



CHECK-6



MAY 2024 – SELF-EFFICACY

MISSION CHALLENGE

This month's Check-6 focuses on self-efficacy, which is the belief in one's ability to accomplish tasks under adversity. Self-efficacy is a powerful determinant of military effectiveness, influencing how Airmen and Guardians approach challenges, make plans, set goals, and adapt to changing circumstances.

MISSION PLANNING

Review this section to prepare for conversations with your team.

Self-efficacy, a concept introduced by psychologist Dr. Albert Bandura is shaped by our experiences as depicted in Figure 1.

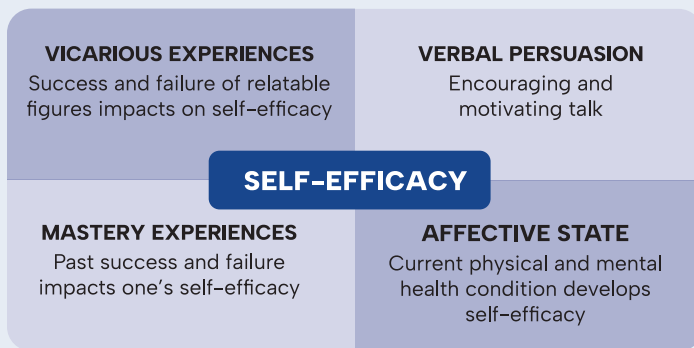


FIGURE 1

Prepare for discussion with your team by reflecting on the following scenarios:

- 1 Reflect on a recent experience where you felt confident in your abilities to accomplish a task or overcome a challenge. What factors contributed to your sense of self-efficacy in that situation?
- 2 Recall a time when you had to adapt to a sudden change or unexpected obstacle. How did your belief in your abilities influence your ability to adapt and overcome?
- 3 What strategies do you use to maintain a sense of self-direction and take initiative in your work within the Air Force?

MISSION SUPPORT

Additional Resources

- 1 Watch Scott Geller's TED Talk on [The psychology of self-motivation](#)
- 2 Read this NOBA article on [Self-Efficacy](#)
- 3 Check out these [exercises](#) to increase your self-efficacy



MISSION EXECUTION

Frame the conversation using Monthly Challenge

People with high self-efficacy approach tasks with confidence and demonstrate flexibility, resilience, and resourcefulness in the face of adversity. Review the graphic with your Airmen and Guardians and use the questions below to better understand how you can enhance their self-efficacy:

- 1 What support or resources would enhance your sense of self-efficacy in your current role?
- 2 Are there specific areas where you would like to further develop your skills or confidence? How can leadership support you in these areas?
- 3 How do you perceive the role of feedback and recognition in shaping your sense of self-efficacy? What types of feedback are most helpful to you?
- 4 What barriers or challenges affect your confidence or belief in your abilities? How can we address these challenges as a team?

MISSION APPLICATION

Apply Mission Challenge to selected Social Topics

MAY TOPIC: MONTH OF THE MILITARY SPOUSE

May is Military Spouse Appreciation Month. Since 1984, we have celebrated and honored our partners who are the heart and backbone of our Military community. Military spouses play a crucial role in supporting service members and managing family life during deployments, relocations, and other challenging situations. A belief in their ability to effectively cope with these stressors (i.e., self-efficacy) can significantly improve our spouses' mental health and resilience.

Military spouses face unique career and personal development challenges due to frequent relocations and other military-related factors. Check out the DoD's [MilSpouses Resources](#). Valuing and appreciating military spouses are ways to reinforce their self-efficacy beliefs, navigate challenges, support our families, and thrive. Read Jacey Eckhart's essay on [why we appreciate our military spouses](#).

REFERENCES

1. Bandura, A. (1977). Self-efficacy: toward a unifying theory of behavioral change. *Psychological review*, 84(2), 191.