

Ways to Talk about Ability: Self-Efficacy

Use this chart, which provides multiple ways to present and to probe into questions, to speak with children about how they see their abilities and to record their responses.

<u>QUESTION</u>	<u>NOTES</u>
<u>Can you...?</u> <ul style="list-style-type: none"> • Are you able to...? <i>REPEAT THEIR ANSWER...</i> <ul style="list-style-type: none"> • How do you know? • Have you tried before? 	
<u>How do you feel when you try something really hard and can't do it?</u> <ul style="list-style-type: none"> • How do you feel when you can't do something that's really hard? <i>REPEAT THEIR ANSWER...</i> <ul style="list-style-type: none"> • How do you know? • What do you do when you feel...? 	
<u>If you can't do something, do you give up?</u> <ul style="list-style-type: none"> • Do you ever give up sometimes? <i>REPEAT THEIR ANSWER...</i> <ul style="list-style-type: none"> • Why do you think you give up? • What makes you keep trying? 	
<u>Do you think you would get it right if you tried again?</u> <ul style="list-style-type: none"> • Should we try it again? • What would happen if you tried it again? <i>REPEAT THEIR ANSWER...</i> <ul style="list-style-type: none"> • Why/why not? 	

<p><u>How do you know that you can/can't...?</u></p> <ul style="list-style-type: none"> • How does your brain know that you can/can't...? <p><i>REPEAT THEIR ANSWER...</i></p> <ul style="list-style-type: none"> • Why can/can't you do that? 	
<p><u>Do you think that you could get better at...?</u></p> <ul style="list-style-type: none"> • Is there a way that you could get better at...? <p><i>REPEAT THEIR ANSWER...</i></p> <ul style="list-style-type: none"> • Why can/can't you get better? • How could you get better? 	
<p><u>How does it feel to do something this hard?</u></p> <ul style="list-style-type: none"> • Is this hard to do? • Is this easy to do? <p><i>REPEAT THEIR ANSWER...</i></p> <ul style="list-style-type: none"> • What should you do when you feel...? • What do you do when you feel...? 	
<p><u>What is something that is hard for you to do?</u></p> <ul style="list-style-type: none"> • What is something that is easy for you to do? <p><i>REPEAT THEIR ANSWER...</i></p> <ul style="list-style-type: none"> • How do you know? • Is this easy to do? • Is this hard to do? 	