

Self-Efficacy, Emotional Intelligence, and Critical Thinking

Nursing 101



UNMC

COLLEGE
OF NURSING

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

CRITICAL THINKING - *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

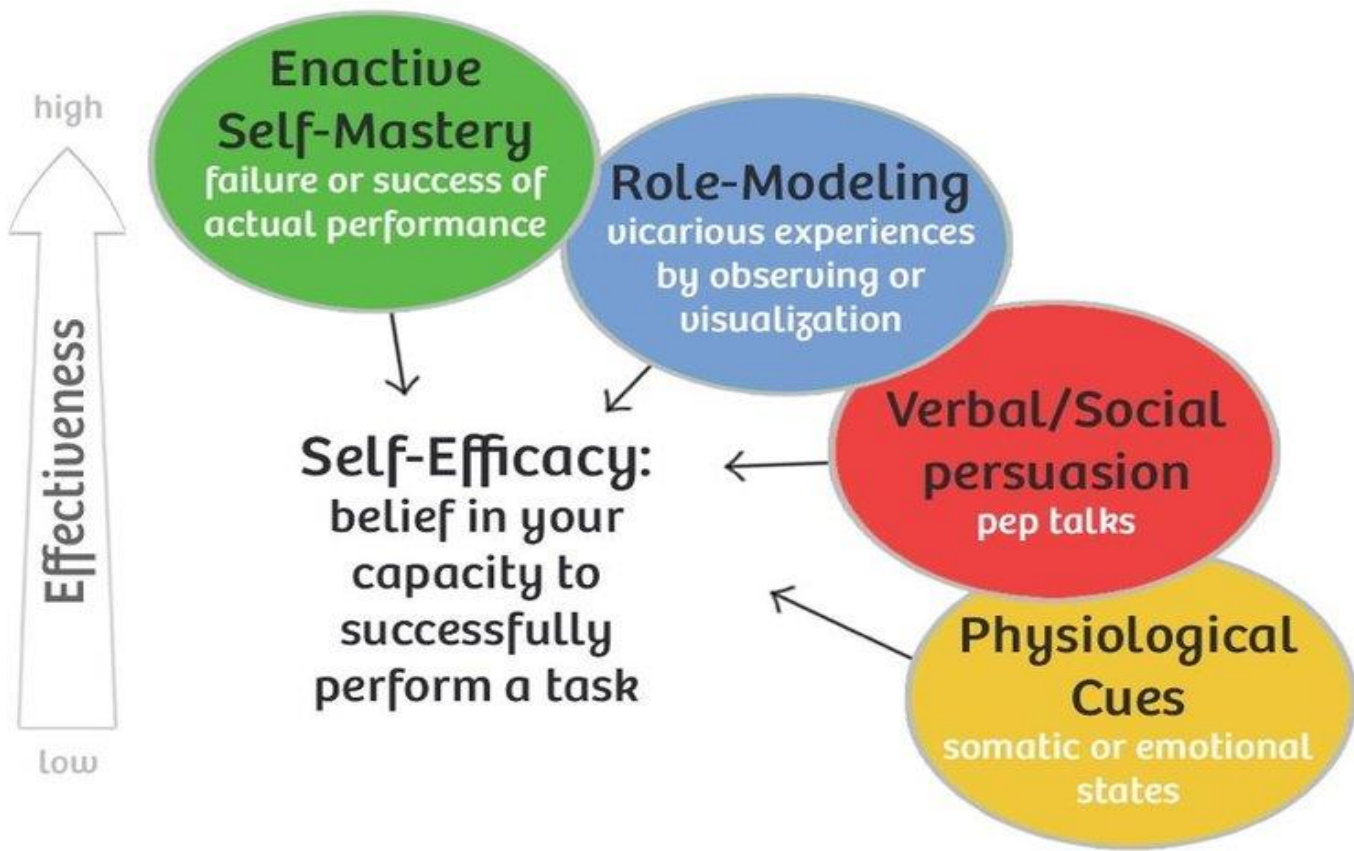
People with a strong sense of self-efficacy:

- 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

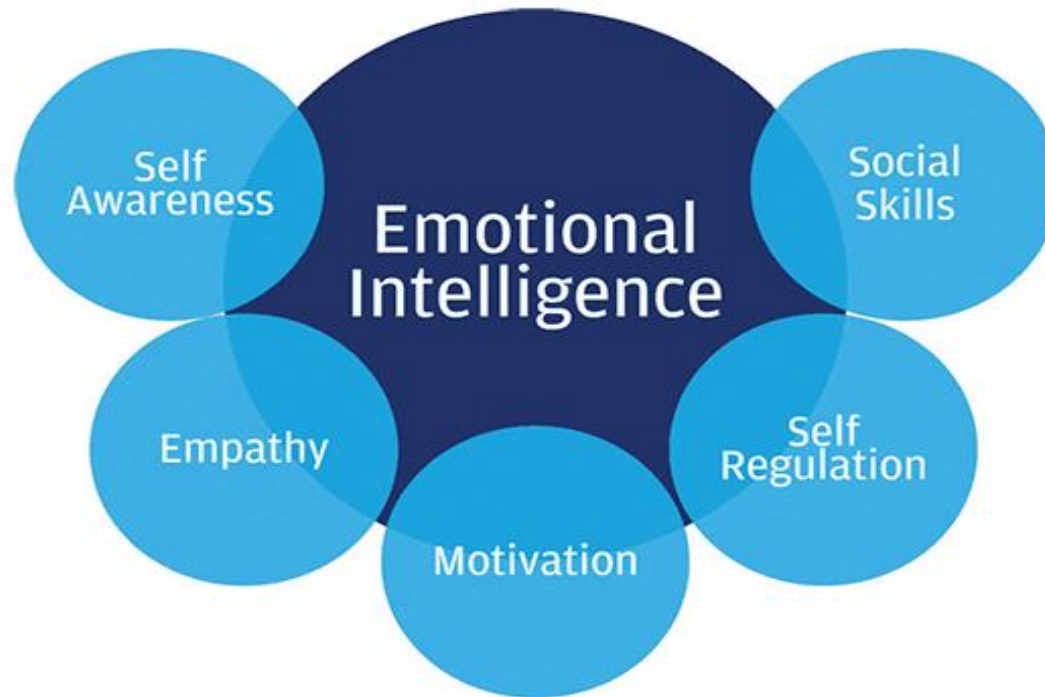




Bandura - 1997



5 COMPONENTS OF EMOTIONAL INTELLIGENCE



CRITICAL THINKING USING BLOOM'S TAXONOMY

