



**You are not  
alone...**



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# Self-Efficacy

## What is Self-Efficacy?

Self-efficacy is the belief we have in our own abilities, specifically our ability to meet the challenges ahead of us and complete a task successfully

## Self-Efficacy + Academics

Studies show that compared with students who doubt their learning capabilities, those who feel efficacious for learning or performing a task participate development of academic self-efficacy more readily, work harder, persist longer when they encounter difficulties, and achieve at a higher level.

Within competitive majors, such as CSE, low self-efficacy is prevalent among students. The stair installations, which can be found in both Allen and Gates centers, show the volume just how many people struggle with low self-efficacy in hopes to bring awareness to and encourage dialogue about low self-efficacy.

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