**Part 1**

*Directions: Provide a possible internal response and a possible external response for each situation.*

***1.***Teresa was drinking a can of soda. She left it on top of the computer, even though her boss asked her to remove it. When a coworker knocked it over, the computer short-circuited. When her boss asked her about it, she said:

Internal Oopsie I left it on my computer, it was meee who was wrong! I ignored your request to remove the can! My bad

External Well it was my coworker who knocked it over, everything was fine until then, there was nothing I could do about it.

***2.*** Bruce wanted to get out of doing some work, so he told the boss that he had almost finished the job and then he asked for a break. Later, his boss found out that Bruce hadn’t even started the job and confronted him. Bruce said:

Internal My bad, I shouldn’t have lied so I could take a break. I slacked off and that was my fault.

External I was just so overwhelmed I couldn’t do it. You understand right? It was out of my control with all this workload!

**Part 2**

*Directions: Give an example of when you used either an internal or external locus of control while you were at work, school, or some other place (preferably a work situation). Describe the situation, then decide if you showed an internal or external locus of control. Explain why you think this situation represents an internal or external locus of control.*

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| Event/Situation | External or Internal?  Explain |
| There was once when I didn’t go to work for a bit because I thought I had gotten covid, but I didn’t follow proper protocol and almost got fired. | That was very much external locus of control, I just brushed things off as I didn’t know the protocol and it’s not my fault nobody told me, the most important thing was staying home and quarantining. |