

The Power of Hope



Session Downloads

<https://inspired-engagement.com/hope/>

- ✓ Handout
- ✓ Slide Deck
- ✓ Resources



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Outcomes

- ☐ I can explain what hope is
- ☐ I have a working knowledge of hopeful thinking
- ☐ I have at least 3 ideas for increasing my hopefulness to achieve a personal goal
- ☐ I have at least 3 ideas for increasing hope in those around me
- ☐ I am glad I attended this session



Hope is...

the belief that the future will be better than the present, along with the belief that you have the power to make it so.



Hope is..

a positive **motivational state** that is based on an inter-actively derived sense of successful:

agency (Willpower and goal directed energy)

pathways (Waypower and planning to meet goals)



Hope is...

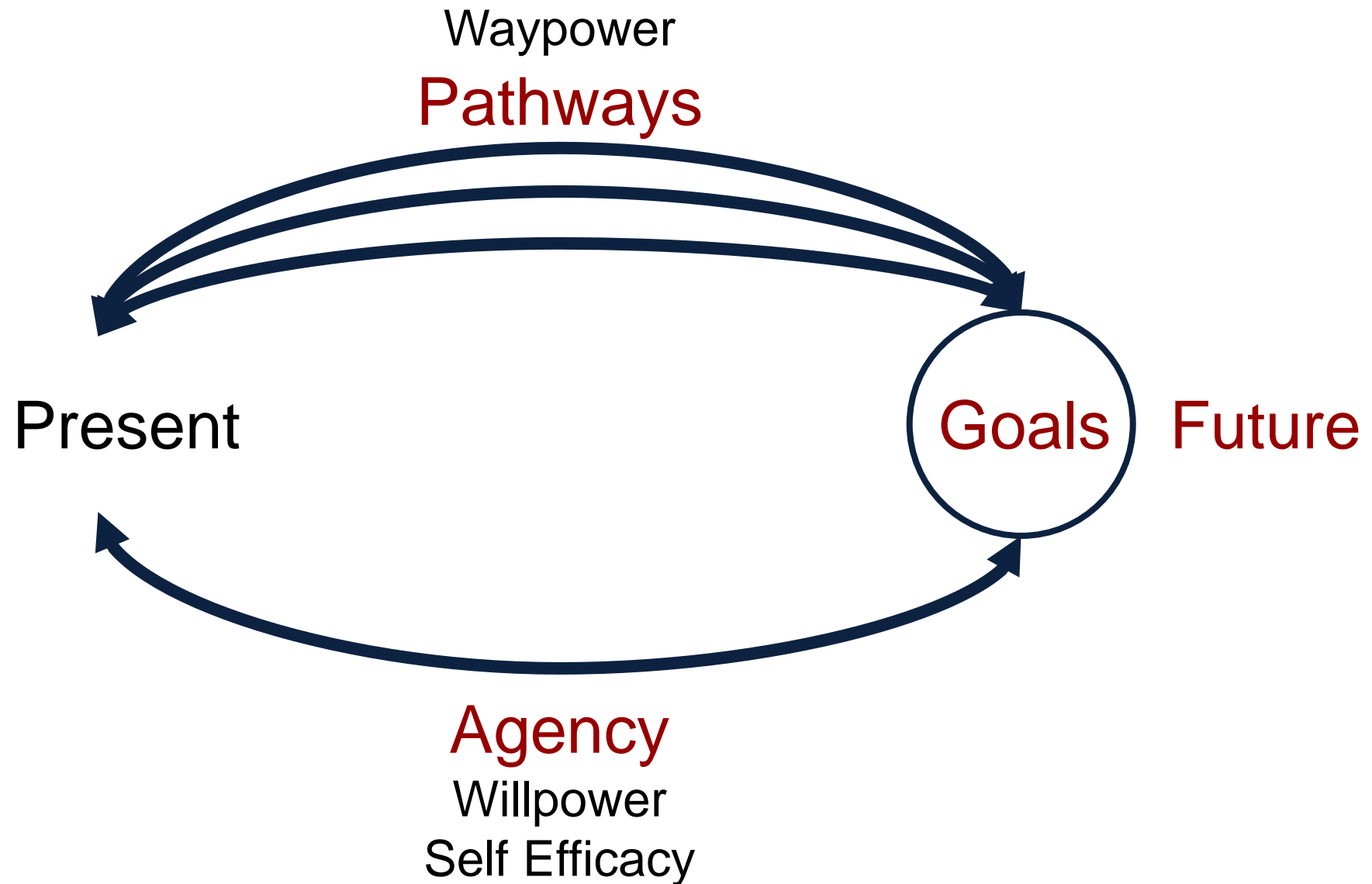
a **perceived capacity** to produce clear **goals** along with **routes** to reach those goals and the **motivation** to use those routes.





