Key message.
Having success in something and then using that as a personal reference point for ability, and working on that to bring further success, achievement and a belief in yourself.

Activities.

1. Buzz idea: No knot unties itself! (15 mins)
   I. Split students in to groups of eight
   II. Each group stands facing each other
   III. Each student reaches across and holds another student's hands
        (be sure the two hands are from two different people)
   IV. Students try to unravel themselves

2. Class discussion: (5 mins)
   What is self efficacy: Give students definition (Having success in something and then using that as a personal reference point for ability, and working on that to bring further success, achievement and belief in yourself)

3. Students complete the 'three things' activity worksheet (20 mins)

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