

## Nowicki-Strickland Locus of Control: SCORING DOCUMENT

The Nowicki-Strickland is considered an excellent assessment of locus of control for adults and youth. Research has shown those with a high internal locus of control have better control of their behavior than those with a high external locus of control. To score the N-SLOC, add up the number of “correct” answers, which are highlighted in red below. **Higher scores reflect a more external locus of control.** Compare pre and post scores to measure improvement.

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|-----|----|--|
| Yes | No | 1. Do you believe that most problems will solve themselves if you just don't fool with them?                         |
| Yes | No | 2. Do you believe that you can stop yourself from catching a cold?   |
| Yes | No | 3. Are some kids just born lucky?  |
| Yes | No | 4. Most of the time, do you feel that getting good grades means a great deal to you?                                 |
| Yes | No | 5. Are you often blamed for things that just aren't your fault?  |
| Yes | No | 6. Do you believe that if somebody studies hard enough, he or she can pass any subject?                              |
| Yes | No | 7. Do you feel that most of the time it doesn't pay to try hard because things never turn out right anyway?          |
| Yes | No | 8. Do you feel that if things start out well in the morning, that it's going to be a good day no matter what you do? |
| Yes | No | 9. Do you feel that most of the time parents/caregivers listen to what their children have to say?                   |
| Yes | No | 10. Do you believe that wishing can make good things happen?   |
| Yes | No | 11. When you get punished, does it usually seem it's for no good reason at all?                                      |
| Yes | No | 12. Most of the time, do you find it hard to change a friend's (mind) opinion?                                       |
| Yes | No | 13. Do you think that cheering more than luck helps a team to win?   |
| Yes | No | 14. Do you feel that it's nearly impossible to change your parent's/caregiver's mind about anything?                 |

- Yes No 15. Do you believe that your parents/caregivers should allow you to make most of your own decisions?
- Yes No 16. Do you feel that when you do something wrong there's very little you can do to make it right?
- Yes No 17. Do you believe that most kids are just born good at sports?
- Yes No 18. Are most of the other kids your age stronger than you are?
- Yes No 19. Do you feel that one of the best ways to handle most problems is just not to think about them?
- Yes No 20. Do you feel that you have a lot of choice in deciding who your friends are?
- Yes No 21. If you find a four leaf clover, do you believe that it might bring you good luck?
- Yes No 22. Do you often feel that whether you do your homework has much to do with what kind of grades you get?
- Yes No 23. Do you feel that when a kid your age decides to hit you, there's little you can do to stop him or her?
- Yes No 24. Have you ever had a good luck charm?
- Yes No 25. Do you believe that whether or not people like you depends on how you act?
- Yes No 26. Will your parents/caregivers usually help you if you ask them to?
- Yes No 27. Have you felt that when people were mean to you it was usually for no reason at all?
- Yes No 28. Most of the time, do you feel that you can change what might happen tomorrow by what you do today?
- Yes No 29. Do you believe that when bad things are going to happen they just are going to happen no matter what you try to do to stop them?
- Yes No 30. Do you think that kids can get their own way if they just keep trying?
- Yes No 31. Most of the time, do you find it useless to try to get your own way at home?
- Yes No 32. Do you feel that when good things happen they happen because of hard work?

- Yes No 33. Do you feel that when somebody your age wants to be your enemy there's little you can do to change matters?
- Yes No 34. Do you feel that it's easy to get friends to do what you want them to?
- Yes No 35. Do you usually feel that you have little to say about what you get to eat at home?
- Yes No 36. Do you feel that when someone doesn't like you there's little you can do about it?
- Yes No 37. Do you usually feel that it's almost useless to try in school because most other children are just plain smarter than you are?
- Yes No 38. Are you the kind of person who believes that planning ahead makes things turn out better?
- Yes No 39. Most of the time, do you feel that you have little to say about what your family decides to do?
- Yes No 40. Do you think it's better to be smart than to be lucky?

Nowicki, S. & Strickland, B. (1973). "A locus of control scale for children", *Journal of Consulting and Clinical Psychology* **40(1)**, 148-154

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