## Lesson 03: Self-efficacy skills: Managing yourself for Study

### Introduction: Atransformational experience.

The experience of studying in Higher Education can be life-changing. Most graduates look back on this time with great fondness. In part, this is because of the unique opportunities it offers:

★ to study interesting subjects

★ to feel stretched intellectually

★ to explore new ideas

★ to engage in a wide range of new activities, not easily available elsewhere

★ to find out about yourself and how you rise to the challenge of academic study

★ to consider the kind of person that you want to be in the world

★ to make friends that can last for life.

### 1- The Importance of Self-Efficacy Skills:

Self-efficacy or being able to 'manage yourself' can make a significant difference to your time as a student and beyond. It is one of the most important attributes to bring to study and to take into life beyond your course. It is worth spending time thinking about this and developing your self-management abilities.

### 2- Self-efficacy Skills:

Good self-management is essential in higher education because of the increased expectations for autonomous learning and personal responsibility, and the level of challenge. Effective management of your time, emotions, attitudes, habits and life matter more as you progress upwards through the course. Self-efficacy is a broad concept; it involves such skills, qualities and attitudes as these 10 below.

1 **Engagement:** taking an active part in shaping your learning and success.

2 **Autonomy:** being able to think for yourself, and to make good choices to direct your own study.

3 **Managing your mindset:** adopting the right attitudes to drive your success and inspire you.

4 **Enhancing personal performance:** always looking to improve further, using feedback, data, observation and reflection.

5 **Personalizing learning:** identifying and applying approaches that work best for you.

6 **Applying strategies:** creative, reflective, effective, active, well-motivated (C·R·E·A·M).

7 **Time-management:** using time to best effect; ensuring your work is submitted on time.

8 **Well-being and self-care:** balancing study, work and life; managing stress.

9 **Managing your learning environment:** coping with the broader learning context.

10 **Self-reflection:** thinking meaningfully about the consequences of your actions and thought patterns for your study, well-being and future.