Review Checklist: Helping Students Develop Self-Efficacy in Your Course		
1. Do activities/messaging include all or most of these effective strategies?	**Yes**	**No**
Activities that are missing one or more of the key ingredients are likely to be ineffective, and could backfire. Review the key ingredients below to ensure that your statements check all the boxes for success.		
a. Include growth mindset messaging with **all three components** (effort, feedback, and strategy/resource utilization)		
b. Consider how your course is set up to **inspire a growth-minded learning environment** for students		
c. Share **stories of successful exemplars** and how students can work to **become these role models for others**		
2. Does incorporating and speaking about these strategies feel authentic to you?	**Yes**	**No**
To be effective, the incorporation of these activities/messaging must be perceived by students as being genuine. Review the checklist below to make sure that they are likely to be perceived as authentic by students.		
a. Develop introductions to the activities and messaging that **feel natural** to who you are as an instructor		
b. Decide whether and how you might **share personal examples** of developing a sense of self-efficacy		
3. Do you have a plan for using these activities/messaging in your course?	**Yes**	**No**
a. I **have a plan** for how and when I will use these activities/messaging in my course.		
b. I have a plan to **check-in with myself, reflect, and adjust my approach** based on my experiences with this practice throughout the term.		
c. Are there **campus resources available** that I can refer to if students are in need of more support and information than I am able to provide?		
4. Do these activities/messaging avoid common pitfalls of strategies to support self-efficacy?	**Yes**	**No**
a. Activities/messaging are tied to the specific point in the term.		
b. Students' current assets and potential frame all activities/messaging.		

COLLEGE TRANSITION COLLABORATIVE

Checklist source: SEP Practices Library

SEP Student Experience PROJECT