

The workshop of *Learning Cycle* Strategy “Simple & Smile” is to improve The Teachers’ *Self Efficacy* in applying The *Learning Cycle* strategy in “X” school.

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The aim of this research is to see the effectiveness of the “Simple & Smile” workshop in improving Self efficacy of the teachers to do the Learning Cycle strategy for the daily learning activities in school. Self-efficacy is referring to the judgment of one’s ability to organize and execute the given types of performances (Bandara, 1997). Learning Cycle is one of the learning strategies which have the five steps, such as Exploring, Planning, Doing, Communicating and reflecting; in order to know the result from the probability of the teachers’ ability to improve their self-efficacy.

This research was used to the quasi-experimental designs. The participants of this study were 12 teachers that have been chosen out from 48 population of “X” school. While doing the training the 12 participants were divided into two groups. Using the paired sample T-test has shown that there is a significant different scores of self-efficacy before and after the workshop ($t = -2,71, p \leq 0,05$). And this result has shown that the workshop is effective in developing the teachers’ self-efficacy to use the learning cycle strategy. The result therefore will be an effective tool to use and help the teachers’ performance improve in the class learning and also increase the learning development of the students.

The conclusion has been proven with the result of interview and the reflections from the participants. The success of the “Simple & Smile” training in improving teachers’ self-efficacy is a research of the Experiential Learning Theory (Kolb, 1984)

Key words: Learning Cycle, Self-Efficacy, Experiential Learning, teachers.