

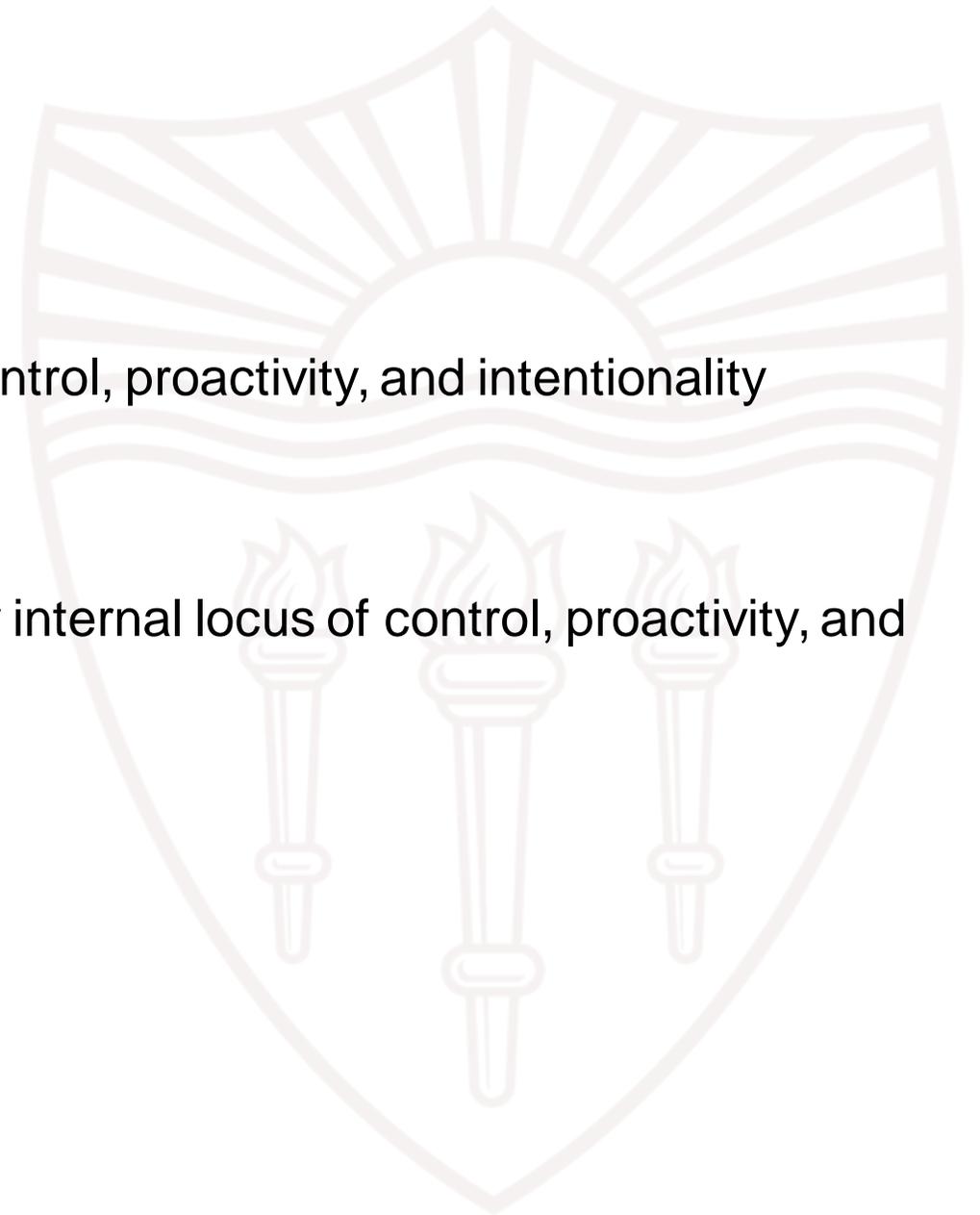
# **Taking Control When Things Feel Out of Your Control**

By: Haille Thomas



# Learning Outcomes

1. Understand the definition of internal locus of control, proactivity, and intentionality
2. Apply strategies that will help you improve your internal locus of control, proactivity, and intentionality



# Overview

**Internal Locus of Control:** Attributing your successes and/or your failures to how much effort you put in (Ramezani & Gholtash, 2015).

**Proactivity:** Taking control of the situation and or environment (Bowers, 1973; Brown et al., 2006 as cited in Sidelinger, 2010).

**Intentionality:** finding the purpose behind what you are doing (Hung, 2014).



# Internal Locus of Control

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# Internal vs. External Locus of Control

## Internal:

- Attribute their success to their hard work and ability
- Have higher self-esteem

## External:

- Give credit to external sources such as luck or fate
- Self-handicap

(Albert & Dahling, 2016)

