

# Applying the Essentials: The Role of Self-Efficacy in Nursing Education

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## AACN Essentials Domain 10: Personal, Professional, and Leadership Development

### 10.3d: Demonstrate self-efficacy consistent with one's professional development.

#### BACKGROUND

Self-efficacy, a concept introduced by Albert Bandura, is **defined as the belief in one's own capabilities at accomplishing a task successfully.**

While *the Essentials* introduce the topic with a leadership driven focus, **self-efficacy can be used as an educational tool to promote success in students throughout their nursing school journey.**



#### SELF-EFFICACY AT WORK

Self-efficacy practices based in educational psychology were implemented in Pathophysiology and Remediation courses over the summer of 2023. Activities were aimed at creating an intentional and engaging space where students embraced their weaknesses to grow and learn. The students in these courses scored better on exams and worked together as a cohort to encourage and help each other.

#### Actual Performances

Practice opportunities in lab, simulation, and classroom with constructive feedback before test day or clinical days

#### Vicarious Experiences

Communicating with peers or older students who have similar experiences and have been successful

### SELF-EFFICACY

#### Forms of Social Persuasion

Feedback and advice from trusted and honest mentors and instructors to promote self-confidence

#### Physiological Indexes

Strategies to decrease stress and anxiety regarding test taking and clinical performances



#### ELEMENTS OF SELF-EFFICACY

Attributes for Students and Educators

- Patience
- Intentionality
- Understanding
- Flexibility
- Self-Reflection

#### IMPLICATIONS

Self-efficacy requires re-thinking how we define "success." With the emphasis being placed on competency-based education and clinical judgement, nurse educators must work to support students in creating an environment conducive to not only teaching students content, but also helping to build their belief in themselves.