



# FACULTY FOCUS

## Enhancing Academic Self-efficacy

Self-efficacy is a person's judgment towards his/her ability to execute actions required to achieve a goal. Academic self-efficacy is the extent to which a student has confidence in performing the tasks necessary to achieve academic success. Their confidence is based on how they perceive their innate ability (i.e. "I just can't do calculus") or their disposition toward the learning at hand (i.e. "I don't feel like working on calculus homework" or conversely, "I love doing calculus problems"). To enhance students' academic self-efficacy, we offer a number of programs in Student Affairs, including:

- **[Disability Resources for Students \(DRS\)](#)** offers [weekly academic coaching](#) for registered DRS students and tutoring sessions for classes focusing on math, reading, writing and research.
- **[Career Services](#)** provides a number of [online tools and resources](#) to help students identify a potential career based on their academic strengths, skills and interests. Additionally, the department will host its **All Majors Spring Career Fair** on Wednesday, Mar. 14 from 10 a.m. to 2 p.m. in the University Center Ballroom. The event is open to all UofM students and alumni with a TigerLink account. For more information, visit the [Faculty Information page](#).
- **[The Memphis Career Preparation Academy \(MCPA\)](#)** engages first-generation freshmen, low-income freshmen and new transfer students to help them make educated and purposeful choices about majors and careers as well as secure employment in their chosen field.
- **[The Student Leadership and Professional Competencies Program](#)** helps students identify how their college experience can help them enhance six key competencies that employers are seeking.