

Building Self-efficacy: Time Management & Self-care Strategies



Presented by:

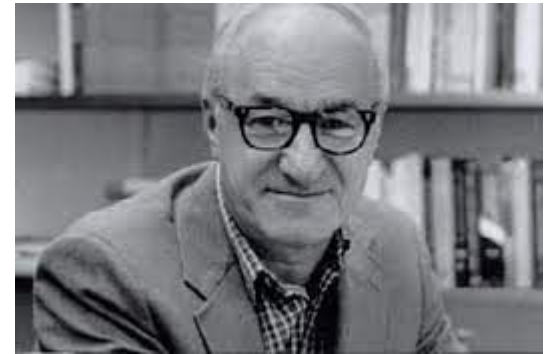
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Defining Self-efficacy

Self-efficacy Defined

- ▶ Psychologist Albert Bandura (1977) defines **self-efficacy** as people's beliefs in their capabilities to exercise control over their own functioning and over events that affect their lives.
- ▶ One's sense of self-efficacy can provide the foundation for motivation, well-being, and personal accomplishment.



Albert Bandura

Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215.

Student Experiences



Students with a WEAK sense of self-efficacy:

- ▷ Avoid challenging tasks
- ▷ Believe that difficult tasks and situations are beyond their capabilities
- ▷ Focus on personal failings and negative outcomes
- ▷ Quickly lose confidence in personal abilities



Students with a **STRONG** sense of self-efficacy:

- ▷ Form a stronger sense of commitment to their interests and activities, no matter how difficult
- ▷ Recover quickly from setbacks and disappointments
- ▷ View challenging problems as tasks to be mastered



How can we help students build self-efficacy?

- ▶ Validate your student's desire to learn; especially first-generation students of color (Rendón, 1994)
- ▶ Teach them about tools and strategies for **time management** and **self-care**

Rendón, L. (1994). Validating culturally diverse students: Toward a new model of learning and student development. *Innovative Higher Education*, 19(1), 33-51.

Time Management

Time Management

- ▷ **Time management** is the process of organizing and planning how to divide your time between specific activities.
- ▷ Teaching time management is giving students realistic expectations about the amount of time they should spend on HW/ studying **OUTSIDE** of class



Unit Formula

How much time should I spend studying?

$$\text{___ Units} + (2 \times \text{Units}) = \text{___ hrs}$$

Example:

$$\underline{12} \text{ units/ hours (in class)} + \underline{24} \text{ hours} = \underline{36} \text{ hours}$$

TOTAL TIME: 36 HOURS PER WEEK FOR A 12 UNIT LOAD

That is why 12 units is considered full-time-student status



Time Management

Questions students should ask themselves:

- ▷ How long it takes me to do HW?
- ▷ How much time do I spend sleeping?
- ▷ How much time do I spend on TikTok?
- ▷ How much time does it take me to write an essay?
- ▷ How much time does it take me to read a chapter?
- ▷ How many hours do I work per week?



Time Management

TOP TIME MANAGEMENT SKILLS



Prioritizing



Scheduling



Keeping a To-Do List



Resting



Delegation

Time Management Tools for Students

Google Keep

The screenshot displays the Google Keep application interface. At the top left, there is a hamburger menu icon, the Keep logo (a yellow notepad icon), and the word 'Keep'. To the right is a search bar with a magnifying glass icon and the text 'Search'. Further right are icons for refresh, list view, settings, a grid of apps, and a user profile picture.

