

# POSTERS IN ACTION!

lesson plans for students based on NAPE's posters

## POSTER

### Believe You Can Succeed

## OVERVIEW

Short-term successes and temporary setbacks are the stepping-stones to achieve your long-term goals. Help students increase their belief in their ability to perform a task with five strategies!

## OBJECTIVES

- Identify the importance of self-efficacy
- Compose a strategy to boost self-efficacy to complete a goal or task.

## GUIDING QUESTION

- Can you map your 'climb' to success?

## AUDIENCE

Students

## TIME

30 minutes

## MATERIALS

*Recommended:* Inspiring Courage to Excel through Self-Efficacy Toolkit, by Brown, Tucker, and Pollock

Order copies of the **Believe You Can Succeed** poster:  
[napequity.org/product/believe-poster](http://napequity.org/product/believe-poster)



**NAPE**  
National Alliance for  
Partnerships in Equity

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**Believe You Can Succeed**

Short-term successes and temporary set-backs are the stepping-stones to achieve your long-term goals.

Map your climb to success by increasing your self-efficacy!

**Break down the task**  
Smaller tasks and short-term goals are easier to tackle. Think small pieces!

**Find a role model**  
Shadow someone who knows how to do the task well and who has something in common with you! (*gender, race, age, location*)

**Ask for specific feedback**  
As you progress through the task, trust that feedback can help you improve.

**Learn from mistakes**  
Mistakes are OK, and are a part of learning! Have the courage to initiate, fail, and initiate again.

**Celebrate milestones**  
Reflect on your progress and acknowledge every step forward.

*The journey of a thousand miles begins with one step. - Lao Tzu*

**self-ef-fi-ca-cy:**  
The belief one holds in their ability to perform a specific task.

**Achieve Perform Persist**  
An individual with high self-efficacy is more likely to have greater interest and motivation to reach challenging goals.

**Doubt Fear Avoidance**  
An individual with low self-efficacy is more likely to avoid challenges.

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# Lesson Plan

*\* Ensure you operate from an asset (or strengths-based) mindset and create an equitable learning environment where every student thrives.*

## Instructions:

1. Prepare to present the provided slides, and print the student worksheet.
2. Introduce the lesson so students understand the objectives.
3. Show students the YouTube video "[Importance of Self-Efficacy](#)."
4. Challenge students to take notes while watching, and capture the important reasons for self-efficacy and strategies for building it.
5. Allow students time to discuss in small groups, and then move to a large group discussion.
6. Distribute, project, or hang a copy of the **Believe You Can Succeed** poster that is visible to every student.
7. Point out the difference of high and low self-efficacy as depicted in the mountain imagery. Clarify any questions that remain. Want to learn more about self-efficacy? Read NAPE's [Inspiring Courage to Excel through Self-Efficacy Toolkit](#).
8. Next, prompt the students to individually reflect on the following:
  - Think of a challenge you are facing in learning a new task.
  - Break down the task into smaller pieces that are easier to tackle.
  - Who is someone you can talk to or observe to learn how to do the task?
  - Who can you ask for feedback to help you improve? When will you ask?
  - What are some mistakes you've made while learning? What have you learned from each of those mistakes?
  - What progress have you made along the way that you can celebrate?
9. Allow them time to discuss in small groups, and then move to a large group discussion.



# ***BELIEVE YOU CAN SUCCEED***

A stylized illustration of a person in blue climbing a green mountain peak. The person is holding a rope that extends to the top of the mountain. The background features several other mountain peaks in shades of green and grey, with white clouds scattered around.

## **IN THIS LESSON, YOU WILL:**

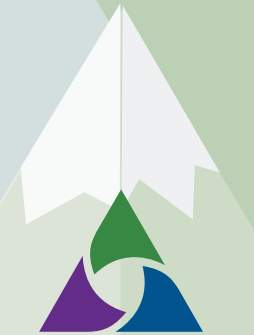
- Identify the importance of self-efficacy
- Compose a strategy to boost self-efficacy to complete a goal or task.





