**Abstract**

Self-efficacy is often confused with outcome expectations when, in fact, they are two different constructs. An outcome expectancy is a person’s estimate that a certain behavior will produce a resulting outcome. Self-efficacy is the individuals conviction that he or she can execute the behavior needed to produce the desired outcome (Bandura, 1997). An outcome expectation is thus a belief about the consequences of a behavior. An efficacy expectation, on the other hand, is a belief concerning the performance of a behavior (Hackett & Betz, 1981). Bandura (1997) argued that because the outcomes people expect are largely dependent on their judgements of what they can accomplish, it is unlikely that outcome expectations will make much of an independent contribution to predictions of behaviour when self-efficacy perceptions are controlled.