

I-E.L.C. Scale

Julian B. Rotter is the developer of a forced-choice 29-item scale for measuring an individual's degree of internal or external control. This I-E test is widely used. The following are sample items taken from an earlier version of the test but not, of course, in use in the final version. You can readily determine whether you are inclined toward internal or external control simply by adding the choices you make on each side.

I MORE STRONGLY BELIEVE THAT: (select one)

Promotions are earned through hard work and persistence.	OR	Making a lot of money is largely a matter of getting the right breaks.
In my experience I have noticed that there is usually a direct connection between how hard I study and the grades I get.	OR	Many times the reactions of teachers seem haphazard to me.
The number of divorces indicates that more and more people are not trying to make their marriages work.	OR	Marriage is largely a gamble.
When I am right I can convince others.	OR	It is silly to think that one can really change another person's basic attitudes.
In our society a man's future earning power is dependent upon his ability.	OR	Getting promoted is really a matter of being a little luckier than the next guy.
If one knows how to deal with people they are really quite easily led.	OR	I have little influence over the way other people behave.
In my case, the grades I make are the results of my own efforts; luck has little or nothing to do with it.	OR	Sometimes I feel that I have little to do with the grades I get.
People like me can change the course of world affairs if we make ourselves heard.	OR	It is only wishful thinking to believe that one can really influence what happens in society at large.
I am the master of my fate.	OR	A great deal that happens to me is probably a matter of chance.
Getting along with people is a skill that must be practiced.	OR	It is almost impossible to figure out how to please some people.

The more responses you endorsed from the left column, the more internal your orientation. The more responses you select from the right column, the more external your orientation.

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