



# Locus of Control



**Directions:** *The goal of this exercise is to help the student understand where in their life they feel the power lies. Understanding our locus of control can help us better manage our reality and reach our goals. This assessment is a reflective tool to encourage the student to think from different perspectives, and not necessarily to shift the student to an internal locus of control.*

<b>Internal Locus of Control</b>	<b>External Locus of Control</b>
<ul style="list-style-type: none"><li>o The belief that one’s life events are experiences (good and bad) are greatly influenced by personal factors such as one’s attitude, preparation, efforts and actions</li><li>o You <i>make</i> things happen</li><li>o “I make things happen” I determine my future”</li><li>o Better academic achievement, better interpersonal relations, greater effort to learn</li><li>o Tend to see failure as information and feedback on what they could do better next time. For example, a low grade on an exam would lead to changing study tactics or getting a tutor before the next exam.</li></ul>	<ul style="list-style-type: none"><li>o The belief that one’s life events and experiences (good and bad) are mostly caused by forces outside of your control, such as the environment, other people, or</li><li>o Things happen <i>to</i> you</li><li>o “Why does everything bad happen to me”</li><li>o More resigned to conditions as they are, feel out of control, cannot change environment, gives up easily</li><li>o Tend to see failure as unfair, and someone else’s fault. for example, believing a bad grade on an exam is because the professor wrote unclear or unfair questions</li></ul>



## **Reflective Assessment**

*To complete this assessment, circle the statement that you most closely identify with. After you complete all the questions, use the results calculator to assess your locus of control. It is important to note that it is not wrong to have some of both, but students are more likely to find success if they believe they can overcome challenges and be successful because of their own hard work.*

- 1.a. Many of the unhappy things in people's lives are partly due to bad luck.
- 1.b. People's misfortunes often result from the mistakes they make.
  
- 2.a. In the long run, people get the respect they earn in this world.
- 2.b. Unfortunately, an individual's worth often passes unrecognized no matter how hard they try.
  
- 3.a. If I prepare well for my test, there is rarely, if ever, an unfair test.
- 3.b. Exam questions tend to be unrelated to course work so studying is often useless.
  
- 4.a. Becoming a successful student is a matter of hard work; luck has little or nothing to do with it.
- 4.b. Being successful mainly depends on being at the right place at the right time.
  
- 5.a. When I make plans, I am almost certain that I can make them work.
- 5.b. It is not always wise to plan too far ahead because it can be random if things work out or not.
  
- 6.a. What happens in my life is my own doing.
- 6.b. Sometimes I feel that I don't have enough control over the direction my life is taking.
  
- 7.a. I believe more in the power of destiny or fate.
- 7.b. I believe more in the power of my hard work.
  
- 8.a. No matter what I do, I am bound to fail at the classes that are too challenging for me.
- 8.b. If I work hard enough and have the right skills, I can be successful, even in my most difficult courses.
  
- 9.a. When I get a bad grade, I am likely to think about how to study or prepare differently next time.
- 9.b. When I get a bad grade on an exam, I am likely to think the questions were unfair, too hard, or asking about material not covered in class.
  
- 10.a. Things in life happen to me, often outside of my control.
- 10.b. Things in my life happen as a result of my own choices.
  
- 11.a. When bad things happen in my life, I think of ways I can change my behavior to avoid a similar situation.
- 11.b. When bad things happen, I recognize that sometimes there is nothing I can do to avoid it.
  
- 12.a. I have one way to approach challenges and if it doesn't work, I am likely to move onto something else; some things just aren't meant to be.
- 12.b. When I am faced with a challenge, I am likely work at it until I find a solution.

## Results Calculator

Add a point if the following were chosen:

1.a., 2.b., 3.b., 4.b., 5.b., 6.b., 7.a., 8.a., 9.b., 10.a., 11.b., 12.a.

