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### Supporting Self- Efficacy

Reflecting on chapter 11, self- efficacy is basically what that person believes what he or she is capable of doing to make a change. Sometimes clients may not believe they are capable of making a change, so as a practitioner, I would work with clients to help them identify their capabilities and recognize their strengths. I would also support the client's self- efficacy by identifying both immediate and long-term positive outcomes for them. By supporting client's self- efficacy, as a practitioner I would encourage clients to believe in themselves as they make that step towards changing while identifying their willingness to keep trying to make that change. If the client did not believe in themselves, I would enhance their confidence and capabilities to cope with obstacles that may be on their mind or in their way of succeeding to make those changes.

My family is my support system that believes in my ability to overcome problems that I had and recognizes my strengths and capacities. Being in college and getting around on my own has been a challenge to me, so they have told me that I was strong by pursuing and pushing forward in my career no matter what. Because of my family motivating and pushing me, I never give up no matter how hard college is for me. This had made me feel hopeful from my family being able to understand and support me in everything that I am capable of doing. I have made a lot of progress and have gotten better with staying on top of my grades in my classes. I know I am capable of succeeding and because of the support of my family, I am very confident in myself.

The effects of my family being my support system as influenced my self- efficacy by shaping my behavior and beliefs. My family and I can do things as simple as discussing my day at the dinner table or making phone calls with one another. The more I interact with my family, the greater chance they have on shaping my life positively. Not only does my family believe in my ability to overcome problems, they also recognize my strengths and capacities. They have taught me all the basics of behaviors that are beneficial to my life. Everything that I have learned as a child comes from my family support system. By not having family to support self- efficacy, I believe it would make many people lost in life and they would not know how to behave around others. When it comes down to how much my family has supported me and influences me as days and years go by, I would say that it is really increasing and impacts me more in so many ways. They showed me how to treat others the way I want to be treated and how to pursue my goals. My family is who really made me who I am today.