

Locus of Control Reflection

1. Explain what it means to have a low locus of control score.
2. Explain what it means to have a high locus of control score.
3. How might an individual's LoC score change from young age to old age? Illustrate this with a graph: x-axis is age and y-axis is LoC score.
4. Why would Seligman argue that it is easier to be an optimist if you are a low scorer?
5. Explain if you could you make the opposite argument, it is easier to become pessimistic if you are a low scorer.