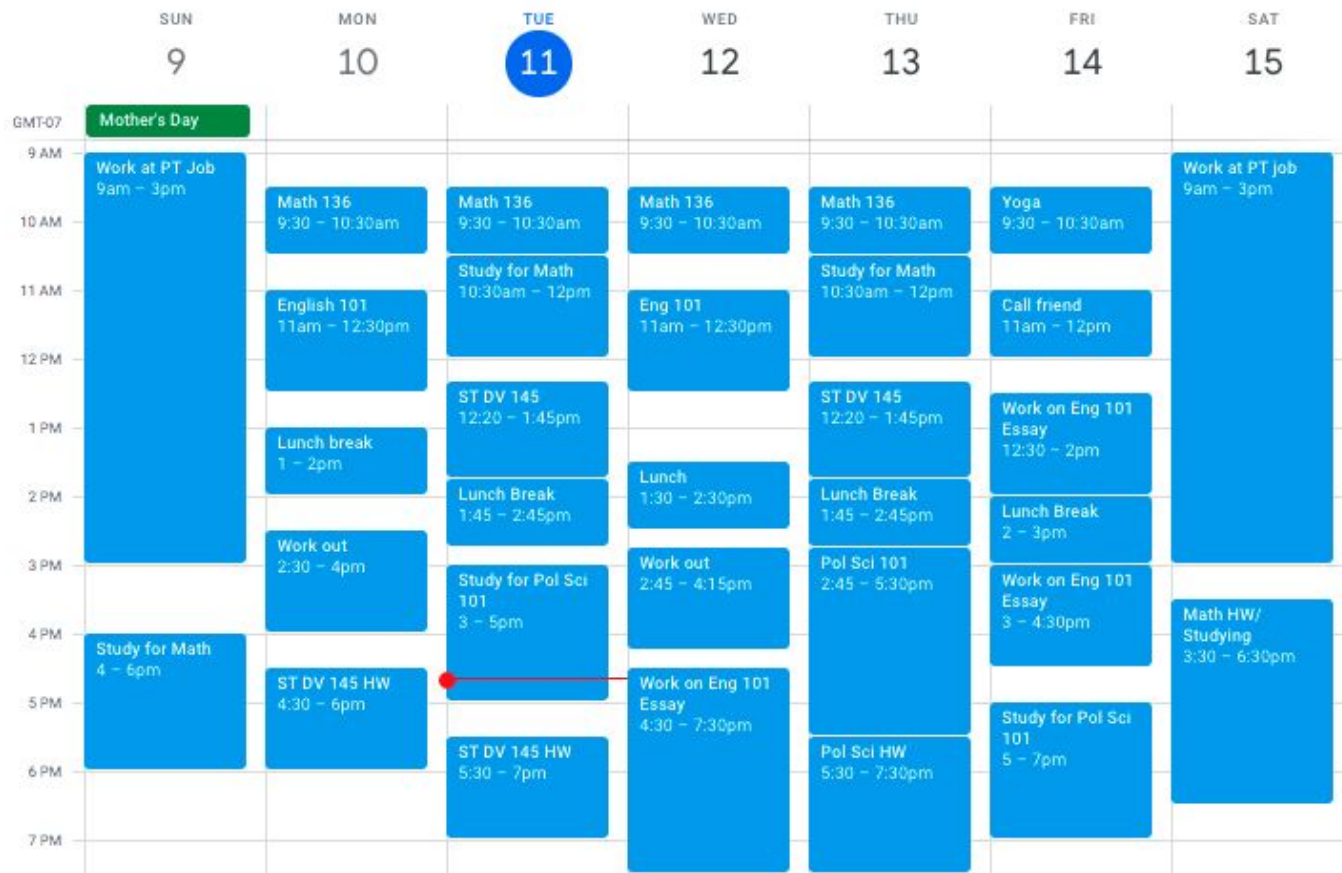
On the left side, a vertical sidebar contains navigation options: 'Notes' (highlighted with a yellow background), 'Reminders', 'Edit labels', 'Archive', and 'Trash', each accompanied by a small icon.

Below the sidebar is a 'Take a note...' input field with a checkmark icon, a pencil icon, and a photo icon.

The main content area shows two pinned notes under the heading 'PINNED':

- Self-care To-do List** (pink background):
 - Guided meditation
 - Call a friend
 - Meal-prep
- HW List** (green background):
 - Math HW
 - Student Development HW
 - English HW

Google Calendar



Paper Planner



Help Students Understand Why They Procrastinate

- **Avoiding a particular task because you find it boring or unpleasant**
- **Ambiguity of task**
- **Overwhelmed by a task**
- **Distractions / other responsibilities**
- **Fear of success as much as failure.**

Help Students Beat Procrastination

- **Eat Your Frog**
- **Chunking / Bit and Pieces Approach**
- **Establish a routine**
- **Modify the environment**
- **Social Support**
- **Treat yourself**

Self-care

“You can’t practice self-care without self-esteem.”



