"Perceived self-efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave....A strong sense of efficacy enhances human accomplishment and personal well-being in many ways....They heighten and sustain their efforts in the face of failure."

Albert Bandura, Stanford University

Which challenges most concern Chaffey College students?
How may students address these challenges effectively?
What is self-efficacy?
Why is it important to student success?
How may students, faculty and staff promote self-efficacy on campus?

After a brief introduction to self-efficacy, Chaffey College students will discuss some of the biggest challenges they face and how they are currently addressing these challenges. Students, faculty, and staff will discuss ways of addressing challenges successfully in order to promote student self-efficacy, and by extension, college success.