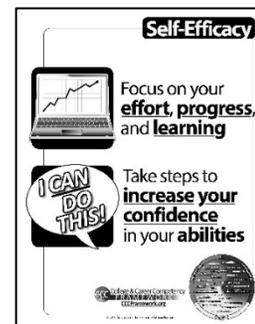


## Teaching the Skills That Matter at Home

As we all adjust to rapidly changing circumstances in response to the COVID-19 pandemic, one of the biggest challenges is continuing to support students' education in a new environment. Students might be struggling with skills that will be crucial for succeeding in these new circumstances, such as self-efficacy, assertiveness, conflict management, and self-regulation. To support teachers, students, and families in adapting, we are highlighting some helpful resources for supporting students' intra- and interpersonal skills in a virtual and/or home learning environment. Consider practicing these strategies along with your students – it's a challenging time for all of us.

### Self-Efficacy

As you make this transition, are you noticing students struggle to work on challenging content, doubt their ability to adjust to new circumstances, or give up easily when faced with technological or other obstacles? [Self-efficacy](#) enhances students' confidence that with effort they can make progress in challenging pursuits, as well as their ability to use specific strategies for building that confidence. Below, explore self-efficacy resources and tools that you might find helpful for supporting your students during this adjustment period.



- **Brain basics** and **Neuroplasticity**: For showing elementary, middle, and high school students how effort and learning affect the brain. Show students the **Brain basics** and **Neuroplasticity** videos to illustrate the brain's adaptability (including physical changes when we expend effort to learn). Connect these ideas to students' ability to successfully learn new academic content and adapt to these new circumstances; even if they are currently struggling to use new technology or change study habits, they will make progress with sustained effort. Support students in consistently making the connection between effort and progress.
- **Growth vs. Fixed Mindset chart** and **Mistakes help you grow**: For elementary, middle, and high school students, discuss the **Growth vs. Fixed Mindset chart** and use the **Mistakes help you grow** video to illustrate how mistakes help us learn and improve. Encourage students to consider why mistakes are an important part of learning; ask them to think about specific challenges they are currently facing and discuss how a growth mindset approach could help.
- **Unlocking Self-Efficacy**: This resource for teachers and families explains the four sources of self-efficacy, or ways that students can build their confidence related to a challenging task. Below are some tools for supporting each source during home learning for elementary, middle, and high school students.
  - **Mastery Experience - Mastery Log and Effort & Progress Tracker**: We build self-efficacy by working to master challenging tasks over time and reflecting. Students can reflect on successes with the **Mastery Log** as a way to build confidence for future challenging pursuits. When approaching learning a challenging concept or skill, students can use the **Effort & Progress Tracker** to have a more intentional focus on tracking both their efforts and progress. This not only helps them celebrate their improvement rather than getting discouraged by what they haven't accomplished yet, but also helps them shift away from comparing themselves to others.
  - **Verbal Persuasion - Sesame Street: Janelle Monae – Power of 'Yet'** and **What Can I Say to Myself**: The **Sesame Street: Janelle Monae – Power of Yet** video emphasizes that not succeeding yet isn't a reason to give up and the **What Can I Say to Myself** poster helps reframe self-talk from fixed to growth mindset. When students are frustrated by technology, difficult content, or a new environment, help them use growth mindset self-talk to apply the power of 'yet' to their situation.
  - **Physiological Feedback - Relaxation techniques**: We've all experienced anxiety about a challenging task, but we might not have realized that our anxiety could actually affect our ability to succeed in the pursuit. You can share the **Relaxation techniques** with students (and use them yourself) to reduce anxiety and build self-efficacy.
  - **Vicarious Experiences - Ingenious Ways to Play Board Games on Zoom**: With the shift to virtual rather than in-person interaction, many are [struggling to learn video conferencing tools](#). Consider sharing (or briefly describing) **Ingenious Ways to Play Board Games on Zoom** as an example of others' success helping us gain confidence in our own ability to succeed in new and/or challenging pursuits.

You can find other resources for supporting your students' self-efficacy on <http://resources.cccframework.org>.