

Do you have an Internal or External Locus of Control? Locus of control is the sense a person has that they can control circumstances in their life rather than external events making things happen, like people making them feel bad, luck making them win or lose, or even God making them sick or healthy. It is important that people feel in control of their lives so that they can take steps for positive change and achieve their short *and* long term goals.

Get Volunteering! One way to increase internal locus of control is through volunteering. Studies show that people that volunteer feel in control their health and feel better overall. Fortunately, today, technology makes it easy to volunteer. A person can volunteer online do practically anything for any non profit organization, all from home. They just need their computer and Internet connection.



onlinevolunteering.net

Reach Out

I am Dr. Natalie Hruska.
Contact me to discuss the results of my study, to set up a consultation, schedule a speaking event, or discuss anything about this brochure!

Email: contact@onlinevolunteering.net

Volunteer Online!

for your health



Online a person can find information about specific health conditions, the latest health news and research, hospital and doctor reviews, health products, emotional support, and more. The World Wide Web is full of trusted, reputable resources to manage health. But, how can a person know which resources are the best resources? Read on...

What makes a health website really helpful? A website for your health should not look like a sales advertisement. Instead, a good health focused website should:

- be easy to understand (written in layperson's terms) with thorough, quality information
- have credible sources and up-to-date content
- be professionally designed, clean, easy to navigate around, and user-friendly with helpful features



Locus of Control

Locus of control is Julian Rotter's concept (1950s) that is the generalizable belief in controllability over novel outcomes in one's life that is learned through interaction with one's physical and social environment. A person with an internal locus of control perceives that they are more in control over what happens to them and believes they can control the outcomes of situations in their lives. A person with an outward or external locus of control perceives that external factors, like the powerful people in their lives, luck, or random chance control the outcomes of situations they encounter in their lives.

Get Volunteering

Volunteering has great benefits. Volunteers feel better mentally and physically. They are better at managing stress; and, volunteers have deeper connections with others. Volunteers also have an increased sense of independence and meaning in lives.

Today, volunteer jobs can be achieved 100% from a home or any other remote location. A person can volunteer online doing work like editing, translating, serving on a board, providing advice, writing, researching, designing, marketing, and more. Online volunteers can pretty much help in any way today. Check out my website to learn more - www.onlinevolunteering.net.

'Healthy' Websites

My study found that individuals with a locus of control are more likely to use the internet for health matters and consider it useful. Once a person builds an internal locus of control through volunteering, it is important to use the right resources to take control over important matters, like health. The World Wide Web has many resources, but some are better than others. Check out my 'Credibility Check' for tips on assessing a website.

Credibility Check

A website with health information should:

- list reputable, peer-reviewed references
- end with .org, .edu, or .gov
- be linked to a professional organization or doctor
- be authoritative and professional with references to medical terms
- be accurate- information should be confirmable with another health website or doctor