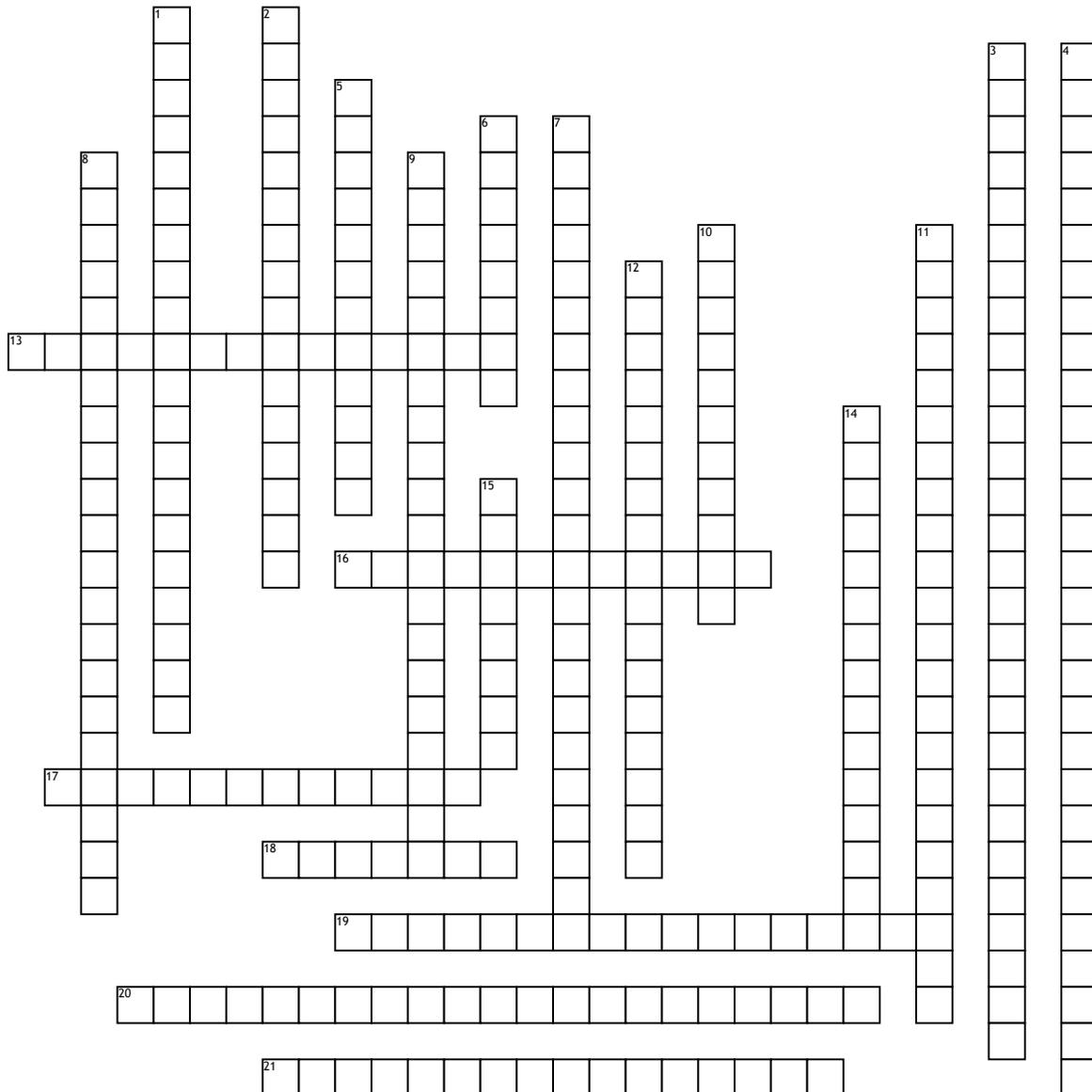


# Chapter 11 Vocabulary



## Across

13. Process of activating and sustaining thoughts, behaviors, and emotions in order to reach goals
16. "Contagious" spreading of behaviors through imitation
17. A person's sense of being able to deal effectively with a particular task; beliefs about personal competence in a particular situation
18. Physical and physiological reactions causing a person to feel alert, attentive, wide awake, excited, or tense
19. Our own direct experiences- the most powerful source of efficacy information
20. A view of learning as skills and will applies to analyzing learning tasks, setting goals and planning how to do the task, applying skills, and especially making adjustments about how learning is carried out
21. A "pep talk" or specific performance feedback- one source of self-efficacy

## Down

1. Theory that emphasizes learning through observation of others
2. Students working together to regulate each other through reminders, prompts, and other guidance
3. An explanation of behavior that emphasizes the mutual effects of the individual and the environment on each other
4. Procedures based on both behavioral and cognitive learning principles for changing your own behavior using self-talk and self-instruction
5. A transitional phase during which students gradually appropriate self-regulated learning and skills through modeling, direct teaching, feedback, and coaching from teachers, parents, or peers
6. Changes in behavior, thinking, or emotions that happen through observing another person- a model
7. A teacher's belief that he or she can reach even the most difficult students and help them learn
8. Theory that adds concern with cognitive factors such as beliefs, self-perceptions, and expectations to social learning theory
9. Accomplishments that are modeled by someone else
10. The capacity to coordinate learning skills, motivation, and emotions to reach your goals
11. Increasing the chances that we will repeat a behavior by observing another person being reinforced for that behavior
12. Controlling (selecting and administering) your own reinforcers
14. Talking oneself through the steps of a task
15. Will power; self-discipline; work styles that protect opportunities to reach goals by applying self-regulated learning