

High School Health

Lesson #4: Taking Responsibility

Objectives:

- In this lesson you will...
 1. Differentiate between an internal and external locus of control
 2. Analyze the role of individual responsibility in enhancing emotional health
 3. Analyze how prosocial behaviors can benefit overall health
 4. Summarize the characteristics of someone who has self respect and self-control

Vocabulary

• External- _____

• Internal- _____

• Locus of Control- _____

What's Under My Control?

► Part 1

Directions: For each column brainstorm at least 3 things in your own life over which you have that amount of control.

A Lot of Control

Some Control

Little or No Control

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

► Part 2

Directions: Choose 2 of the things you listed in the third column—Little or No Control—and describe either something you could do to increase your degree of control, or to control your reaction or response to this situation or circumstance.

1. _____

2. _____

► Part 3

Directions: Read the examples and label them based on whether the perceived locus of control is internal (I) or external (E).

- | | |
|---|---|
| 1. _____ You got an A on a test because you studied hard. | 8. _____ You played badly at a piano recital because you didn't practice enough. |
| 2. _____ You got an A on a test because the questions were easy. | 9. _____ You did your chores at home because you wanted to do your part to help your family. |
| 3. _____ You overslept because the power went out and your alarm didn't go off. | 10. _____ You did your chores at home because your parent said you'd be grounded if you didn't. |
| 4. _____ You overslept because you forgot to set the alarm. | 11. _____ You got in trouble because you let a friend copy the answers on your homework. |
| 5. _____ You found a wallet with \$50 in it and turned it in because you believed that was the right thing to do. | 12. _____ You got in trouble because a friend copied the answers on your homework when you weren't looking. |
| 6. _____ You found a wallet with \$50 in it and turned it in because the teacher said you had to. | 13. _____ You're late to class because you stopped to listen to a friend who was upset. |
| 7. _____ You played badly at a piano recital because the piano was out of tune. | 14. _____ You're late to class because your friend insisted on telling you about a problem he/she was having. |

