



P.O.W.E.R. Tools

Resources By Chapter

Resources By Type

P.O.W.E.R. Map for Chapter 1

Try It! Survey - *Do I Have The Power to Achieve Success?*

Motivation is a key factor in success of any kind. After all, if you weren't motivated to study and learn new things, you wouldn't be in college or university. However, the crush of day-to-day classes, papers, tests, and readings make it difficult to remain motivated throughout a semester. Julian Rotter, a researcher at the University of Connecticut, has found that people with a higher inner locus of control are generally more motivated than those with an external locus of control. People with a strong inner locus of control believe that success is contingent upon their own behaviour, while people with a strong external locus of control believe that success is mostly due to luck and that their life is generally controlled by the behaviour of others.

The following *Locus of Control* survey was constructed by Terry Pettijohn, a professor at Ohio State University, based on the Rotter test. It is NOT the original Rotter, but it will give you a general idea of where you stand on the locus of control personality dimension. Understanding your locus of control may be one step in helping you revise your attitude about studying, preparing for your future, and succeeding in what you choose to do. Indicate for each statement whether it is T (true) or F (false) for you. There are no right or wrong answers.

- | | |
|--|---|
| 1. I usually get what I want in life. | ☐ True ☒ False |
| 2. I need to be kept informed about news events. | ☐ True ☒ False |
| 3. I never know where I stand with other people. | ☐ True ☒ False |
| 4. I do not really believe in luck or chance. | ☐ True ☒ False |
| 5. I think that I could easily win a lottery. | ☒ True ☐ False |
| 6. If I do not succeed on a task, I tend to give up. | ☐ True ☒ False |
| 7. I usually convince others to do things my way. | ☒ True ☐ False |
| 8. People make a difference in controlling crime. | ☒ True ☐ False |
| 9. The success I have is largely a matter of chance. | ☐ True ☒ False |
| 10. Marriage is largely a gamble for most people. | ☒ True ☐ False |
| 11. People must be the master of their own fate. | ☒ True ☐ False |
| 12. It is not important for me to vote. | ☐ True ☒ False |
| 13. My life seems like a series of random events. | ☐ True ☒ False |
| 14. I never try anything that I am not sure of. | ☐ True ☒ False |
| 15. I earn the respect and honours I receive. | ☒ True ☐ False |
| 16. A person can get rich by taking risks. | ☒ True ☐ False |
| 17. Leaders are successful when they work hard. | ☒ True ☐ False |
| 18. Persistence and hard work usually lead to success. | ☒ True ☐ False |
| 19. It is difficult to know who my real friends are. | ☐ True ☒ False |

20. Other people usually control my life.

☐ True ☒ False[Clear My Choices!](#)[Tally My Answers](#)

You scored 65

[0-15 Very strong external locus of control](#)[20-35 External locus of control](#)[40-60 Both external and internal locus of control](#)[65-80 Internal locus of control](#)[85-100 Very strong internal locus of control](#)

For further information about locus of control and interpretations of test scores go to:

http://www.queendom.com/tests/personality/lc_access.html

0-15 You believe everything in life is controlled by forces outside yourself such as luck or good fortune. Thus, poor grades or unfinished projects are attributed to the unfairness of the teacher or the flu that prevented you from completing a project.

Solution: Try to raise your self-esteem. Make a list of your good attributes. Review the successes you've had in your family or in school. Focus on positive thinking.

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20-35 You believe most things in life happen to you rather than you having control over them. You have a tendency to find fault with others or situations to explain your failures. Thus your motivation to succeed is compromised leading to frustration.

Solution: Focus on your strengths rather than your weaknesses. Keep a journal of your thoughts, feelings, and reactions to situations. After a few days examine where your approach is negative rather than positive. Is there a pattern? Try to see where you can change your thoughts to a more positive approach.

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40-60 In some situations you believe you are in control of your destiny while in others you believe you are not. Negative thinking in some situations could be preventing you from reaching your full potential.

Solution: Determine the areas in which you think you have low self-esteem-Personality? Interactions with others? Study skills? Concentration skills? Basic knowledge? Make a list of these areas then next to each write down one situation in which you behaved in a positive or successful way. If you did it once, you can do it again!

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65-80 You believe that outcomes are the result of your own actions. You accept responsibility and credit for your actions and as a result are highly motivated to do well.

Solution: People with an internal locus of control are generally positive thinkers, have great self-confidence, and are willing to take risks. Make sure you understand and accept your limits but don't give up on tasks without doing your best.

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85-100 People with a very strong internal locus of control are generally the most successful since they are highly motivated to do their best in everything they try. Failure in any situation, however, can result in a realistic assessment of the effort given and the outcome, or it can result in damage to one's self-esteem and frustration.

Solution: Not everyone is perfect all the time. Failures as well as successes are the result of basic abilities and efforts. Understand your weaknesses and focus on your strengths.

[Back](#)For further information about locus of control and interpretations of test scores go to: <http://www.queendom.com/lc.html>

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