



**GRADE 11**

# Self-Efficacy 11

## SD43 Coquitlam

To expose students to ways in which they can develop & enhance their self-efficacy. Helping students to explore the power they have to affect situations will influence both the ability a student has to face challenges competently & the choices a student is most likely to make. Big Ideas & learning standards for the course are grouped under social-emotional learning themes, focusing on the development of both self & social awareness, as well as self-regulation & interpersonal skills.

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**Credits:** 4

**Approval Date:** Jun 2021

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**Hours:** 100

**Trax Code:** Y

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## GOALS AND RATIONALE

This course will allow students to develop strategies for building positive relationships, resolving conflict & managing stress in social contexts by teaching self & social awareness, as well as self & relationship management. This course supports & encourages students to explore who they are as valued individuals & to explore ways to make positive changes in their lives by exploring what they value & who they want to become.

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## BIG IDEAS

Understanding how one's own emotions, thoughts & values influence behavior. Managing one's emotions, thoughts & behaviors effectively contributes to achieving our goals. Making caring & constructive choices about personal behavior & social interactions promotes personal well-being. Establishing & maintaining healthy & supportive relationships allows us to effectively navigate settings with diverse individuals & groups.

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## ADDITIONAL INFORMATION

Aboriginal Worldviews and Perspectives: The First People's Principle of Learning states that learning ultimately supports the well-being of self, family, community, land, spirits & ancestors. Learning is also holistic, reflexive, reflective, experiential & relational. Self-Efficacy Education facilitates community-based learning by providing opportunities for making meaningful connections, learning about oneself & learning through relational experiences.