
Self-Efficacy and Special Education



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This session will discuss how educators can boost the self-efficacy of students who have an educational disability. The session will start with an overview of the research on self-efficacy and students, specifically special education students, and the resources that can impact emotional, academic, and social self-efficacy.

A student's level of self-efficacy can impact their motivation and success in school. Special education students tend to have lower levels of self-efficacy than their typical peers. Previous research has consistently identified specific resources that help special education students become more self-efficacious. These resources can be implemented into classroom routines and instruction to help build a special education student's self-efficacy.

The session will end with examining each resource and how they can be implemented in the classroom. After this session, participants will be able to identify and implement strategies and teaching methods that help increase special education students' self-efficacy, understand the effect self-efficacy has on a student's trajectory, and leave with a basic understanding of the relationships between social, academic, and emotional self-efficacy.

Biography:

Dr. Abigail Bergen joined Southern New Hampshire University in 2022 as an Assistant Professor of General Special Education. Previous roles include special education administration and special education positions within public schools. Dr. Bergen received her Doctorate in Leadership and Learning from Rivier University. Her dissertation focused on special education students developing self-efficacy. Dr. Bergen's research interests include educational systems in emerging countries and educational trends and issues. Dr. Bergen's most recent professional endeavors include research and teacher workshops in Belize and serving as a member of the Round Table at the International Round Table Symposium at Oxford University.