

Answers to Exercise 5.3

Providing Examples of Self-Efficacy

1. *What is the relationship between stories and developing a sense of efficacy?*

The concept of overcoming formidable odds to achieve a goal might be quite foreign to some students, particularly those who have spent years operating from a fixed-theory perspective. In such cases, students probably need concrete examples of the power of efficacy. Stories provide those concrete examples.

2. *How might quotations be used in ways that stories cannot be easily used?*

Since quotations require very little class time, they can be used quite frequently as a brief reminder of the power of a strong sense of efficacy. Additionally, they frequently stimulate students to research the context in which the quotes were stated.

3. *What are stories from your own life or lives of people close to you that might inspire efficacy in students?*

Answers will vary.