

EFFICACY

For Albert Bandura

*Lyrics by Ann O'Leary, Elizabeth Ozer, Louise Parker, and Sue Wiedenfeld
(Listed alphabetically; the lyricists take equal credit and equal blame)*

Sung to the tune of "Yesterday" with apologies to Lennon and McCartney

Yesterday, I thought helplessness was here to stay.
There was nothing I could do or say,
From snakes and bugs I ran away.

Then you see, I took a course in guided mastery.
It beat all my years of therapy.
I finally learned self-efficacy.

Finally, now rejection means nothing to me.
Now, I choose and try persistently.
I really do believe in me.

Modeling, your example was so grand to see.
We learned so much from you vicariously.
We set our goals proximally.

Why, we had to go we don't know, we tried to stay.
But Al said, "Generalize",
And he sent us all away.

Here today, we've come many, many miles to say,
Thank you, and congrats, hip, hip, hooray.
You made so great, our Stanford stay.