## LISTEN FOR AND TAKE NOTES:

- What are the reasons for self-efficacy?
- What are strategies for building self-efficacy?



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# ***SELF-EFFICACY***

A stylized illustration of a person in blue climbing a mountain peak. The person is positioned on the right side of the slide, reaching up towards the top of a large, light green mountain. A rope is attached to the person and extends upwards. The background features several other mountain peaks in shades of green and grey, with some white clouds scattered around.

The belief one has in their ability to perform a specific task.



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# **HIGH SELF-EFFICACY**

A stylized illustration of a person in blue climbing a green mountain peak. The person is holding a rope that extends to the top of the mountain. The background features several green mountain peaks of varying heights and some white clouds.

## **ACHIEVE! PERFORM! PERSIST!**

- An individual with high self-efficacy is more likely to have greater interest and motivation to reach challenging goals.



# **LOW SELF-EFFICACY**

A stylized illustration of a person in blue climbing a mountain peak. The person is positioned on the right side of the slide, climbing a green mountain peak. A rope is attached to the person and extends upwards. The background features several other mountain peaks in shades of green and grey, with some white clouds scattered around.

## **DOUBT! FEAR! AVOID!**

- An individual with low self-efficacy is more likely to avoid challenges.



# Believe You Can Succeed

Short-term successes and temporary set-backs are the stepping-stones to achieve your long-term goals.



Map your climb to success by increasing your self-efficacy!

1

## Break down the task

Smaller tasks and short-term goals are easier to tackle. Think small pieces!

2

## Find a role model

Shadow someone who knows how to do the task well and who has something in common with you! (*gender, race, age, location*)

3

## Ask for specific feedback

As you progress through the task, trust that feedback can help you improve.

4

## Learn from mistakes

Mistakes are OK, and are a part of learning! Have the courage to initiate, fail, and initiate again.

5

## Celebrate milestones

Reflect on your progress and acknowledge every step forward.

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Achieve  
Perform  
Persist

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## self-ef-fi-ca-cy:

The belief one holds in their ability to perform a specific task.

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Doubt  
Fear  
Avoidance



A stylized illustration of a person rappelling down a mountain peak. The person is a simple blue silhouette, and the rope is a thin blue line. The mountain is composed of several green and grey triangular shapes, with a white cloud at the base of the peak. The background is a light green and white gradient.

# ***REFLECTION***

1. Think of a challenge you are facing in learning a new task.
2. Break down the task into smaller pieces that are easier to tackle.
3. Who is someone you can talk to or observe to learn how to do the task?
4. Who can you ask for feedback to help you improve? When will you ask?
5. What are some mistakes you've made while learning? What have you learned from each of those mistakes?
6. What progress have you made along the way that you can celebrate?



# BELIEVE YOU CAN SUCCEED *Student Worksheet*

## VIDEO NOTES

1. What are the reasons for self-efficacy?
  
  
  
  
  
  
  
  
  
  
2. What are strategies for building self-efficacy?
  
  
  
  
  
  
  
  
  
  
3. What else did you learn in the video?

## REFLECTION

1. Think of a challenge you are facing in learning a new task. Describe the task you are learning and the challenge you are experiencing as you learn.
  
  
  
  
  
  
  
  
  
  
2. Break down the task into smaller pieces that are easier to tackle. List at least 3 smaller tasks.

3. Who is someone you can talk to or observe to learn how to do the task? How do think observing someone else will help you?
  
4. Who can you ask for feedback to help you improve? When will you ask? How will you listen and act on the feedback?
  
5. What are some mistakes you've made while learning? What have you learned from each of those mistakes?
  
6. What progress have you made along the way that you can celebrate?
  
7. List two things you want to learn or improve at that you want to build your self-efficacy. How will you use the five steps to help you?
  
8. What else would you like to learn about self-efficacy?

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