

Locus Of Control Worksheet Questions and Answers PDF

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Part 1: Building a Foundation

What is the primary focus of the concept of locus of control?

Hint: Think about how people perceive their influence over life events.

- A) Understanding emotional intelligence
- B) Perception of control over life outcomes ✓
- C) Measuring cognitive abilities
- D) Analyzing social interactions

■ The primary focus of locus of control is the perception of control over life outcomes.

Which of the following are characteristics of an internal locus of control? (Select all that apply)

Hint: Consider traits that reflect personal responsibility and influence.

- A) Belief in personal influence over events ✓
- B) Attribution of success to luck
- C) High self-efficacy ✓
- D) Dependence on external validation

■ Characteristics of an internal locus of control include belief in personal influence and high self-efficacy.

Describe in your own words what an external locus of control is and provide an example.

Hint: Think about how external factors influence your perception of control.

An external locus of control is the belief that outcomes are determined by external factors rather than personal actions. An example could be blaming a bad grade on the teacher's unfairness.

List two methods used to assess locus of control.

Hint: Consider psychological assessments or questionnaires.

1. Method 1

Rotter Locus of Control Scale

2. Method 2

Levenson Multidimensional Locus of Control Scale

Common methods include the Rotter Locus of Control Scale and the Levenson Multidimensional Locus of Control Scale.

Part 2: Comprehension and Application

Which statement best describes the difference between internal and external locus of control?

Hint: Focus on how outcomes are attributed.

- A) Internal locus is about controlling others, while external is about being controlled by others.
- B) Internal locus is about self-control, while external is about environmental control.
- C) Internal locus involves self-attribution of outcomes, while external involves attributing outcomes to outside forces.**

- D) Internal locus is fixed, while external locus is flexible.

The best description is that internal locus involves self-attribution of outcomes, while external involves attributing outcomes to outside forces.

How might an internal locus of control affect an individual's response to failure? (Select all that apply)

Hint: Think about how personal beliefs influence reactions.

- A) They may blame external circumstances.
- B) They may seek to improve their skills. ✓
- C) They may feel empowered to try again. ✓
- D) They may avoid taking responsibility.

An internal locus of control may lead individuals to seek improvement and feel empowered after failure.

Provide a real-world example where shifting from an external to an internal locus of control could benefit an individual.

Hint: Consider scenarios in personal or professional life.

An example could be a person who starts taking responsibility for their career advancement instead of blaming their boss for lack of opportunities.

A student believes that their poor exam performance is due to the teacher's unfair questions. This belief is an example of:

Hint: Think about how the student attributes their performance.

- A) Internal locus of control
- B) External locus of control ✓
- C) High self-efficacy
- D) Low self-esteem

This belief is an example of an external locus of control.

Part 3: Analysis, Evaluation, and Creation

Which of the following best illustrates the relationship between locus of control and stress management?

Hint: Consider how control perceptions influence stress responses.

- A) External locus leads to better stress management.
- B) Internal locus enhances proactive stress management. ✓
- C) Locus of control has no impact on stress.
- D) Both loci lead to equal stress management skills.

Internal locus enhances proactive stress management.

Analyze how an external locus of control might affect decision-making in a professional setting. (Select all that apply)

Hint: Think about how reliance on others influences choices.

- A) Decisions may be delayed due to reliance on others. ✓
- B) Decisions are made independently of external opinions.
- C) There may be a tendency to avoid risk-taking. ✓
- D) There is a strong focus on personal accountability.

An external locus may lead to delayed decisions and avoidance of risk-taking.

Discuss the potential challenges someone with an external locus of control might face in a leadership role.

Hint: Consider how this perspective affects leadership effectiveness.

Challenges may include difficulty in taking responsibility and a lack of proactive decision-making.

Evaluate the benefits of having an internal locus of control in personal relationships. (Select all that apply)

Hint: Think about how accountability and communication play a role.

- A) Greater accountability in conflicts ✓**
- B) Enhanced communication skills ✓**
- C) Increased dependency on partner
- D) Improved problem-solving abilities ✓**

Benefits include greater accountability in conflicts and improved problem-solving abilities.

Propose a plan for an individual to transition from an external to an internal locus of control, including specific strategies and actions.

Hint: Consider practical steps and mindset shifts.

A plan could include setting personal goals, reflecting on past experiences, and practicing self-affirmation.