

Who's in Charge?

To get a sense of your ideas of why things happen to you, **circle** the statement from each of the pairs below that best describes your views.

- 1A. In the long run, people get the respect they deserve in this world.
1B. Unfortunately, an individual's worth often passes unrecognized no matter how hard he or she tries.
- 2A. The idea that teachers are unfair to students is nonsense.
2B. Most students don't realize the extent to which their exam results are influenced by accidental happenings.
- 3A. I have often found that what is going to happen will happen.
3B. Trusting fate has never turned out as well for me as making a decision to take a definite course of action.
- 4A. In the case of the well-prepared student, there is rarely, if ever such a thing as an unfair exam.
4B. Many times exam questions tend to be so unrelated to course work that studying is really useless.
- 5A. Becoming a success is a matter of hard work; luck has little or nothing to do with it.
5B. Getting a good job depends mainly on being in the right place at the right time.
- 6A. It is not always wise to plan too far ahead because many things turn out to be a matter of good or bad fortune anyhow.
6B. When I make plans, I am almost certain that I can make them work.
- 7A. In my case, getting what I want has little or nothing to do with luck.
7B. Many times I might just as well decide what to do by flipping a coin.
- 8A. Many times I feel that I have little influence over the things that happen to me.
8B. It is impossible for me to believe that chance or luck plays an important role in my life.
- 9A. What happens to me is my own doing.
9B. Sometimes I feel that I don't have enough control over the direction my life is taking.
- 10A. Sometimes I can't understand how teachers arrive at the marks they give.
10B. There is a direct connection between how hard a person studies and the grades he or she gets.

Scoring: Give yourself one point for each of the following answers and then add up your score:

1A. 2A. 3B. 4A. 5A. 6B. 7A. 8B. 9A. 10B.

Your total score can range from 0 to 10. The higher your score, the more you believe that you have a strong influence over what happens to you and are in control of your life and your own behavior.

The lower the score, the more you believe that your life is outside of your control and what happens to you is caused by luck or fate.

If you score below 5 on this questionnaire, consider how rethinking your views of the causes of behavior might lead to greater success. In addition, consider how your values might influence your success.