

Albert Bandura

Quotes

*Self, People, Children, Self Efficacy, Skills, Information, Outcomes, Effort,
Thinking, Doe, Belief, Influence, May, Efficacy, Tasks, Reality, Social,
Evaluation, Different, Action*

In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles and inequities of life.

~Albert Bandura

People's beliefs about their abilities have a profound effect on those abilities.

~Albert Bandura

What people think, believe, and feel affects how they behave. The natural and extrinsic effects of their actions, in turn, partly determine their thought patterns and affective reactions.

~Albert Bandura

Self-belief does not necessarily ensure success, but self-disbelief assuredly spawns failure.

~Albert Bandura

People with high assurance in their capabilities approach difficult tasks as challenges to be mastered rather than as threats to be avoided.

~Albert Bandura

People not only gain understanding through reflection, they evaluate and alter their own thinking.

~Albert Bandura

Most of the images of reality on which we base our actions are really based on vicarious experience.

~Albert Bandura

Humans are producers of their life circumstance not just products of them.

~Albert Bandura

Psychology cannot tell people how they ought to live their lives. It can however, provide them with the means for effecting personal and social change.

~Albert Bandura

There are countless studies on the negative spillover of job pressures on family life, but few on how job satisfaction enhances the quality of family life.

~Albert Bandura

The content of most textbooks is perishable, but the tools of self-directedness serve one well over time.

~Albert Bandura

Self-doubt creates the impetus for learning but hinders adept use of previously established skills

~Albert Bandura

Once established, reputations do not easily change.

~Albert Bandura

When people are not aiming for anything in particular or when they cannot monitor their performance, there is little basis for translating perceived efficacy into appropriate magnitudes of effort

~Albert Bandura

Ironically, it is the talented who have high aspirations, which are possible but exceedingly difficult to realize, who are especially vulnerable to self-dissatisfaction despite notable achievements.

~Albert Bandura

Persons who have a strong sense of efficacy deploy their attention and effort to the demands of the situation and are spurred by obstacles to greater effort.

~Albert Bandura

In social cognitive theory, perceived self-efficacy results from diverse sources of information conveyed vicariously and through social evaluation, as well as through direct experience

~Albert Bandura

Freedom [should not be] conceived negatively as exemption from social influences or situational constraints. Rather...positively as the exercise of self-influence to bring about desired results.

~Albert Bandura

People judge their capabilities partly by comparing their performances with those of others

~Albert Bandura

Self-efficacy beliefs differ from outcome expectations, judgments of the likely consequence [that] behavior will produce.

~Albert Bandura

If self-efficacy is lacking, people tend to behave ineffectually, even though they know what to do.

~Albert Bandura

People who regard themselves as highly efficacious act, think, and feel differently from those who perceive themselves as inefficacious. They produce their own future, rather than simply foretell it.

~Albert Bandura

Even the self-assured will raise their perceived self-efficacy if models teach them better ways of doing things.

~Albert Bandura

The satisfactions people derive from what they do are determined to a

large degree by their self-evaluative standards

~Albert Bandura

We are more heavily invested in the theories of failure than we are in the theories of success.

~Albert Bandura

Self-efficacy is the belief in one's capabilities to organize and execute the sources of action required to manage prospective situations.

~Albert Bandura

A theory that denies that thoughts can regulate actions does not lend itself readily to the explanation of complex human behavior.

~Albert Bandura

People behave agentially, but they produce theories that afford people very little agency.

~Albert Bandura

Through their capacity to manipulate symbols and to engage in reflective thought, people can generate novel ideas and innovative actions that transcend their past experiences

~Albert Bandura

The performances of others are often selected as standards for self-improvement of abilities

~Albert Bandura

One cannot afford to be a realist.

~Albert Bandura

The adequacy of performance attainments depends upon the personal standards against which they are judged

~Albert Bandura

Coping with the demands of everyday life would be exceedingly trying if one could arrive at solutions to problems only by actually performing possible options and suffering the consequences.

~Albert Bandura

How children learn to use diverse sources of efficacy information in developing a stable and accurate sense of personal efficacy is a matter of considerable interest

~Albert Bandura

Accomplishment is socially judged by ill defined criteria so that one has to rely on others to find out how one is doing.

