Self-Efficacy, Emotional Intelligence, and Critical Thinking

Nursing 101



Introduction

SELF-EFFICACY – the belief in one's capabilities to organize and execute the courses of action required to manage prospective situations. It is a person's belief in his or her ability to succeed in a particular situation.

EMOTIONAL INTELLEGENCE – the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

<u>CRITICAL THINKING</u> - Critical thinking is the ability to think in an organized and rational manner in order to understand connections between ideas and/or facts. It helps you decide what to believe in. In other words, it's "thinking about thinking"—identifying, analyzing, and then fixing flaws in the way we think.



SELF-EFFICACY

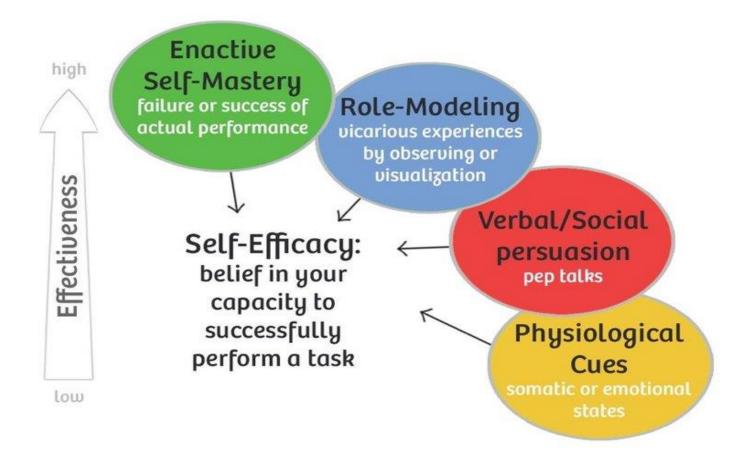
People with a strong sense of self-efficacy:

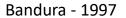
- Develop deeper interest in the activities in which they participate
- Form a stronger sense of commitment to their interests and activities
- Recover quickly from setbacks and disappointments
- View challenging problems as tasks to be mastered
- Failures do not define how they see themselves, just as another opportunity to try again or do something a different way

People with a weak sense of self-efficacy:

- Avoid challenging tasks
- Believe that difficult tasks and situations are beyond their capabilities
- Focus on personal failings and negative outcomes
- Quickly lose confidence in personal abilities
- Believe that if they fail at a task that they are therefore a failure









5 COMPONENTS OF EMOTIONAL INTELLEGENCE





CRITICAL THINKING USING BLOOM'S TAXONOMY

design, assemble, CREATE construct, generate, produce **EVALUATE** check, make judgments, justify, test draw connections between **ANALYZE** ideas, experiment, ask questions **APPLY** explain ideas, describe, **UNDERSTAND** discuss, compare, predict **REMEMBER** remember learned facts and knowledge





SELF-EFFICACY

- Celebrate successes
- Observe others/ask how they do things and model what they do
- Seek positive affirmations
- Pay attention to your thoughts and emotions

CRITICAL THINKING

- Ask good questions
- Remember facts
- Be able to explain or discuss information
- Use information in various situations
- Draw connections between ideas
- Make judgments and justify decisions
- Construct/produce outcomes

EMOTIONAL INTELLEGENCE

- Take inventory of your feelings that might influence your behavior
- Assess how others might be feeling
- Stay motivated
- Know what you need to do regulate your emotions to be able to make sound decisions.
- Practice positive communication with whom you are interacting.