When we give ourselves the opportunity to engage in self-care, we learn how much we are worth, how much we do, and how much we grow from both difficult and joyful moments in our life.

<https://counselorcarmen.com/the-loving-relationship-between-self-esteem-and-self-care/>

Fight or Flight Response

- ▷ Adrenaline and cortisol
- ▷ Increased heart rate, blood circulation
- ▷ Meant for **immediate, life-threatening issues**
- ▷ In modern society, **extended periods of stress** can be common
- ▷ Negative effects on overall physical and mental health

Reference:

Stress basics. Retrieved May 8, 2021 from <https://www.psychologytoday.com/basics/stress>

Teaching Students Self-care Strategies

- ▷ **SLEEP** - try to get at least 7-8 hours of sleep.
- ▷ **NUTRITION**- our body needs nutritious foods like fruits and vegetables during times of high stress.
- ▷ **HYDRATE** - drink lots of water or electrolytes; limit caffeine intake
- ▷ **EXERCISE**- Walking, jogging, biking, swimming, hiking & weight training are ways to improve your physical fitness and sense of well-being.



Self-care Strategies (cont.)

- ▷ **SUPPORT SYSTEMS**- who can you turn to during times of high stress?
- ▷ **REFLECT / BREATHE**- be aware of your body and what is it telling you
- ▷ **GROOM**



Seeking Professional Help

GCC's Health Center

is offering Mental Health Counseling via telephone to all GCC students.

Please call [818-551-5189](tel:818-551-5189) to set up an appointment.





Mental Health Awareness Month

Topics to inform, uplift, and support change

MONDAY, MAY 3

12:00–1:00 PM

PRACTICING RADICAL ACCEPTANCE

Zoom: 907 317 8635

WEDNESDAY, MAY 5

12:00–1:00 PM

ADAPTING AFTER TRAUMA AND STRESS

Zoom: 907 317 8635

MONDAY, MAY 10

12:00–1:00 PM

DEALING WITH ANGER AND FRUSTRATION

Zoom: 907 317 8635

WEDNESDAY, MAY 12

12:00–1:00 PM

GETTING OUT OF THE THINKING TRAP

Zoom: 907 317 8635

MONDAY, MAY 17

12:00–1:00 PM

PROCESSING BIG CHANGES

Zoom: 907 317 8635

WEDNESDAY, MAY 19

12:00–1:00 PM

PRIORITIZING SELF CARE

Zoom: 907 317 8635

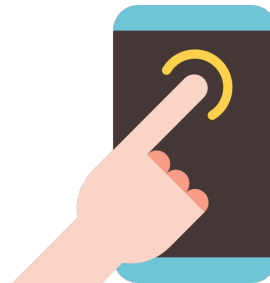
Seeking Professional Help

**LA County's Department of Mental Health has a 24/7 help line
Please call (800) 854-7771 if you need to talk to someone**

The LACDMH Help Line serves as the primary entry point for mental health services with the Los Angeles County Department of Mental Health.



Self-care Apps for Students



Headspace App (Free to download)

Guided meditation

Basic techniques provided for free
(\$12.99/month subscription for more in-depth techniques)

Calm App (Free to download)

Guided meditation

Sleep stories

Calming sounds/music

(\$60/year to unlock full version)

Pacifica App (Free to download)

Gradual stress and anxiety management

Journaling, goal setting

My Mood Tracker

Free for lite version, \$4.99 for full version

Helps keep track of your mood, emotions and activities

GPS for the Soul (Free to download)

Helps measure breathing and provides “guides” to deal with handling stress

Buddha Board (Free to download)

Uses the zen concept of living in the moment, app allows you to virtually paint with your fingers

Thanks!

Any questions?