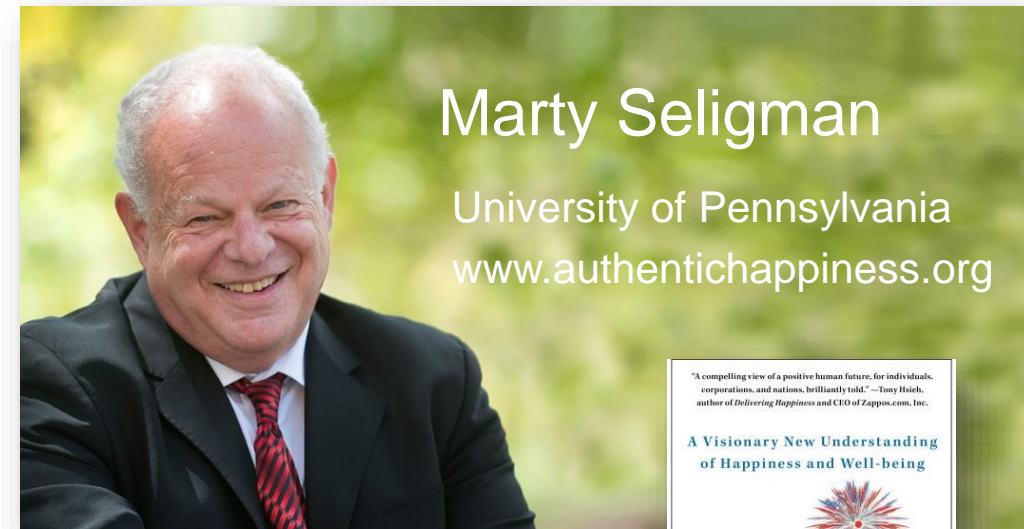
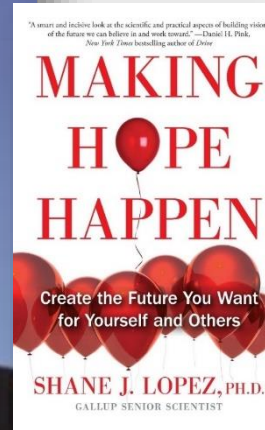
**Hope is not a
lottery ticket**

What Hope is

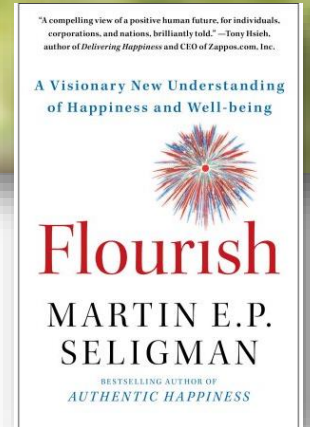




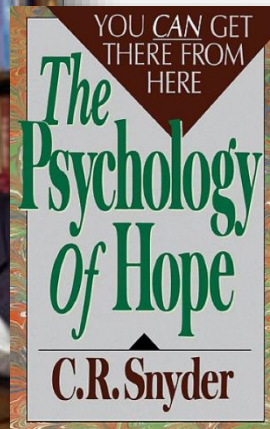
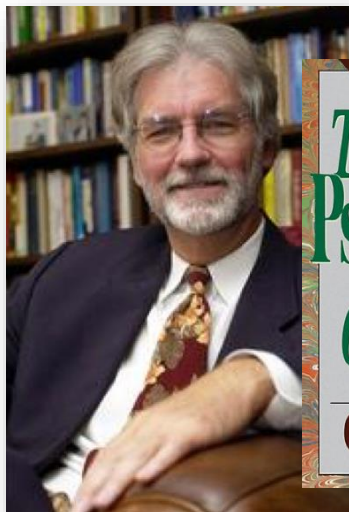
Shane Lopez
(1970-2016)
The Hope Monger



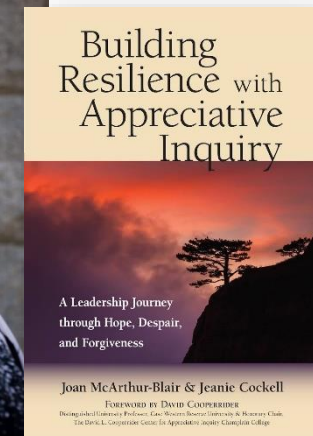
Marty Seligman
University of Pennsylvania
www.authentichappiness.org



C.R. Snyder
(1944-2006)
University of Kansas



Joan McArthur-Blair
Jeanie Cockell





Hope

Why Hope?

