

Summary of the first meeting: BELIEVING IN YOURSELF AND HAVING A LOT OF INTERESTS

In 1977 Bandura defined self-efficacy as “personal beliefs in one’s capability to organize and execute courses of action required to attain designated types of performances”, whereas in 1990 as “beliefs in their capabilities to mobilize the motivation, cognitive resources, and course of actions needed to exercise control over tasks demands”. People more active and efficient in their projects have an higher self-efficacy perception. Numerous researches demonstrate that the self-efficacy beliefs (which can be measured in strength, magnitude and generality) positively influence many aspects of the individuals: the goals they set for themselves, how much effort they expend to reach these goals, the emotions they feel undertaking a task, even a difficult one, and the choice of tasks and situations. They also affect the amount of possibilities that people are going to consider for themselves, the self-regulation of behavior, the expectations they have before undertaking a task and also the preferences expressed towards the different activities (interests) which, according to some researches, influence, on their side, the self-efficacy beliefs. While considering part of the modern society features, during the meeting will be examined strategies for managing self-efficacy beliefs and for developing many interests in order to improve the personal condition as students and plan a satisfying future.

