

WHAT IS THE TURBO COMPETENCY?

Students with strong Turbo regularly hit their Turbo Buttons – meaning, they exercise agency by choosing action over inaction. In choosing Turbo, students work toward achieving goals that help themselves and others succeed.

KEY TURBO TOOL: TURBO BUTTON**STUDENT SUCCESS INDICATORS**

- ✓ Choosing to focus on matters that can be controlled and problems that can be solved
- ✓ Taking ownership of one's behavior and action
- ✓ Opting out of hitting the Victim Button, which externalizes control

RESEARCH SUMMARY

The Turbo competency concept creates a visual metaphor for student agency, self-efficacy, and internalized locus of control. Students with high levels of agency are able to intentionally and reflectively take control of their actions (Bandura, 2001).

Similarly, students who have an internal locus of control believe that they have the power to influence their academic and personal situation. Metaphorically, these students are able to successfully hit their Turbo Buttons and take action toward their goals.

Research tells us that student self-efficacy, mindset, and goal-orientation are related concepts that can work together to sustain academic success (Mega, Ronconi, & De Beni, 2014). In contrast, students possess lower senses of agency tend to be less motivated, less self-efficacious, and less able to successfully set goals than their peers who possess higher senses of agency (Moeller, Theilee, & Wu, 2012).

By encouraging and supporting student agency, educators can lay the foundation for students to enact positive changes in other domains of their academic, social, and emotional growth.

SUGGESTED BIBLIOGRAPHY

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