Learning self-efficacy for adults goes beyond confidence in problem-solving and study skills, to also encompass efficacy for learning in context and for applying learning to work.

,**Adaptive Efficacy**

“I can make enough time in my schedule to complete OMSCS assignments.”

“I am confident that...”

,**Learning Efficacy (Focus)**

“I can avoid distractions while studying.”

,**Transfer Efficacy**

“I can use what I’ve learned to be a more effective employee.”

,**Learning Efficacy (Problem Solving)**

“I can remember information presented in lecture.”

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