



# UPRIGHT

**A Well-being and Resilience Programme for  
Teenagers**





UPRIGHT

Universal Preventive Resilience Intervention  
Globally Implemented in schools to improve  
and promote mental Health for Teenagers

3

EFFICACY



# Introduction to Efficacy



- **Why is it important to focus on Efficacy?**
- Efficacy skills help us develop our mindset and our expectation to ourselves, and help us to become more resilient.

*Efficacy is defined as the ability to produce a desired or intended result. It is the competence of behavioural performance of an individual associated with his perception of performance capabilities (Nugent, 2013)*

**EFFICACY**



**SELF-EFFICACY  
GROWTH MINDSET  
EMOTIONAL RESILIENCE  
SOCIAL RESILIENCE  
LEADERSHIP**



**MINDFULNESS PRACTICE**



# Rubrics



COMPETENCE	I HAVE STARTED TO LEARN	I AM LEARNING	I CAN APPLY MY LEARNING	I CAN APPLY & EXPLAIN MY LEARNING
Self-efficacy	I am aware that my expectations to succeed affect my behaviour. After UPRIGHT-lessons, I can describe at least one strategy to improve self-efficacy.	I know the difference between high self-efficacy and low self-efficacy. After UPRIGHT-lessons, I can describe some strategies to use to raise self-efficacy.	I am aware of my own self-efficacy. After UPRIGHT-lessons, I understand which strategies to use to help me to meet my expectations.	I understand how self-efficacy affect actions. I understand how to improve self-efficacy. After UPRIGHT-lessons, I can explain to others how you can raise self-efficacy.
My goal				
My result				

# Each skill lesson contains

- **The teacher has a variation of materials and methods to choose among to prepare a lesson:**
- A theoretical introduction: manual for teachers + power point slides for class
- A short animated video explaining the skills
- A story for group/class discussion
- A dilemma for group/class discussion
- Hands-on exercises individual/pair/group/class activities
  - Traditional – Modern
  - Indoor – outdoor
  - Stationary –dynamic
- Transfer exercise: Application in real life
- Mindfulness exercise



AUTONOMY

# Self-efficacy

## Self-efficacy

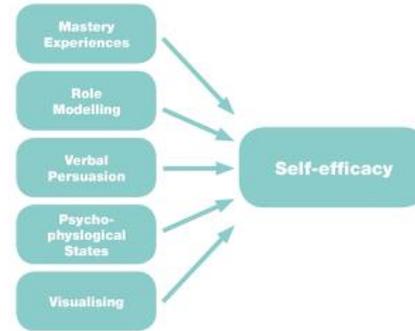


3 EFFICACY



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## Self-efficacy



Based on Albert Bandura

2 EFFICACY / Self-efficacy

# Growth Mindset

## Growth Mindset

# 3 EFFICACY



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EFFICACY / Growth mindset

Based on Carol Dweck

Fixed mindset	Characteristics	Growth mindset
The traits that you are born with. Set in stone.	Skills and intelligence.	The traits that can always be improved and developed.
Performance focus: To keep up appearances.	Main concern.	Process focus: To keep learning/improving.
Something you do when you are not good enough.	Effort.	Something you do as an important part of learning.
Give up or resign.	Challenges.	Try harder.
Take it personally.	Feedback.	Use it to learn.
Try to avoid making mistakes.	Mistakes.	Treat them as learning opportunities.

# Emotional Resilience

## Emotional Resilience

# 3

EFFICACY



Bouncing back



Enhancing Positive Emotions  
Enhancing Hope & Optimism  
Enhancing Explanatory Styles

# Social Resilience



Social Robusthed



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Bouncing back

together



Collaboration

# Leadership

## Leadership



# 3 EFFICACY

“A leader is one who knows the way, goes the way and shows the way”  
(John C. Maxwell)

Leadership is about influencing others and taking charge and responsibilities of tasks and situations.

# Efficacy exercise: Using hope to reach my goal

In the model below, you start by stating a goal and write it in the right column. Then, you think of possible pathways to reach your goal (at least three pathways). Write them in the left column. In the column for barriers, you write all the things that could possibly prevent you from succeeding. For each barrier, give a strategy to overcome it in the next column.

My pathways	My barriers	My strategies to overcome barriers	My goal
<p>Spend more time on my homework</p> <p>Raise my hand to contribute to discussions in class</p> <p>Ask the teacher for help when I need it.</p>	<p>I like to spend time with my friends</p> <p>I am afraid of making a fool of myself</p> <p>I am too shy</p>	<p>Set a specific time to do homework every day – or even better do the homework with a friend.</p> <p>Remember growth mindset. It is okay to fail – I do not know the answer YET.</p> <p>Overcome my shyness; use self-efficacy strategies. Watch a tutorial at the internet. Ask a friend.</p>	<div data-bbox="1161 686 1423 828" style="background-color: #92d050; padding: 10px; text-align: center;"> <p>Better grades in math</p> </div>

# Transfer exercise

## Important learning points

- 1) What have you learned in the lessons about efficacy?
- 2) Which exercises did you find good and relevant?
- 3) How and where can you apply the skills you have learned?

# Thank you!



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