

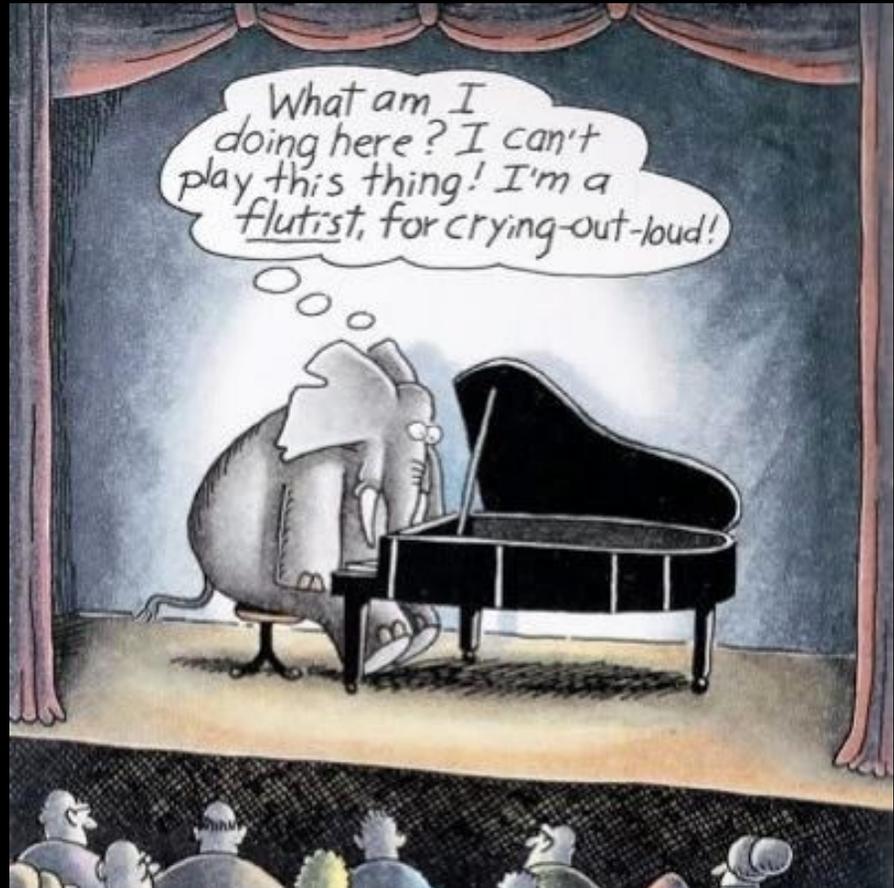
EPHE 575

Self Confidence

To Do

9am Thursday

Concentration



Self Confidence

Quiz

What was the focus of one of the web articles and what steps did they specify you needed to take to address/improve the issue?

Quiz Tomorrow

Know the results of the Bell and Hardy research paper!

Self Confidence

“The belief you can successfully perform a desired behaviour”

The Theory

Self Efficacy Theory (Bandura, 1977)

Activity

Academic Detective (30 minutes)

Find a research paper (not mentioned on the web page) that demonstrates steps for improving self confidence.

- 1) Summarize and cite this paper.
- 2) Compare / contrast how the paper aligns with what is on the website.

REWARDS:

3%/2%/1% added to overall grade.

Guidelines for Improving Self Confidence

Focus on Performance Accomplishments

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Acting Confident

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Responding with Confidence

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Thinking Confidently

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Using Imagery

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Using Goal Setting

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Optimizing Physical Conditioning and Training

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Preparation Strategies for Practice / Competition

Brainstorm: How can we do this?

Guidelines for Improving Self Confidence

Fostering a social climate

Brainstorm: How can we do this?

Activity

1. Pick one of the four choice articles now online.
2. Read the article.
3. Write an opinion piece on it – how does it impact you – can you use it? Why can you not use it? (1/2 page).

Decent quality opinion piece = Skip Friday's Quiz