

Name: _____

Locus of Control

Point of the Assignment: 1) To understand the concept of “Locus of Control.” 2) Recognize the importance of Locus of Control on a person achieving their goals in life. 3) To provide tools to increase one’s LOC.

Definition of Locus of Control: **The extent to which a person believes they have power over their successes and/or failures in life.**

Two types:

1. **Internal LOC:** Believes s/he has control over his/her successes and failures.
2. **External LOC:** Believes his/her successes and failures are a result of some outside force that he/she cannot control.

Apply Locus of Control to the following images. Are these examples of Internal or External Locus of Control?

1. The dog: Internal / External

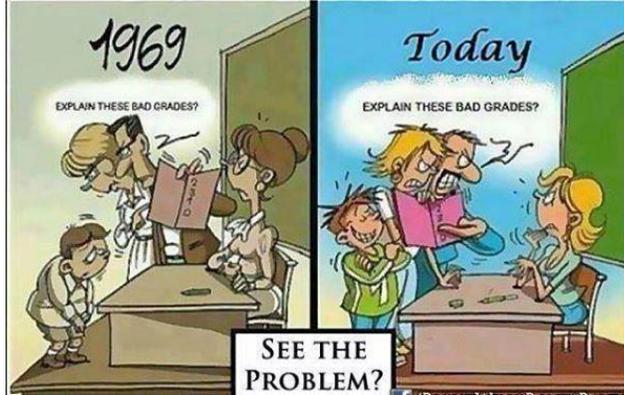


2. The person talking: Internal / External



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- 3. The child:
 - a. 1969 - Internal / External
 - b. Today - Internal / External



Your Experience with Locus of Control:

Internal Locus of Control

Think of a time in your life when you faced a situation where you attempted to achieve a goal, but things did NOT turn well for you, but you accepted responsibility for how you contributed to the situation:

Describe the situation – what happened?

- 1. **How did you determine you could have done things differently?**

- 2. **Why were you able to accept responsibility for the outcome of the situation?**

External Locus of Control:

Think of a time in your life when you faced a situation where you attempted to achieve a goal, but things did NOT turn well for you, and you blamed someone/something else for the outcome of the situation:

Describe the situation – what happened?

- 1. **Who or what did you blame for not achieving the goal?**

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2. Why were NOT you able to accept responsibility for the outcome of the situation?

3. In looking back, do you think you handled the situation well? (Explain your response.)

4. If you had an opportunity to make the same choice again, would you? (Explain your response.)

Question	School Behavior	Personal Finance Behavior	Health Behavior	Time-Management Behavior
Do you primarily have an internal or external locus of control? Why?				
How did childhood experiences affect your locus of control?				
List examples of how your locus of control affects your current practices.				
What words and phrases do you use that indicate your locus of control?				

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Where do you go for information and support to make behavior changes?				
What steps, if any, will you take to change your locus of control? (See next page)				

Tips for Improving Your Internal Locus of Control:

1. Set small, achievable, immediate goals.
2. Find positive role models to learn from.
3. For the next month, make a list of positive and negative events that happen in your life. Identify how personal actions (or lack of action) affected the outcome.
4. Think about your childhood learning experiences. Were you encouraged to work hard for what you want, or to see yourself as a victim of circumstances?

Be sure to talk to the teacher if the process of doing this assignment causes you have adverse reactions to what you learn or if you have private questions you want to discuss.

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: *(Write down your response after completing this assignment.)*

How do you define your own locus of control...?



Consider the following two situations:

Student #1 received an F on his midterm exam.



Student #2 received an A on his midterm exam.



Write down your responses:

1. Why do you think each student received the grade they did?
2. Write down at least three possible explanations for each student's grade.

Share your responses with the others in your team. Discuss the following questions:

- Are there any patterns in the types of explanations people wrote down?
- Have any of you used any of these explanations for your own grades?
- Why do you believe you have gotten the grades you have received in the past?

Locus of Control
The extent to which a person believes they have power over their successes and/or failures in life.

Locus of Control
The extent to which a person believes they have power over their successes and/or failures in school tasks.

Internal Locus of Control	External Locus of Control
<ul style="list-style-type: none">Believes his or her successes are due to factors within their own control.Behavior is guided by his/her personal decisions and efforts.	<ul style="list-style-type: none">Believes his or her successes or failures are due to factors outside of their own control.Behavior is guided by fate, luck, or other external circumstance.

Example:
A person late for work.



Internal Locus of Control	External Locus of Control
<ul style="list-style-type: none">Person will admit that they should have left earlier in order to be on time.	<ul style="list-style-type: none">Person may blame, weather, traffic, road construction, and any number of external factors.

Your Example:
A person who wants a job and has not found one.



Internal Locus of Control	External Locus of Control
<input type="radio"/> ???	<input type="radio"/> ???
<input type="radio"/> ???	<input type="radio"/> ???
<input type="radio"/> ???	<input type="radio"/> ???

Your Example: ???

Internal Locus of Control	External Locus of Control
<input type="radio"/> ???	<input type="radio"/> ???
<input type="radio"/> ???	<input type="radio"/> ???
<input type="radio"/> ???	<input type="radio"/> ???