

Teach Internal Locus of Control: A Positive Psychology App

Russ Hill

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Teaching INTERNAL LOCUS OF CONTROL means teaching learners to become "Internals": to control their own lives more fully and successfully. When individuals become Internals they believe they have the will and the wherewithal to set achievable goals and accomplish them. In other words, they are empowered. INTERNALS are known to: (1) experience higher levels of well-being and engage in healthier behaviors; (2) be healthier and happier and live longer lives; and (3) exhibit superior cognitive functioning and display more motivation to complete tasks, perform well, and innovate. INTERNALS, who believe they control their lives, are also more successful in learning and academic achievement, at work, and in economic endeavors as a whole. They are typically more active, more effective in social and sociological situations, willingly take responsibility, and more likely to resist outside influences that can undermine personal moral behavior. That's why, for all these reasons and more, it pays to TEACH INTERNAL LOCUS OF CONTROL. Because the instruction techniques in this book have been validated in an extensive field evaluation, you can be sure that learning to teach the six-step behavioral strategy will be satisfying and rewarding. As you watch the lives of your learners undergo transformation and enhancement each and every time, you will be amazed at just how successful you and they will be when you. TEACH INTERNAL LOCUS OF CONTROL. Visit www.teachinternalcontrol.com for resources and discussion about teaching internal locus of control.

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