All other conditions
equal... Hope leads to:

12% ↑ academic performance

14% ↑ workplace outcomes

10% ↑ happiness

Measuring Hope

- ✓ Putting Hope to the Test
- ✓ Adult Hope Scale
- ✓ Gallup Student Poll



Putting Hope to the Test

	Strongly Disagree	Strongly Agree
1. My future will be better than the present.	1 2 3 4 5	
2. I have the power to make my future better.	1 2 3 4 5	
3. I am excited about at least one thing in my future.	1 2 3 4 5	
4. I see many paths to my goals.	1 2 3 4 5	
5. The paths to my important goals are free of obstacles.	1 2 3 4 5	
6. My present life circumstances are the only determinants of my future.	1 2 3 4 5	
7. My past accomplishments are the only determinants of my future.	1 2 3 4 5	
8. I make others feel excited about the future.	1 2 3 4 5	
9. I spread hope through modeling or support of others.	1 2 3 4 5	
10. I spread hope through the way I live my life.	1 2 3 4 5	

Putting Hope to the Test

Questions 1 - 5



25

21 to 25- you are a high-hope person whose thinking about the future is an asset

16 to 20- hope is an asset to you every day, but there are strategies that can help increase it

5

Below 15- hard work and much practice are needed to raise the score

Putting Hope to the Test: Readiness

Questions 6 & 7

10




2

The higher your score, the more you believe that your future is dominated by your past and present circumstances, and the less room you have for hope.

Lower score: Learn to expand your sense of personal freedom without denying the realistic constraints we all face. Take even more control of the future.

Putting Hope to the Test: Contagion

Questions 8–10



15 Above 12, you are a model for others and consciously boost the hope of those around you.

A low score suggests that you would benefit greatly from seeking out the support and companionship of high-hope people in your daily life.

3

Measuring Hope

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Adult Hope Test

1= Definitely False

2= Somewhat False

3= Somewhat True

4= Definitely True

- ___ 1. I energetically pursue my goals.
- ___ 2. I can think of many ways to get out of a jam.
- ___ 3. My past experiences have prepared me well for my future.
- ___ 4. There are lots of ways around any problem.
- ___ 5. I've been pretty successful in life.
- ___ 6. I can think of many ways to get the things in life that are important to me.
- ___ 7. I meet the goals that I set for myself.
- ___ 8. Even when others get discouraged, I know I can find a way to solve the problem.

Total points given to even numbered questions _____ (Willpower)

Total points given to odd numbered questions _____ (Waypower)

Total points given to all questions (even+odd) _____ (HOPE)



