

APPENDIX I

Efficacy Beliefs Self-Reflection

Belief Statements	Self-Assessment Rating		
I believe all students have the ability to learn.	Never	Sometimes	Always
I am confident I can motivate all students to learn.	Never	Sometimes	Always
I am well prepared to teach the information I am assigned to teach.	Never	Sometimes	Always
Learning takes place in my classroom because students are not worried about external factors in their home life.	Never	Sometimes	Always
If a student in my classroom does not learn something the first time, we will try to find another way.	Never	Sometimes	Always
It takes a collaborative effort to positively impact student learning.	Never	Sometimes	Always
I am willing to try new methods to better meet the needs of my students.	Never	Sometimes	Always
It is important to have conversations with colleagues about student learning.	Never	Sometimes	Always
I like to observe other classrooms in order to grow my repertoire of instructional strategies.	Never	Sometimes	Always
I will ask for feedback from another colleague, instructional coach, principal, or students.	Never	Sometimes	Always
I have developed ways to cope when a stressful situation arises with students.	Never	Sometimes	Always
I balance my time working with students and self-care throughout my day.	Never	Sometimes	Always

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