

Name: _____ Class Day & Time: _____

Are you in charge of your future success?

Step 1: For each pair of statements, put an “X” next to the one that you believe to be the most accurate.

1	Most disappointments in life are simply due to bad luck.	Disappointments are usually the result of poor decisions or lack of planning.
2	If I do not turn in an assignment on time, it’s usually because the directions were confusing or the teacher assigns too much work.	If I do not turn in an assignment on time, it’s usually because I didn’t manage my time well.
3	If I set a reasonable goal, I can achieve it with hard work and commitment.	It is pointless to plan ahead or set goals because too much can happen that I can’t control.
4	Teachers treat students fairly and evaluate their work as impartially as possible.	The grades I earn in school depend on factors like how much the teacher likes me or his/her mood when grading my assignment.
5	If something is meant to happen, it will happen; there is little I can do to change it.	I can decide what will happen to me. Fate has little or no influence on the direction my life takes.
6	When a couple argues a lot, it’s probably because they are just incompatible.	Communication in a relationship takes practice and effort.
7	If a teacher is boring, I probably won’t get a good grade in the class.	It is possible to get a good grade in a class even when the teacher is boring, but it may require me to make some adjustments.
8	If I prepare for an interview, I will increase my likelihood of doing well.	Preparing for an interview is a waste of time because the questions they ask are completely random.
9	I usually get upset when a teacher or supervisor gives me critical feedback.	I usually try to learn from critical feedback given by a teacher or supervisor.
10	My rewards in life are directly related to hard work, effort, and what I accomplish.	Life is like a game of chance. What I get or what happens to me is mostly a matter of luck.
11	When I do poorly on a test, it’s usually because the test is too difficult.	When I do poorly on a test, it’s usually because I did not study adequately.
12	Living a healthy lifestyle now will increase my odds of being free of disease in the future.	Most people who develop diseases just have “bad genes.”
13	If someone doesn’t like what I say, it’s his/her problem.	I value the opinions of others and try to find ways to express my own opinions without being offensive.
14	Teachers should make exceptions for students who have a lot of personal problems so that they can still pass the class.	Students who have a lot of personal problems may need to reduce the number of units they are taking until those issues are resolved.
15	I often do not understand why I received a certain grade on an assignment.	Reading the teacher’s written feedback and re-reading the instructions helps me to figure out why I received the grade I did on an assignment.

Step 2: Circle your score for each statement choice, and then total up your points to determine your locus of control.

1	0	5
2	0	5
3	5	0
4	5	0
5	0	5
6	0	5
7	0	5
8	5	0
9	0	5
10	5	0
11	0	5
12	5	0
13	0	5
14	0	5
15	0	5

Total = _____

Score	Result
65-75	Very strong internal locus of control
50-60	Moderate internal locus of control
30-40	Both internal and external locus of control
15-25	Moderate external locus of control
0-10	Very strong external locus of control