Adult Hope Scale

Add **even** numbered questions

↑ Score = ↑ **Willpower** Thinking

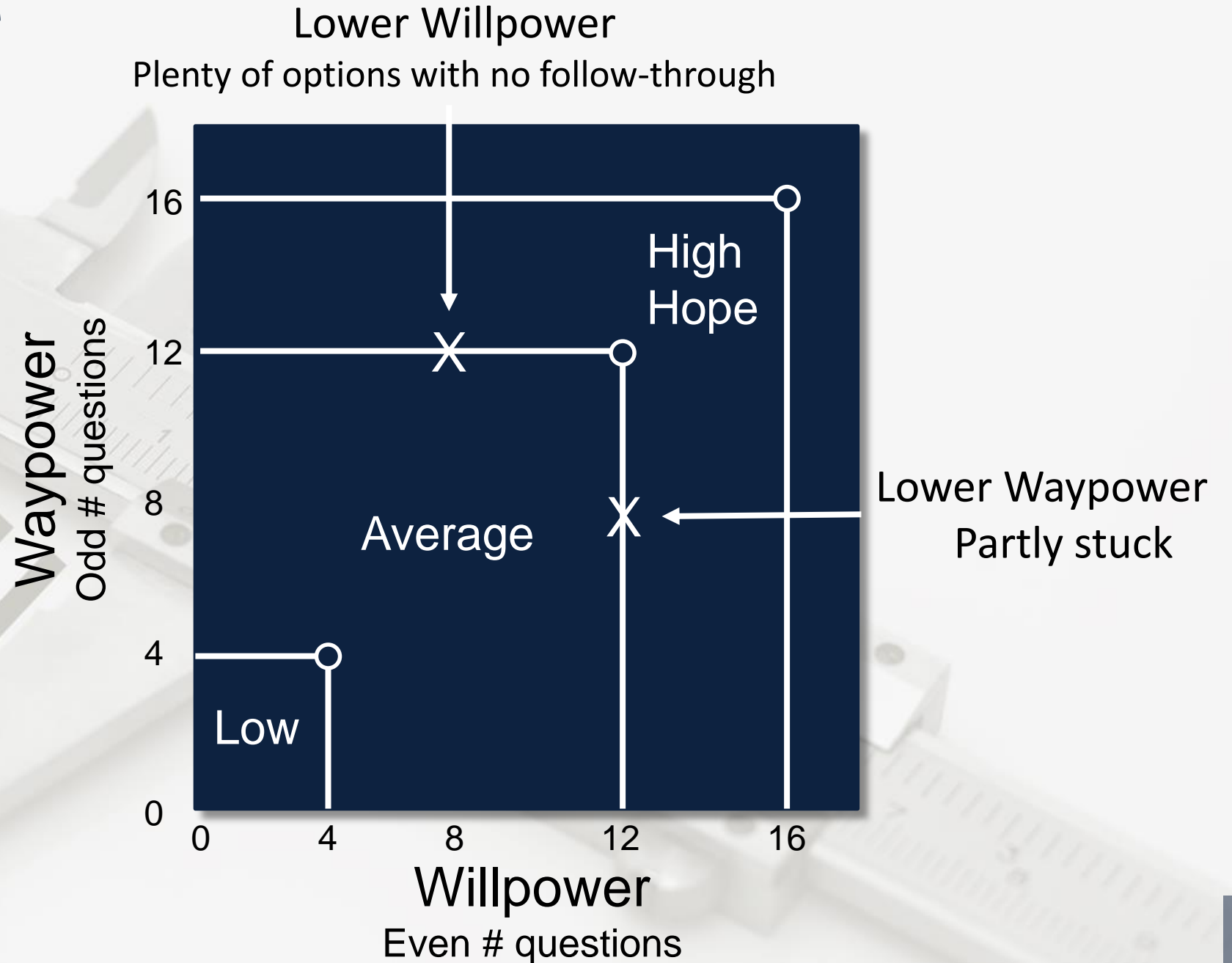
Add **odd** numbered questions

↑ Score = ↑ **Waypower** Thinking

Add **all** questions

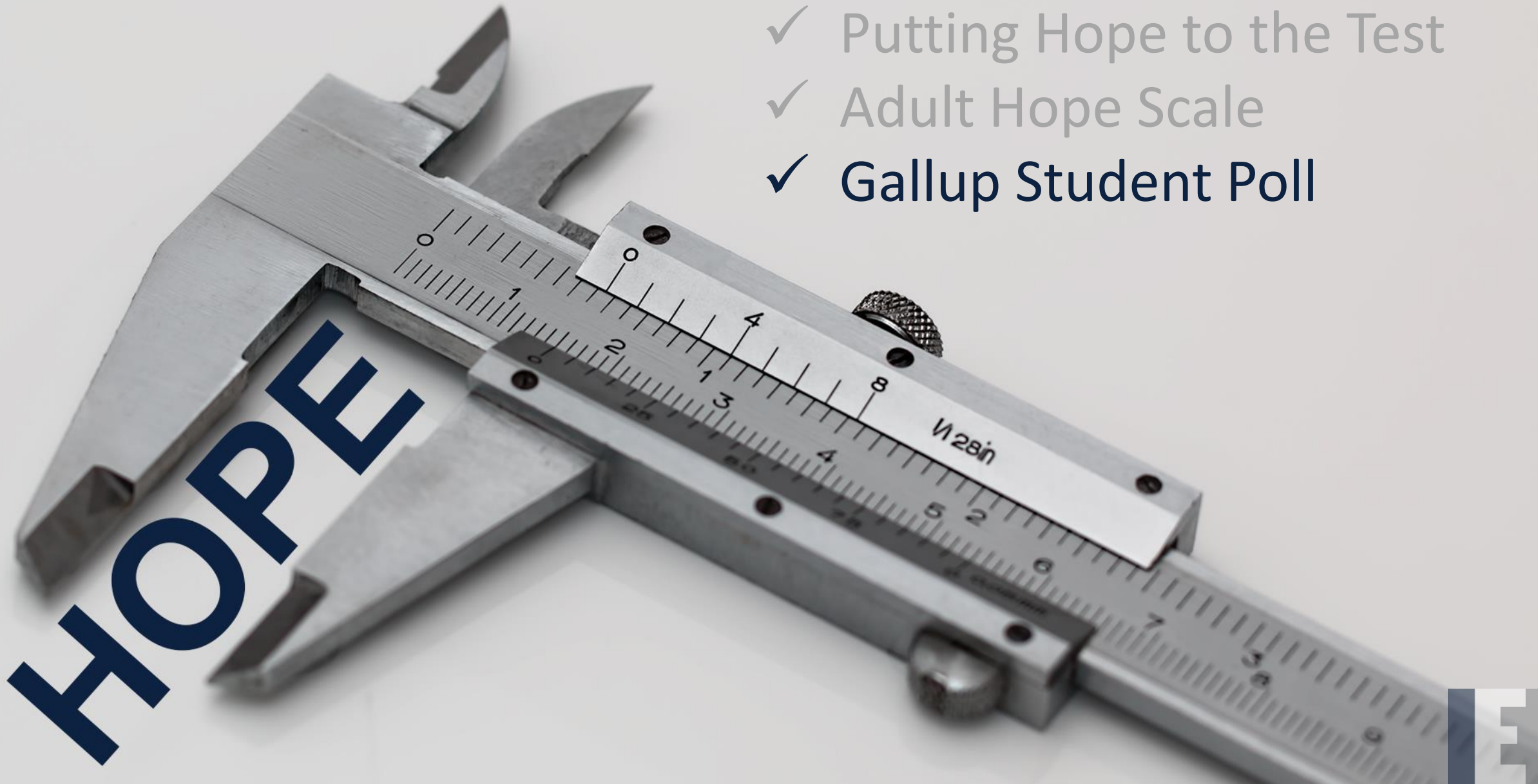
↑ Score = ↑ **Hope**

Adult Hope Scale



Measuring Hope

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Gallup Student Poll

The Gallup Student Poll is a 24-question survey that measures the engagement, hope, entrepreneurial aspiration and career/financial literacy of students in fifth through 12th grade.

The Gallup Student Poll includes non-cognitive metrics with links to student success.



