

Dear Families/Caregivers,

Self-efficacy is the belief in oneself. A student's self-efficacy greatly influences his or her academic motivation, learning, and achievement.

In this lesson, students learned strategies for building belief to reach a goal and the importance of believing in oneself to reach one's goals. Your child learned the SNAP acronym as a reminder to build their belief to reach their goals:

Start with a goal.

Nix negative thinking.

Ask for help and learn from others.

Plan, practice, and persevere.

Here are some ways you can help your child build his or her belief to reach a goal:

- Identify a challenging goal that you and your child can work towards together. When he or she starts to express doubt in his or her abilities, help your child to find ways to believe in him or herself.
- Model affirming yourself for your child. Be vocal about praising your own successes and positive qualities, and share how belief in yourself helps you to reach your goals.

Sincerely,

Your Child's Teacher