**Self Efficacy and Confidence Questions**

**Explain how the self-efficacy of a performer may be improved. *(4 marks)***

**Self Efficacy Answers**

**Explain how the self-efficacy of a performer may be improved. *(4 marks)***

A. Performance accomplishments/success from previous performances/reminding performer of previous success/or equiv

B. Avoid failure this can hinder self-efficacy

C. Organise successful events/gradually increase task difficulty/make task easier

D. Vicarious experiences/watching successful performances

E. More effective if performers are of similar ability

F. Verbal persuasion/encouragement/positive feedback/reinforcement from coach

G. Emotional arousal/stress management techniques/mental rehearsal/establish set routines

H. Set goals/targets/performance goals rather than outcome goals

I. Avoid social comparison with other performers

J. Use attributions correctly/attribution retraining/encouraging selfserving bias