

CYCLE OF AGENCY

Based on Bandura's Features of Agency



ESTABLISH INTENTION

What do I want?

A commitment to making your goals for the future happen by making plans for action

- Consider the possibility of intended and unintended outcomes
- Reconsider plans of action given new information and insights
- Collaboration can be seen as commitment to a shared intention

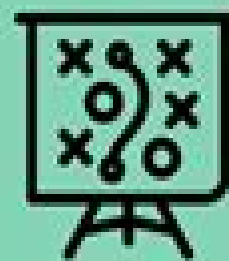


MAKE A PLAN

What could I do to make it happen?

Plan ahead, re-order priorities, and structure your life accordingly.

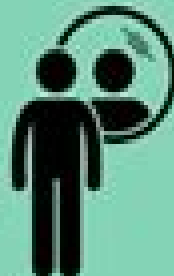
- Use foreseeable future events to motivate and regulate behavior
- Construct outcome expectations
- Shape the present to fit a desired future



REFLECT

What do I value now?

Evaluate your motivation, values, and the meaning of your life's pursuit



- Believe in the power of your actions
- Consider ways you can adapt to stay competitive in a fast-changing world

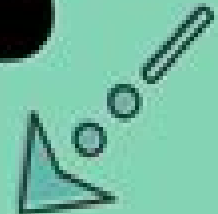


REACT

How do I act on my values?

Use personal goals and standards to guide personal action.

- Self-evaluate actions compared to goals and personal standards
- Create a hierarchy of goals to attain
- Use moral reasoning to do (or not do) what is right



READ MORE:
(all ideas from)

Bandura, A. (2001). 'Social cognitive theory: An agentic perspective.' *Annu. Rev. Psychol.* 2001.52:1-26



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Agency And Action

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