

Efficacy for Students—Secondary Edition



Your Tools for “Getting Smart”

Smart is not something you just are;
smart is something you can get!



NOTE: *The following selected pages are for demonstration purposes only.*

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Two Theories...

So the question is: Why do some people get smarter, while others just get older? Here's a way to represent that very basic question:



Theory:

A way to explain something; an answer to some important question.



Most answers boil down to two main theories:

Theory 1: The "Brains Theory"

This theory says that how much you learn is based on how smart you are. People are born with different amounts of intelligence (some have it, and some don't).

Theory 2: The "Get Smart" Model

According to this theory, how much you learn is based on how hard you work. Different people put in different amounts of effort, and those who work hard can *get smart*.

Which theory you believe in has an important effect on how you think about yourself (and other people), and on how you react when things get tough.

Let's start by talking about Theory 1.

It's the one that many people in our society believe...

The Efficacy D/F/S Method

The Efficacy D/F/S Method is a tool you can use to improve at anything that's challenging. When you use the D/F/S Method you will get smarter at anything you choose.

What does D/F/S stand for?

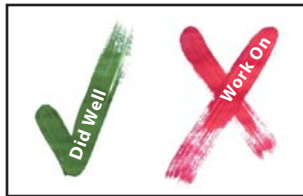
Step 1:

Identify the **D**ata.



Step 2:

Analyze the data to make **F**eedback.



Step 3:

Develop your **S**trategy, based on the feedback.



Learning to use the D/F/S Method is the key to improving and mastering whatever you do. Then you feel proud that you figured it out and got the results you wanted.

Let's begin!

There are two kinds of information you use, data and feedback, to get better at something:

Data is basic information, like a grade or a score, that tells you how you did (see Question 1 on the previous page).

Feedback tells you what you did well, and it helps you understand what you don't know, or don't know how to do yet. You make feedback by *analyzing* data. When you make feedback you understand what you must work on to improve (like in Question 2).

Once you have data and feedback, you're ready to build a **Strategy** to get better (see Question 3).

Effective people use data to make feedback, which tells them what strategies to use to get better results.

The Two Sides of You

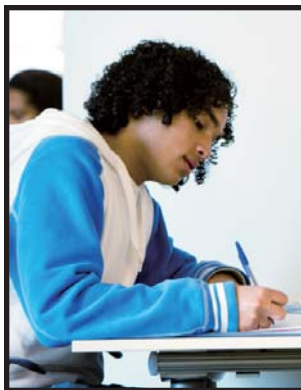
Do you show strong character every day?

Or do you act in different ways on different days?

How do you treat other people?

Do you sometimes treat people really well? Are you positive and helpful to your family, friends, and others?

Then are there other times, or other situations, when you can be mean, disrespectful, even nasty?



Do you "stick with it?"

Do you sometimes work very hard on challenging tasks, like difficult schoolwork, and really stick with it?

Then are there other times when the going gets tough, and you simply turn away and give up?

What makes the difference?

Why do you act in these different ways?

It's as if there are two different sides of you.

Everyone has these two sides.

Think of them as a **Strong Side** and a **Weak Side**.



Character is Developing Yourself and Caring for Your Community



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