~Albert Bandura

The effects of outcome expectancies on performance motivation are partly governed by self-beliefs of efficacy

~Albert Bandura

Even noteworthy performance attainments do not necessarily boost perceived self-efficacy

~Albert Bandura

Gaining insight into one's underlying motives, it seems, is more like a belief conversion than a self-discovery process

~Albert Bandura

Stringent standards of self-evaluation [can] make otherwise objective successes seem to be personal failures

~Albert Bandura

The evaluative habits developed in sibling interactions undoubtedly affect the salience and choice of comparative referents in self-ability evaluations in later life

~Albert Bandura

Self-appraisals are influenced by evaluative reactions of others.

~Albert Bandura

People who hold a low view of themselves [will credit] their achievements to external factors, rather than to their own capabilities.

~Albert Bandura

Judgments of adequacy involve social comparison processes

~Albert Bandura

Perceived self-efficacy influences the types of causal attributions people make for their performances

~Albert Bandura

[Children] receive direct instruction from time to time about the appropriateness of various social comparisons

~Albert Bandura

Misbeliefs in one's inefficacy may retard development of the very subskills upon which more complex performances depend

~Albert Bandura

Incongruities between self-efficacy and action may stem from misperceptions of task demands, as well as from faulty self-knowledge

~Albert Bandura

[Attributional] factors serve as conveyors of efficacy information that influence performance largely through their intervening effects on self-percepts of efficacy

~Albert Bandura

A problem of future research is to clarify how young children learn what type of social comparative information is most useful for efficacy evaluation

~Albert Bandura

In the self-appraisal of efficacy, there are many sources of information that must be processed and weighed through self-referent thought

~Albert Bandura

Discrepancies between self-efficacy judgment and performance will arise when either the tasks or the circumstances under which they are performed are ambiguous

~Albert Bandura

Perceived self-inefficacy predicts avoidance of academic activities whereas anxiety does not

~Albert Bandura

People who are insecure about themselves will avoid social comparisons that are potentially threatening to their self-esteem

~Albert Bandura

When actions are followed by events that are not causally related to the prior acts, people often erroneously perceive contingencies that do not, in fact, exist

~Albert Bandura

Because of such conjoinedness, behavior that exerts no effect whatsoever on outcomes is developed and consistently performed

~Albert Bandura

It is no more informative to speak of self-efficacy in global terms than to speak of nonspecific social behavior

~Albert Bandura

Perceived self-efficacy and beliefs about the locus of outcome causality must be distinguished

~Albert Bandura

Except for events that carry great weight, it is not experience per se, but how they match expectations, that governs their emotional impact

~Albert Bandura

Self-percepts foster actions that generate information, as well as serve as a filtering mechanism for self-referent information in the self-maintaining process

~Albert Bandura

Measures of self-precept must be tailored to the domain of psychological functioning being explored.

~Albert Bandura

Very often we developed a better grasp of the subjects than the overworked teachers.

~Albert Bandura

The presence of many interacting influences, including the attainments of others, create further leeway in how one's performances and outcomes are cognitively appraised

~Albert Bandura

Students judge how well they might do in a chemistry course from knowing how peers, who performed comparably to them in physics, fared in chemistry

~Albert Bandura

Forceful actions arising from erroneous beliefs often create social effects that confirm the misbeliefs

~Albert Bandura

Among the types of thoughts that affect action, none is more central or

pervasive than people's judgments of their capabilities to deal effectively with different realities

~Albert Bandura

Regression analyses show that self-efficacy contributes to achievement behavior beyond the effects of cognitive skills

~Albert Bandura

It is widely assumed that beliefs in personal determination of outcomes create a sense of efficacy and power, whereas beliefs that outcomes occur regardless of what one does result in apathy

~Albert Bandura

If there is any characteristic that is distinctly human, it is the capability for reflective self-consciousness.

~Albert Bandura

To grant thought causal efficacy is not to invoke a disembodied mental state

~Albert Bandura

Given a sufficient level of perceived self-efficacy to take on threatening tasks, phobics perform them with varying amounts of fear arousal depending on the strength of their perceived self-efficacy

~Albert Bandura

Self efficacious children tend to attribute their successes to ability, but ability attributions affect performance indirectly through perceived self-efficacy

~Albert Bandura

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