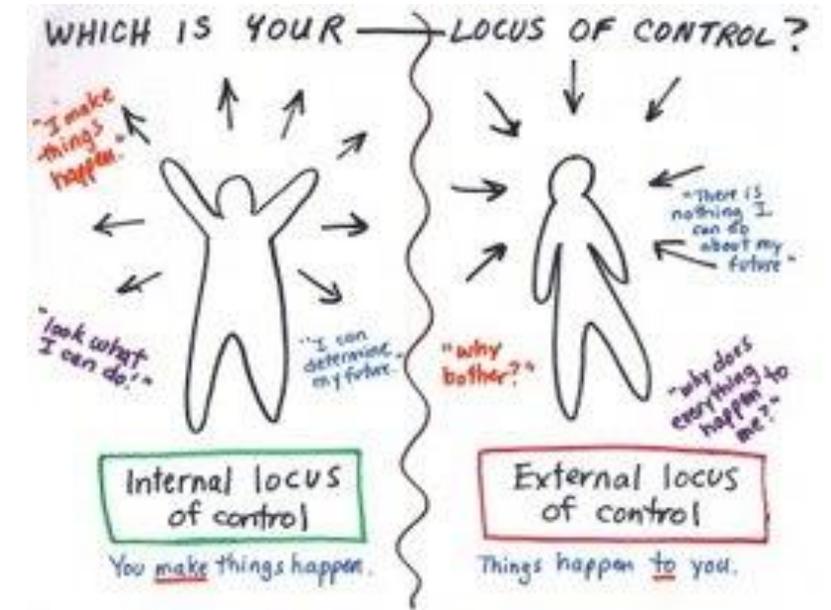


Figure 1: Internal vs. external locus of control. Adapted from Sally Butler [www.fish4development.co.uk](http://www.fish4development.co.uk)

# Proactivity

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# Qualities of a Proactive Student:

Proactive individuals:

- Take initiative
- Take advantage of the situation
- Seek out resources
- Request feedback
- Schedule ahead of time

(Geertshuis et al., 2014)



# **Intentional Learning**

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# What is Intentional Learning?

Intentional learners are:

- Goal-driven
- Motivated
- Self-regulated
- Purposeful
- Self-initiated

(Hung, 2014)



# Tips

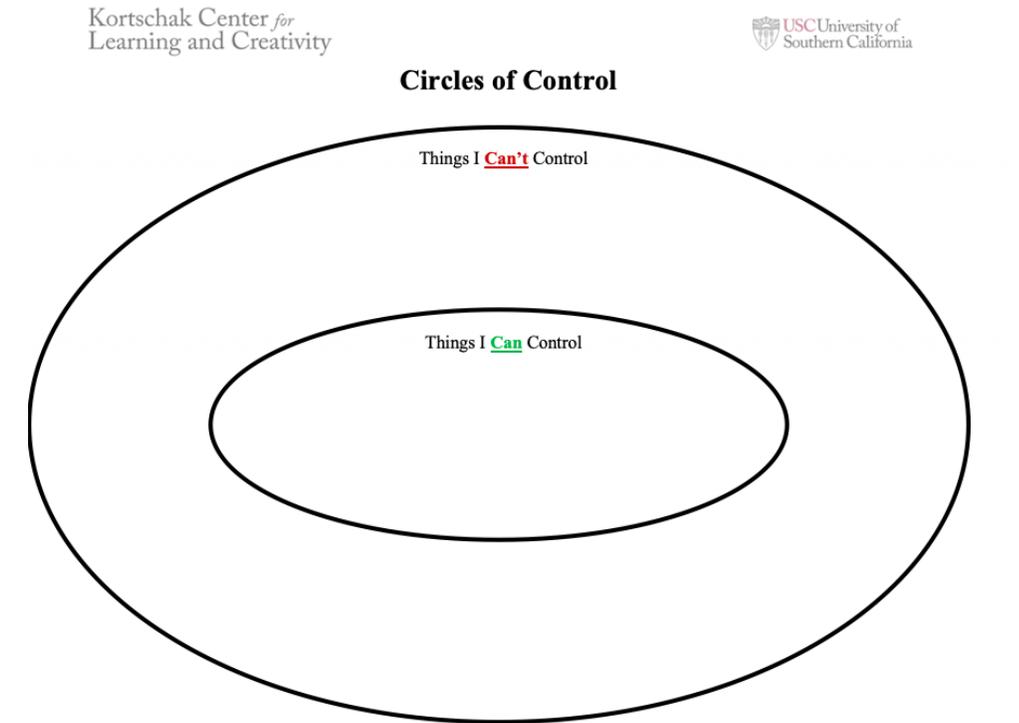
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# How to Increase Your Internal Locus of Control

- Keep a journal
- Positive self-talk
- Talk to a friend
- Focus on things that are in your control
  - External circumstances still can occur

(Frankham, 2019)



# Tips on How to be a Proactive and Intentional Student

- Set a routine study schedule
- Keep track of all your deadlines and due dates
- Go to study hours/office hours
- Read assigned readings before lecture
- Review notes prior to and after class
- Join clubs and organizations on campus

(Wroblewski, n.d.)

Kortschak Center for Learning and Creativity

USC University of Southern California

Week of: 4/1 - 4/7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM							
7AM							
8AM							
9AM	CHEM 105		CHEM 105		CHEM 105	PA 5	EXAM 4
10AM	AMST 140	AMST 140 WIKIPEDIA PRES.	AMST 140	AMST 140 WIKIPEDIA PRES.	AMST 140		
11AM	MATH 126	CSCI 103	MATH 126	CSCI 103	MATH 126		
12PM					AMST 140		
1PM			CHEM		AMST 140 WIKIPEDIA PRESENTATION	PA 5	EXAM 4
2PM	PA 4	MATH 126	LAB	MATH 126			
3PM		PA 4	↓				HOMWORK
4PM	CHEM TA						
5PM							

# Planning a Proactive and Intentional Study Schedule

## Before:

1. Ask yourself: Where and when is the best time to study?
2. What do I want to get done? (set a SMART goal!)
3. What resources will guide me? (i.e., asking a friend, attending office hours, looking through your textbook)

## During:

1. Think positively! (I can get through this)
2. Schedule in small breaks (Pomodoro technique)
3. Interact with the material (Annotate readings, summarize in your own words, etc.)

## After:

1. Review the material
2. Proofread the assignment
3. Take a longer break (eat, talk to a friend, take a walk)

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