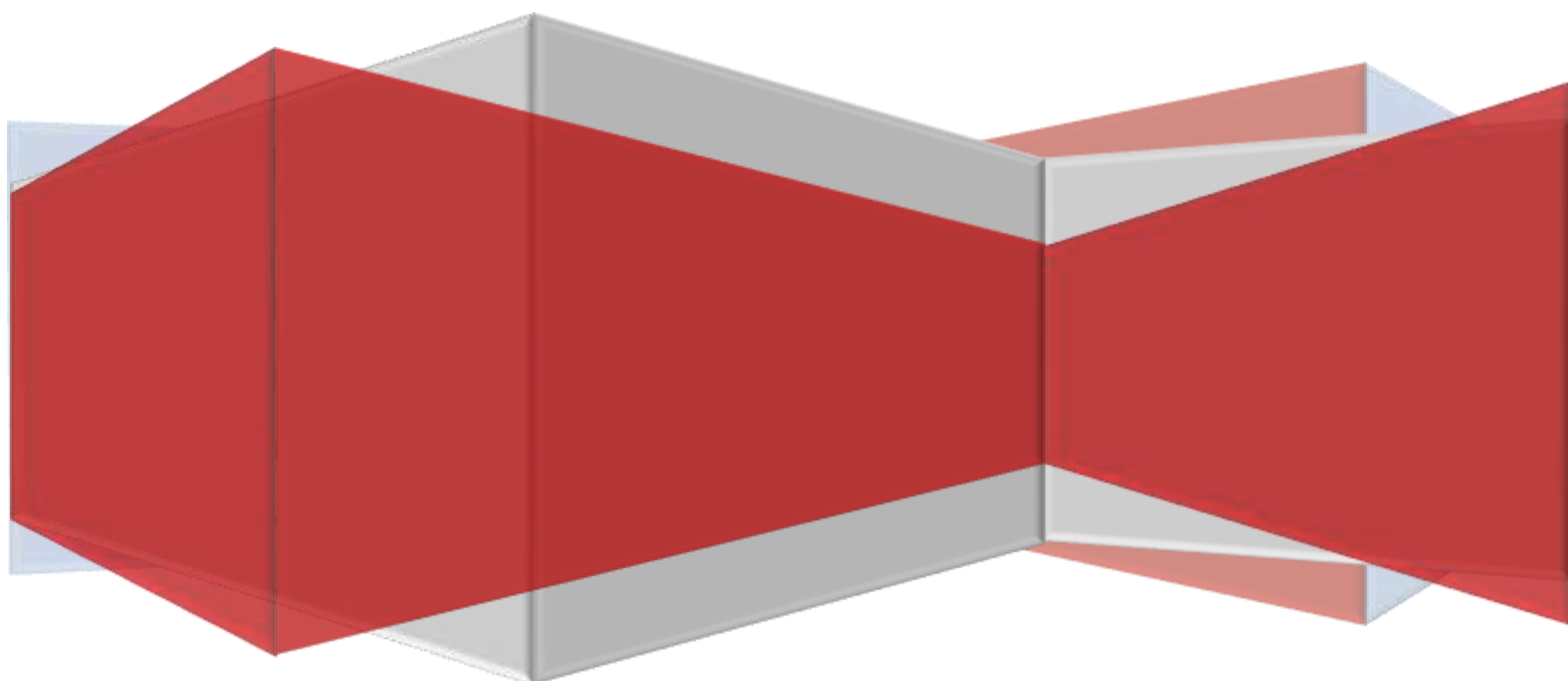


Cultivate school entrepreneurial mind-set through holistic approach targeting teachers and pupils



Competence Title: 2.1 Self-Awareness and Self-Efficacy

Partner Responsible: Rinova Limited



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Slide no	Additional Theories
7,	<p>Shelly Duval and Robert Wicklund A Theory of self – objective self-awareness – 1972</p> <p>The study of self-awareness is traced to Shelley Duval and Robert Wicklund's (1972) landmark theory of self-awareness. Duval and Wicklund proposed that, at a given moment, people can focus attention on the self or on the external environment. Focusing on the self enables <i>self-evaluation</i>. When self-focused, people compare the self with <i>standards of correctness</i> that specify how the self ought to think, feel, and behave. The process of comparing the self with standards allows people to change their behaviour and to experience pride and dissatisfaction with the self. Self-awareness is thus a major mechanism of self-control. Research since the 1970s has strongly supported self-awareness theory.</p> <p>-</p>
7,8,9,10	<p>Daniel Goleman Emotional Intelligence – 1995</p> <p>Daniel Goleman's book "Emotional Intelligence: Why It Can Matter More Than IQ" was published in 1995. In the book, Goleman posits that emotional intelligence is as important as Intellectual Quotient (IQ) for success, including in academic, professional, social, and interpersonal aspects of one's life. Goleman defines it as "the ability to identify, assess and control one's own emotions, the emotion of others and that of groups." ... Goleman developed a performance-based model of EQ to assess employee levels of emotional intelligence, as well as to identify areas of improvement. Goleman proposes that emotional intelligence is a skill that can be taught and cultivated, and outlines methods for incorporating emotional skills training. Emotional Intelligence (EI) or Emotional Quotient (EQ) is the capability of individuals to recognize their own emotions and those of others. Emotional Intelligence includes the ability to discern between different feelings and label them appropriately. High Emotional Intelligence individuals can use emotional information to guide thinking and behaviour and to manage and adjust emotions to adapt to environments to achieve one's goals.</p>
10	<p>Sutton Study Measuring the Effects of Self-Awareness – 2016</p> <p>How we can improve people's well-being at work and the various factors that influence our well-being, from Human Resource Management practices to individual personality. The role of self-awareness in well-being is of particular importance, especially questions around how we can develop self-awareness and how this might influence our well-being.</p>

22	<p>Bandura A.</p> <p>Self-efficacy –</p> <p>Self-efficacy refers to an individual's belief in his or her capacity to execute behaviours necessary to produce specific performance attainments (Bandura, 1977, 1986, 1997). Self-efficacy reflects confidence in the ability to exert control over one's own motivation, behaviour, and social environment.</p> <p>Bandura asserts that most human behaviour is learned through observation, imitation, and modelling. Social Learning Theory, theorized by Albert Bandura, posits that people learn from one another, via observation, imitation, and modelling. The theory has often been called a bridge between behaviourist and cognitive learning theories because it encompasses attention, memory, and motivation.</p> <p>This social learning theory of Bandura emphasizes the importance of observing and modelling the behaviours, attitudes, and emotional reactions of others. ... Because it encompasses attention, memory and motivation, social learning theory spans both cognitive and behavioural frameworks.</p> <p>Self-efficacy is the scholar's self-made decision regarding his or her capacity to reach particular goals or perform certain behaviours. On the other hand, self-regulation is a self-regulated behaviour that results in the fulfilment of one's constructed goals and standards.</p>
70	<p>Proust Questionnaire =</p> <p>The Proust Questionnaire is a set of questions answered by the French writer Marcel Proust, and often used by modern interviewers in looking at how we feel about ourselves</p>