Gallup Student Poll

2017 Results

The Ideas and Energy Students Have
for the Future



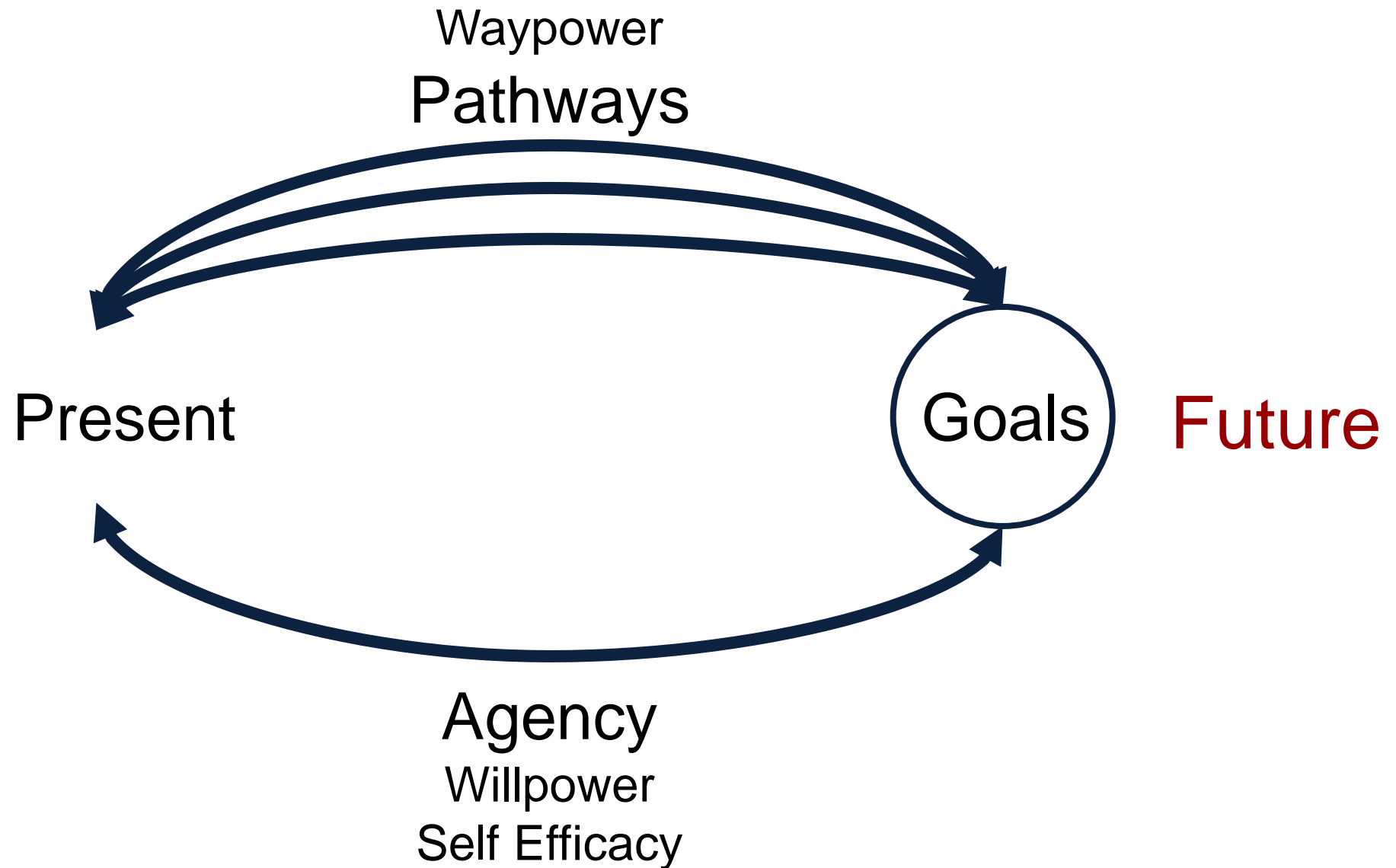
N=767,188

Gallup (2016).

Gallup Student Poll

- 92% of students strongly believed they would graduate from high school.
- Only 62% strongly believed that they could come up with many ways to get good grades.

What Hope is



Future

An idea of where we want to go, what we want to accomplish, who we want to be, whether tomorrow or over a lifetime.

How can you create and sustain excitement in students about their future?



Future

Default and Idealized Futures

In class or as assignment

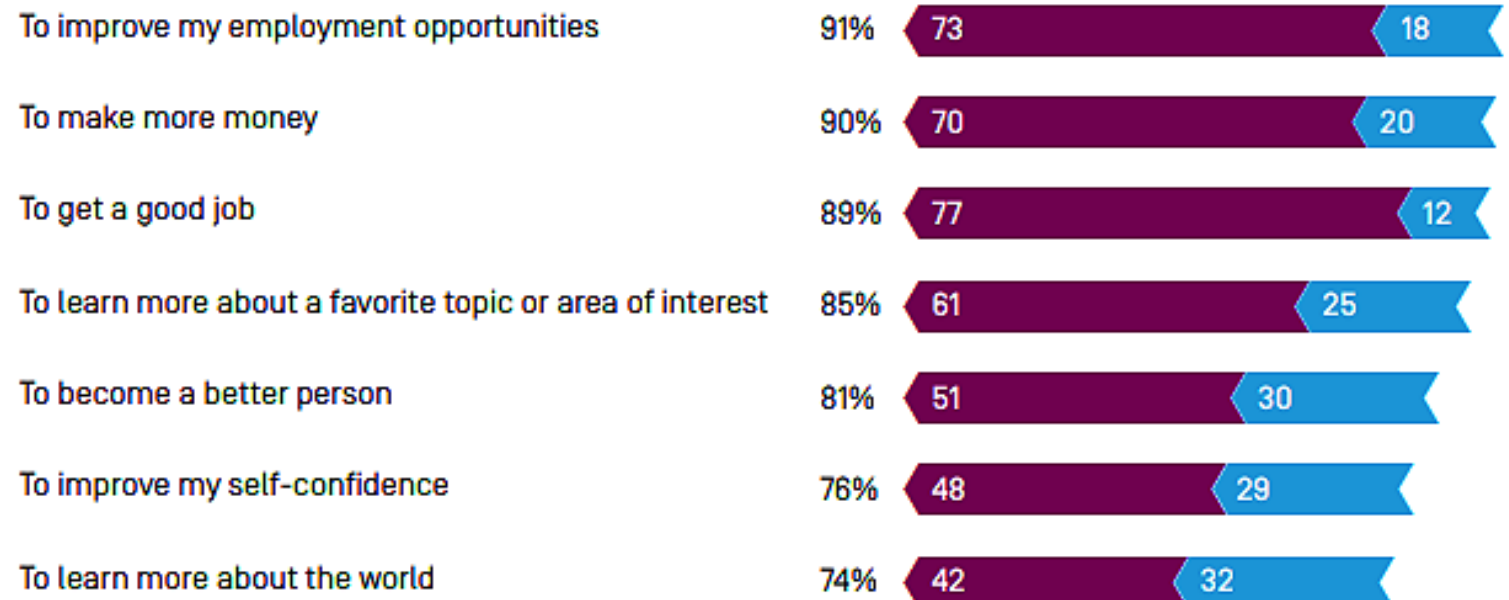


Future

Ensure the student understands how the class material and every assignment has utility and supports their future.

