

Top 10 Student Outcomes

Identified by teachers who taught **self-efficacy**

1. Increased confidence in their own abilities
2. Improved ability to see the areas they needed to work on and why
3. Increased willingness to take on and persist in challenging tasks
4. Increased sense of control and awareness of their academics
5. Increased perseverance
6. Increased initiative and motivation
7. Increased ability to see mistakes and constructive criticism as opportunities to learn
8. Improved behavior
9. Improved attitude towards school
10. Increased engagement in course content

Course-Specific Outcomes

Identified by teachers who taught **self-efficacy**

- **Science:** Class scored extremely well on the State End of Course evaluation; student recognized tendency towards negative self-talk regarding her academics, and was able to reframe that to positive self-talk
- **Language Arts:** Students changed their habits to seek help when they didn't understand something; improved engagement; increased comfort in asking questions in class; reduced need to "get it perfect the first time"
- **Band:** Students are less stressed before and during playing tests; display less negativity in their reflections regarding playing tests; more willing to help peers who are struggling
- **Math:** Students' problem-solving abilities improved; students had better self-awareness of their abilities
- **Social Studies:** Students are better able to see where they are in regards to personal growth, and how everything they do ties to future successes.
- **Physical Education:** Improved self-confidence; improved awareness of effort and subsequent increased effort; improvement in attitude and ability
- **Debate/Performing Arts:** Students are more open-minded about practicing a new tool; more accountable for how they are truly learning; more self-aware of their progress towards their desired outcome and not comparisons to their peers
- **Special Education:** Students have become more self-aware regarding their development of the competencies and their behaviors

Research on self-efficacy

Self-efficacy:

- Is based on students' interpretation of four sources: 1) previous performance, 2) observing others performing tasks, 3) verbal and nonverbal judgment and feedback, and 4) their emotional state
- Increases understanding of course content, especially in math and science
- Enhances motivation, learning, and academic achievement
- Creates a self-reinforcing cycle of validation that supports skill development

Students who receive **instruction** and **practice** in self-efficacy:

- Experience greater success throughout K-12 and college
- Experience greater success in the workplace
- Are more likely to take on increasingly challenging tasks and persist despite setbacks
- Are more likely to view effort as necessary for improvement in/mastery of skills
- Are more likely to view feedback/constructive criticism as an opportunity to learn, and find lessons and inspiration in the success of others

(Bandura, 1989; Bandura, 2012; Britner & Pajares, 2006; Farrington, Roderick, et al., 2012; Friedel, Cortina, Turner, & Midgley, 2010; Hattie, 2009; Komarraju & Nadler, 2013; Mercer, Nellis, Martinez, & Kirk, 2011; Moeller, Theiler, & Wu, 2012; Multon et al., 1991; Roddenberry & Renk, 2010; Rosend, Glennie, et al., 2010; Sadri & Robertson, 1993; Schunk, 1985; Schunk, 1991; Schunk & Pajares, 2001; Siegle, 2000; Stajkovic & Luthans, 1998; Stansfield & Longnecker, 2006; Zimmerman, 2000).