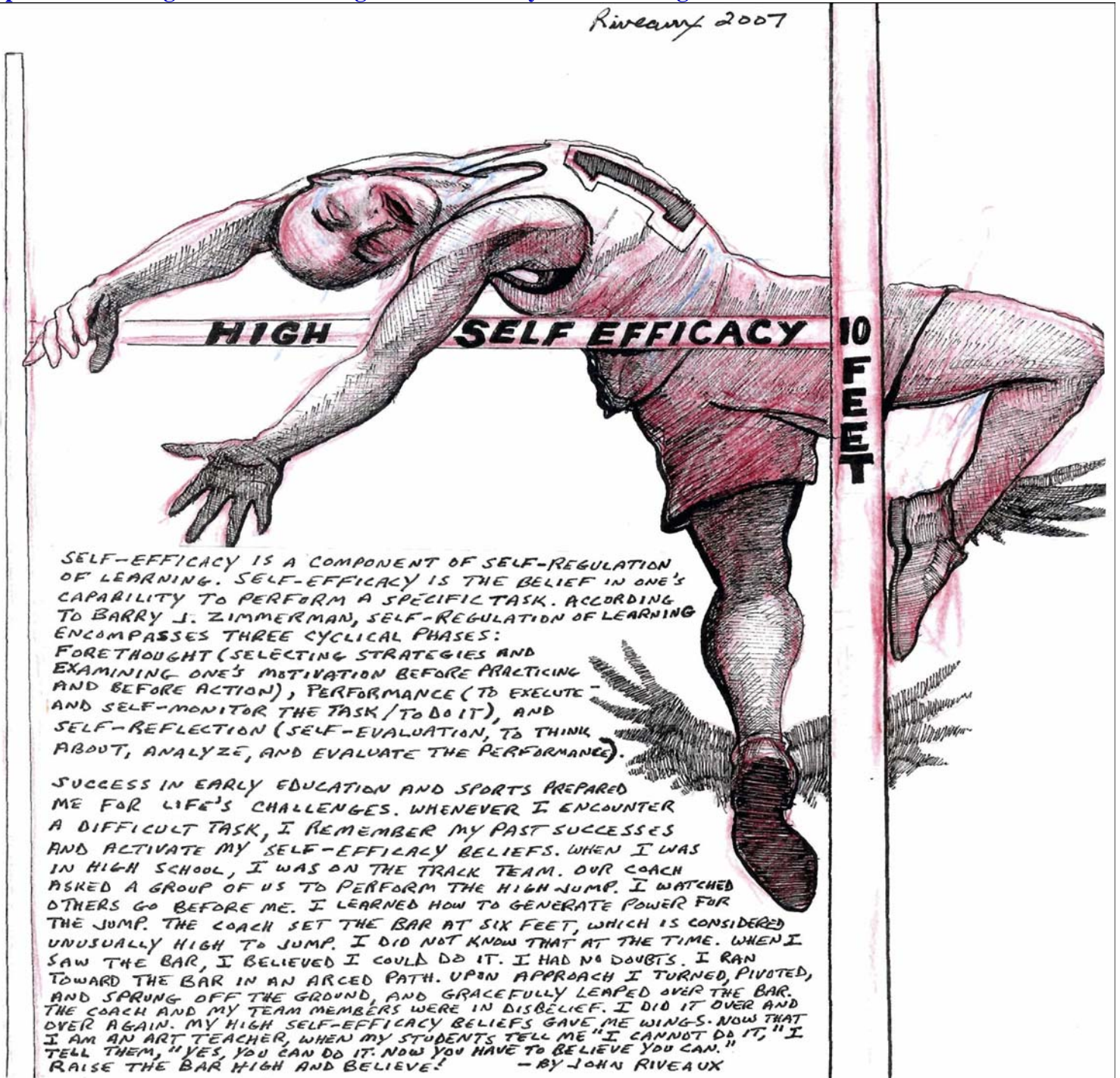


## Self-efficacy: I Believe that I CAN DO IT!

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Mr. John Riveaux has a Baccalaureate in Fine Arts from the School of Visual Arts . He is pursuing a Master's in Art Education at Queens College, The City University of New York. Currently, he is an Art Teacher in the New York City Department of Education. He is a dedicated teacher committed to promote self-regulation of learning and self-efficacy beliefs among his students.

Riveaux 2007



SELF-EFFICACY IS A COMPONENT OF SELF-REGULATION OF LEARNING. SELF-EFFICACY IS THE BELIEF IN ONE'S CAPABILITY TO PERFORM A SPECIFIC TASK. ACCORDING TO BARRY J. ZIMMERMAN, SELF-REGULATION OF LEARNING ENCOMPASSES THREE CYCLICAL PHASES: FORETHOUGHT (SELECTING STRATEGIES AND EXAMINING ONE'S MOTIVATION BEFORE PRACTICING AND BEFORE ACTION), PERFORMANCE (TO EXECUTE - AND SELF-MONITOR THE TASK / TO DO IT), AND SELF-REFLECTION (SELF-EVALUATION, TO THINK ABOUT, ANALYZE, AND EVALUATE THE PERFORMANCE).

SUCCESS IN EARLY EDUCATION AND SPORTS PREPARED ME FOR LIFE'S CHALLENGES. WHENEVER I ENCOUNTER A DIFFICULT TASK, I REMEMBER MY PAST SUCCESSES AND ACTIVATE MY SELF-EFFICACY BELIEFS. WHEN I WAS IN HIGH SCHOOL, I WAS ON THE TRACK TEAM. OUR COACH ASKED A GROUP OF US TO PERFORM THE HIGH JUMP. I WATCHED OTHERS GO BEFORE ME. I LEARNED HOW TO GENERATE POWER FOR THE JUMP. THE COACH SET THE BAR AT SIX FEET, WHICH IS CONSIDERED UNUSUALLY HIGH TO JUMP. I DID NOT KNOW THAT AT THE TIME. WHEN I SAW THE BAR, I BELIEVED I COULD DO IT. I HAD NO DOUBTS. I RAN TOWARD THE BAR IN AN ARCED PATH. UPON APPROACH I TURNED, PIVOTED, AND SPRUNG OFF THE GROUND, AND GRACEFULLY LEAPED OVER THE BAR. THE COACH AND MY TEAM MEMBERS WERE IN DISBELIEF. I DID IT OVER AND OVER AGAIN. MY HIGH SELF-EFFICACY BELIEFS GAVE ME WINGS. NOW THAT I AM AN ART TEACHER, WHEN MY STUDENTS TELL ME "I CANNOT DO IT," I TELL THEM, "YES, YOU CAN DO IT. NOW YOU HAVE TO BELIEVE YOU CAN." RAISE THE BAR HIGH AND BELIEVE!  
- BY JOHN RIVEAUX