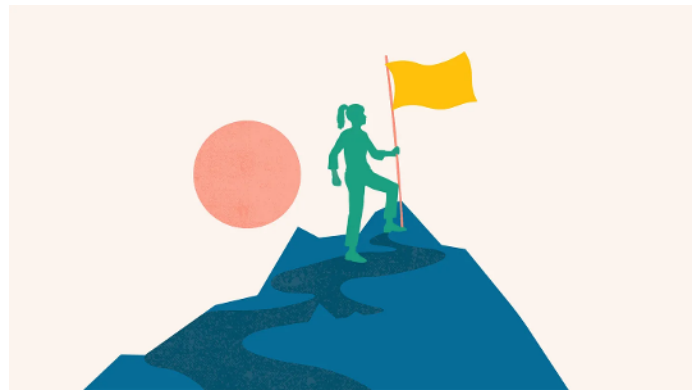


Doors to Wellbeing Quarterly

Newsletter

WHAT IS SELF-EFFICACY AND WHY IS IT IMPORTANT?

Self-efficacy is an individual believing in their capacity to succeed or accomplish tasks.



Self-efficacy influences how we approach challenges, setbacks, and opportunities. When we believe we are capable, we're more motivated to try, more resilient when obstacles arise, and more likely to achieve meaningful outcomes—whether in our careers, our relationships, or our personal growth.

When we have lower self-efficacy, we may think "I'll never be able to do it," and oftentimes feel discouraged, whereas, when we build higher self-efficacy, that can lead us to think, "I can learn this skill if I put in the effort," which motivates and engages us.

Cultivating self-efficacy isn't about guaranteeing success—it's about trusting ourselves enough to keep going, to learn, and to adapt.

Prompts for self-reflection:

- When have you overcome something difficult before? How did that experience shape your confidence?
- How do you remind yourself of your ability to handle challenges when self-doubt shows up?
- Think of a time when you supported someone else—what does that say about your own capacity and strengths?

WHAT IS SELF-DETERMINATION?



Self-determination is believing you can control your own destiny. It is about taking action in your life to get the things you want and need. Choose and set your own goals. Be involved in making decisions about your life. Advocate for yourself. Take steps every day to be the person you want to be and live the life you want to live.

Prompts for self-reflection:

- What is self-determination?
- How does self-determination show up in my life?
- What builds my self-determination?
- How, and in what ways, do I tap into my self-determination?

September is National Recovery Month!

How are you taking action for your recovery and/or whole health and wellbeing this month?

Email us your wellbeing story!
d2winfo@copelandcenter.com

**NATIONAL
RECOVERY
MONTH**

NEW STUDY ON SELF-DETERMINATION AND SELF-EFFICACY AMONG COLLEGE STUDENTS

A new study has been published on self-determination and self-efficacy as predictors of campus engagement among college students with serious mental illnesses.

67 college students with serious mental illnesses we surveyed exploring self-determination constructs (autonomy, competence, and relatedness), college self-efficacy, and college engagement.

What the study found

- Students who felt more in control of their choices (autonomy) were more confident in their ability to succeed.
- Greater confidence (self-efficacy) led to higher levels of campus engagement.
- Feeling capable (competence) or connected to others (relatedness) did not strongly influence confidence in this study.

What this means

The study shows that helping students feel in control of their choices (autonomy) and confident in their abilities (self-efficacy) is key to boosting campus involvement. These areas should be a main focus for programs that support students with serious mental illness.

Programs like **supported education** can make a big difference by not only offering accommodations but also empowering students to make decisions and believe in their ability to succeed—paving the way for stronger engagement and better outcomes in college.

[READ THE RESEARCH
ABSTRACT HERE](#)

The study was published by Elizabeth C. Thomas, Eugene Brusilovskiy, Amber O'Shea, and Mark S. Salzer, Ph.D

[CLICK HERE TO VIEW MARK
SALZER'S WEBINAR
BACK TO SCHOOL:
SUPPORTING EDUCATIONAL
OPPORTUNITIES](#)

TAKING ACTION FOR COLLEGE STUDENTS RESEARCH STUDY

If you have any questions, contact Temple University at takingaction@temple.edu or fill out the eligibility through the link, here, or through the QR code below!



Taking Action for Whole Health and Wellbeing Research Study



YOU MAY BE
COMPENSATED UP TO
\$105 IN E-GIFT CARDS
AS A THANK YOU FOR
YOUR TIME!

Taking Action is an online peer facilitated group process that supports individuals in creating a personalized system for recovering, sustaining, and/or improving their whole health and enhancing their lifestyle

We are looking for participants who:

- Are currently enrolled in college in the US and have at least 2 semesters left
- Experience significant mental health challenges
- Are 18 years or older
- Have no prior Taking Action experience

Participation entails:

- 3 online interviews
- 5 online Taking Action group meetings if assigned to the intervention group, which will be delivered on the following dates:

WEDNESDAYS OCT 8 - NOV 5, 4:30-7PM EST

OR

THURSDAYS OCT 9- NOV 6 4:30-7PM EST



Temple University
Collaborative
On Community Inclusion of Individuals with Psychiatric Disabilities

Peer Specialist Webinar Series

Join us for our monthly webinars - last Tuesday of each month!

Click here to view our webinars



DOORS TO
WELLBEING

**LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
...DECEMBER 2025**



*Doors to To Wellbeing is a Program of
the Copeland Center*

Copeland Center
FOR WELLNESS AND RECOVERY

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