

- More effective in influencing their environments
- Higher grades and better teacher recommendations
- Believe studying will pay off, do better on exams
- More successful at changing others' beliefs
- Less susceptible to control and influence than externals
- More accepting of info when it has merit
- Better at quitting smoking, losing weight
- More likely to engage in exercise, believing health is important

Julion Rotter - Locus of Control

Internal locus of control refers to the perception that we can control our own fate.

LIMITS OF INTERNAL LOCUS OF CONTROL

To believe one can control everything is maladaptive.

Julion Rotter - Locus of Control

External locus of control refers to the perception that chance or outside forces beyond our personal control determine our fate.

-Hostages and prisoners of war report the worst part is the lack of control.

-In the early 1980s, one American hostage would save a small bit of food and then offer it to anyone who came to his cell. That strategy had the effect of turning the cell into a living room and the hostage into a host welcoming visitors.