

TABLE 16.2

Self Theories Compared

	SELF-EFFICACY	SELF-WORTH	SELF-DETERMINATION
Description	Expectations for success on a particular task	Overall evaluation of our worth as individuals	Feeling that we have choice in our actions
Core needs	To believe we have the knowledge or skills to succeed on a task	To protect our perception of competence	To feel autonomous, competent, and related
Domain specific	Yes	No	Yes
Focus	Perceived competence		A need to develop competence