

# What important lessons do we learn as young people?



An illustration of a woman with long black hair, wearing a black top, smiling and holding a glowing, textured book. Above her is a hand-drawn rectangular frame with a paperclip on the top-left corner. The word 'INTRODUCTION' is written in blue capital letters inside the frame.

# INTRODUCTION

1

## **COURAGE/BRAVERY**

- having the strength to face fear
- take risks even when we are unsure of the outcome

2

## **HARD WORK**

- putting in consistent effort every day



# COURAGE/ BRAVERY

Why are some people dare to try  
new things while others are not?



**Albert Bandura**

## ✧ Self-Efficacy ✧

- belief
- confidence
- self-worth
- capability



# Where self-efficacy originates?

**emotional states**

**mastery experiences**



**vicarious experiences**

**social persuasion**



## **Strong self-efficacy**



- **Lower stress**
- **Less likely to develop depression**
- **Recover quickly from adversities**
- **Difficulties    Learning oportunities**
- **Failure    insufficient effort**

## **Low self-efficacy**



- **Higher stress**
- **Vulnerable to depression**
- **Give up easily**
- **Focus on negative outcomes**
- **Believe failures are due to lack of ability**

**"Self-belief does not necessarily ensure success, but self-disbelief assuredly spawns failure."**

**– Albert Bandura**

**"Strengthen your confidence and find your courage—once you're ready, dare to step beyond your comfort zone."**

**– Our conclusion**





Have you ever faced a challenge that seemed impossible to overcome?



Steve Jobs

- **Steve Jobs' live story: drop out → failures → Apple**
- **Success = hard work + persistence**





## **1. Hard work leads to success**

- **Hard work improves skills step by step**
- **Consistency = results**

**SUCCESS**

## **2. Hard work builds character**

- **Hard work teaches patience & discipline**
- **Develop resilience & responsibility**

**POSITIVE  
DISCIPLINE**

### **3. Hard work prepares us for future challenges**

- **Small efforts = experience for future**
- **Overcome obstacles with persistence**



**“You can’t connect the dots looking forward;  
you can only connect them looking backward.”**

**– Steve Jobs**

**So you have to trust in something  
– your hard work, your instincts, your passion.**





## CONCLUSION

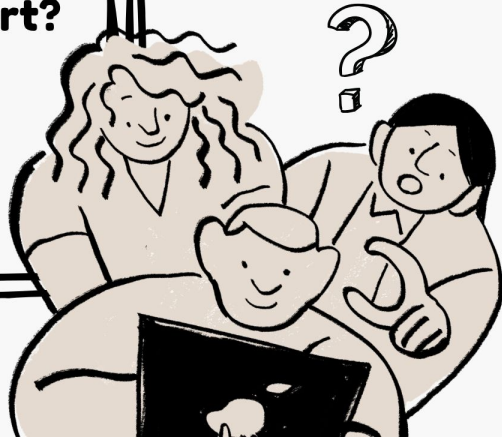
Courage and hard working are vital lessons for youth. By embracing them, we build brighter futures.

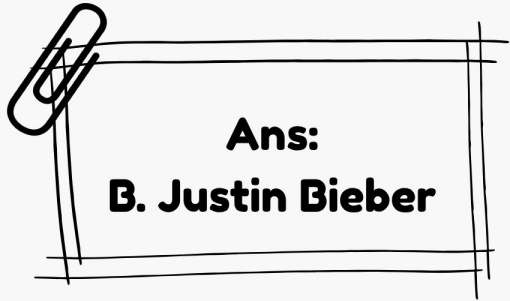
**Q&A TIME**



**Q1. Who is not being mentioned in our report?**

- A. Albert Bandura
- B. Justin Bieber
- C. Steve Jobs



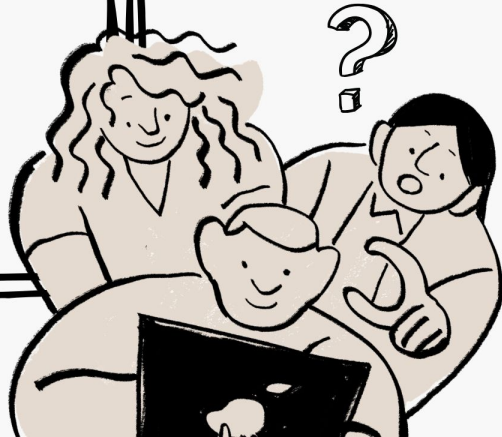



**Ans:**  
**B. Justin Bieber**



**Q2. Which lesson didn't we talk about in the presentation?**

- A. hard work
- B. courage
- C. humble



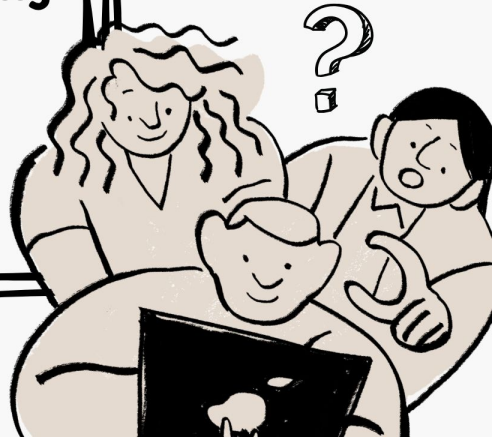



**Ans:**  
**C. humble**



**Q3. What will a person do when they develop strong self-efficacy?**

- A. Give up easily
- B. Focus on negative outcomes
- C. Recover quickly from adversities





**Ans:**  
**C. Recover quickly from  
adversities**



# Citation

- 1. Garrido, G. L. (2025, May 1). Self-efficacy: Bandura's theory of motivation in psychology. Simply Psychology. <https://www.simplypsychology.org/self-efficacy.html>**
- 2. Charman-Anderson, S. (2023, December 13). The wonky relationship between hard work and success. Why Aren't I Writing? <https://suwca.substack.com/p/the-wonky-relationship-between-hard>**
- 3. Jobs, S. (n.d.). Steve Jobs' 2005 Stanford Commencement Address. YouTube. <https://youtu.be/UF8uR6Z6KLc?si=sNB7Zjx7JzjxDgAt>**

**THANK YOU**