Reasons To Go To College

Very Important Important



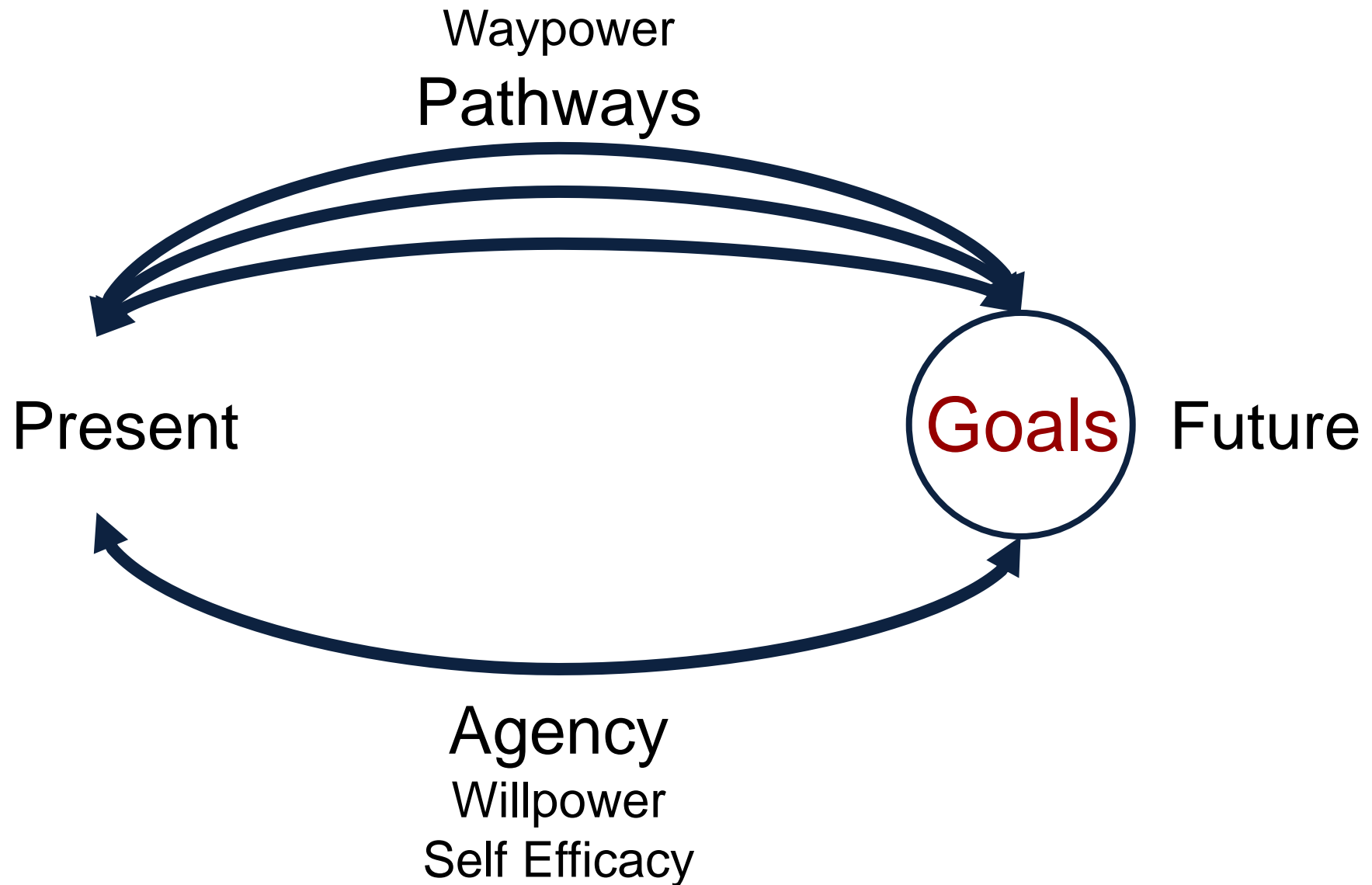
Future

Vision Boards



People and communities evolve toward their vision of the future

What Hope is



Goals

Observable and measurable end results that lead to a desired future and are mental anchors of hope.



How can you help and inspire student's design of meaningful goals?

Goals

Personal student goals related to the class

- What life goal will this class help you meet?
- What is your performance goal in this class?



