

Internal or External Locus of Control

" Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." -- Lou Holtz

Directions: Decide whether the statements represent an internal or external. Write the correct word after each statement.

1. Much of what happens to us is due to fate, chance, or luck.
2. Grades depend on how much work you put into it.
3. If I do badly on the test, it is because I didn't study or didn't understand the material.
4. I often get blamed for things that are not my fault.
5. If I do badly on a test, it is because the teacher is unfair.
6. I try to make the best of the situation.
7. It is impossible to get a good grade if you have a bad instructor.
8. I can be successful through hard work.
9. If the teacher is not there telling me what to do, I have a hard time doing my work.
10. I can motivate myself to study.
11. If the teacher is boring, I probably won't do well in class.
12. I can find something interesting in each class.
13. When bad things are going to happen, there is not much you can do about it.
14. I create my own destiny.
15. Teachers should motivate the students to study.
16. I have a lot of choice about what happens in my life.
17. I know I will fail my math test because the teacher gives examples that he never taught.

Make up your own statements: one for internal and one for external locus of control.

18. If I realize what I want to do will better my future, I can put my mind to it and accomplish what needs to be done.

19. If my teacher is too lazy to help me study, failing the test is inevitable

Remember that students with an internal locus of control have a greater chance of success in college. It is important to see yourself as responsible for your own success and achievement and to believe that with effort you can achieve your goals.