

Topic - Session 05

Self-efficacy, achievement and pride

Background information

Being content with one's own performance depends on inner evaluations and expectations (for example: "I was slower than the other one" may lead to feeling disappointed, while "I was pretty fast for my level!" may lead to feeling proud).

Too high expectations and goals can lead to feelings of disappointment and failure. Realistic expectations however can lead to pride. One key condition for this is to recognise achievements and efforts as a success (experience of self-efficacy: "I managed this with my skills and the opportunities I had" rather than "I just had luck"). Recognising one's own achievements and honouring small successes is key – which is hard for many. Pride has many positive effects: it can lead to feeling content and satisfied with oneself, which can improve one's self-efficacy and self-image and create a positive future-orientation.

The goal of this week is to consciously let feelings of pride arise (of individual skills and achievements and of the group's creative/common achievement e.g. an individual bouldering route) and to reflect on how participants deal with this.

Key questions

Do you know the feeling of being disappointed in yourself?

What is the opposite of this? (Pride) How does it feel?

When was the last time you were proud of yourself?

What does it mean to be proud? How do we become proud of ourselves?

Can you recognise from your everyday lives, that you see your failures more than your successes? That you focus on things that do not work out, rather than on those that do?

How does this affect your sense of believing and trusting yourself, and your expectation towards future tasks?

How could these insights influence you positively?

Learning goals

To recognise own skills, becoming aware of achievements → strengthening the experience of self-efficacy

To recognise and honour (especially small) successes, to commend oneself for achievements and feeling proud of oneself.