

# Resources by Skill: Efficacy

## The Importance of Efficacy

One study (**Bandura et al., 1996**) examines a variety of factors related to child self-efficacy in relation to academic outcomes. The effect of self-efficacy on students' academic success was multifaceted; researchers proposed the following causal model based on correlations between factors:

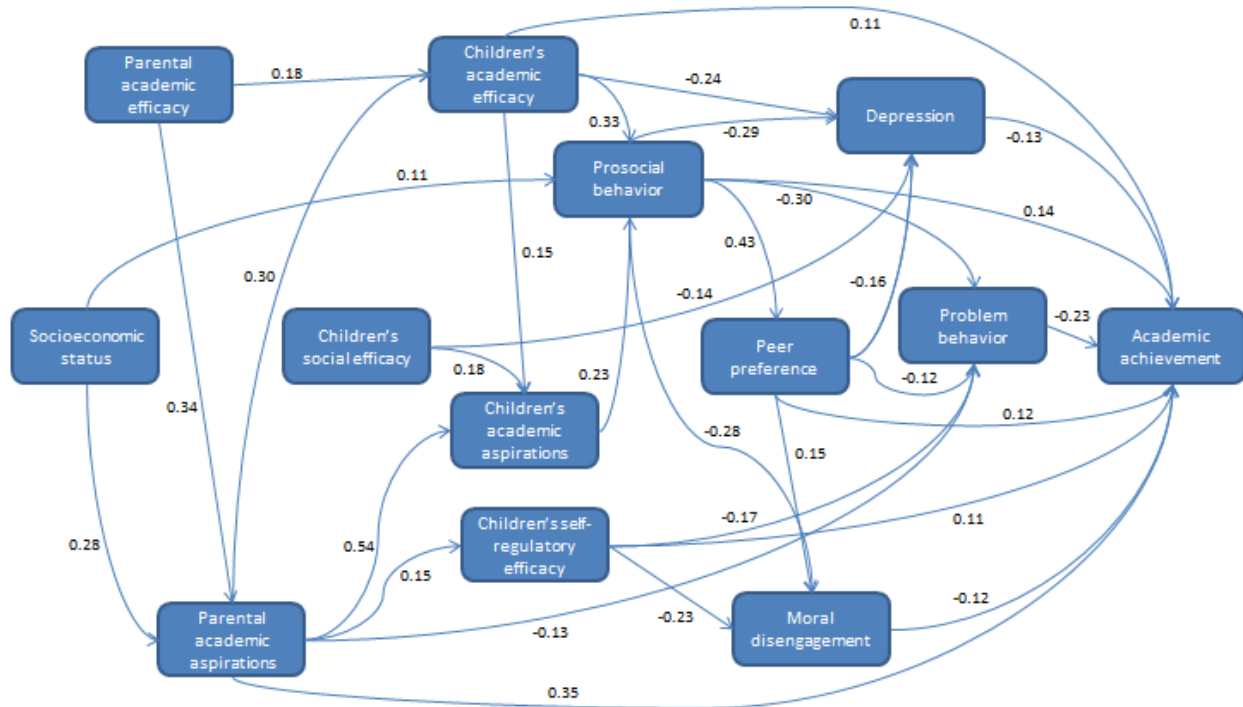


Figure 1: Bandura et al.'s path analysis for the effect of self-efficacy on academic success. Correlation coefficients are provided, all statistically significant at  $p < 0.05$ .

## Cultivating Efficacy

**Huang et al. (2011)** studied the effects of an after school program in Los Angeles, the Better Educated Students for Tomorrow (BEST) program for elementary school students. LA's BEST promotes self-efficacy in the following ways:

- Activities that foster students' confidence, such as performance arts, science projects, and physical activities,
- Offering the students interactions with accomplished individuals who share commonalities with the students,
- Verbal encouragement and appraisal of the students' work, and
- Opportunities to improve students' cognitive self-appraisal by allotting time and space for challenging activities such as public speaking or competitive sports.

The study found the LA's BEST had positive effects on students' later middle school attendance, grades, standardized test scores, and enrollment in more challenging math courses.

### Works Cited

- Bandura, A., Barbaranelli, C., Caprara, G.V., & Pastorelli, C. (1996). Multifaceted impact of self-efficacy beliefs on academic functioning. *Child Development, 67*, 1206-1222.
- Huang, D., La Torre, D., Leon, S., Duong, N., & Hodson, C. (2011). Supporting Student Success in Middle Schools: Examining the Relationship between Elementary Afterschool Program Participation and Subsequent Middle School Attainments. National Center for Research on Evaluation, Standards, and Student Testing (CRESST) and Center for the Study of Evaluation (CSE) at UCLA.