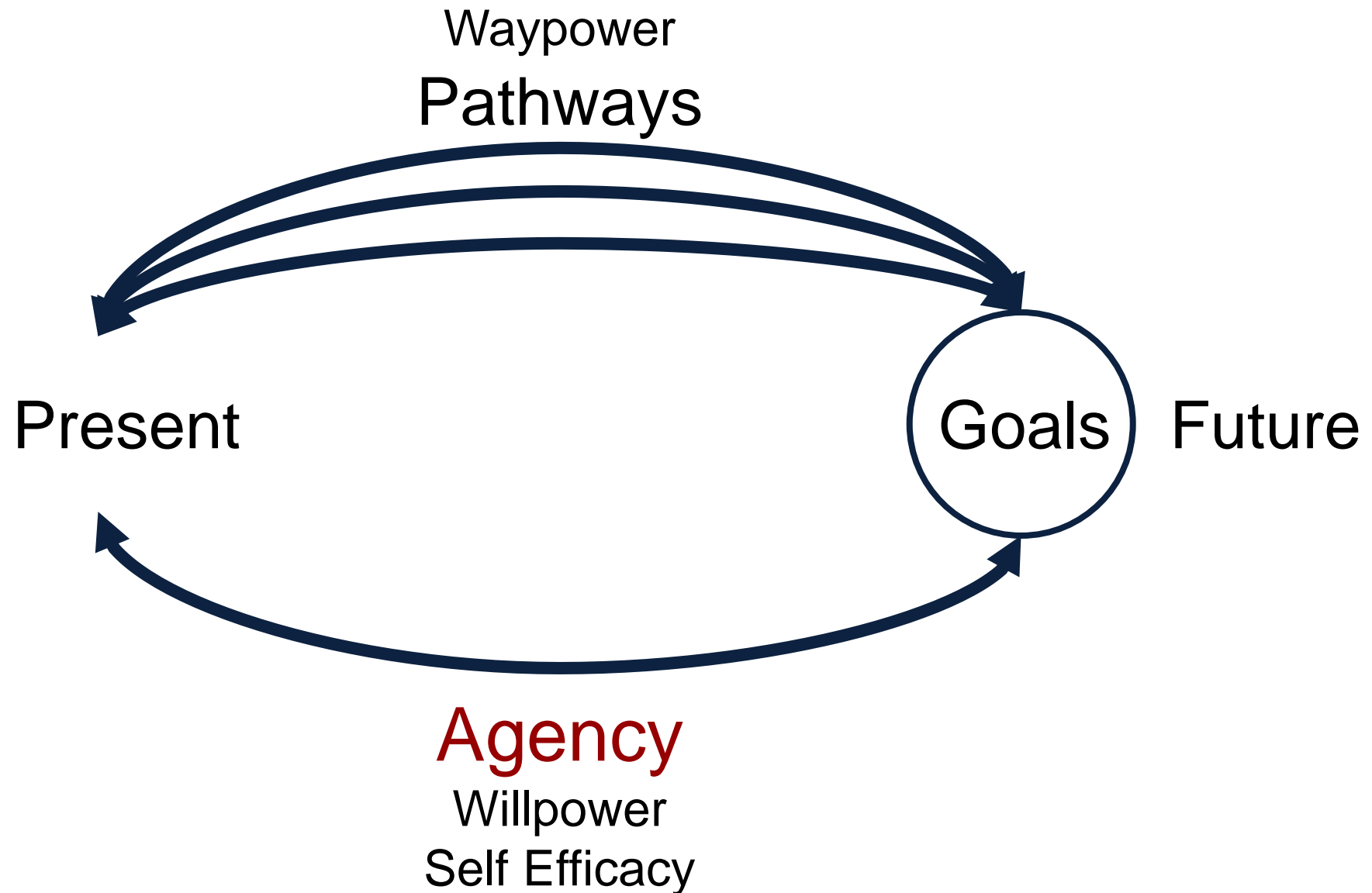
Goals

Help reclaim willpower from the pursuit of unattainable goals



Help students re-goal when circumstances demand it

What Hope is



Agency

Our perceived ability to shape our lives day to day.

Agency makes us the authors of our lives.

How can you develop agency in students?

A close-up photograph of a person's hand holding a small, rectangular piece of white paper. The paper has the words "I can't do it" written on it in a large, black, cursive script. A pair of blue-handled scissors is positioned to cut the paper, with the blades already making a small incision. The background is a soft, out-of-focus light brown or beige color.

I can't
do it

Agency

Your belief in their success is contagious.

Higher expectations lead to an increase in performance

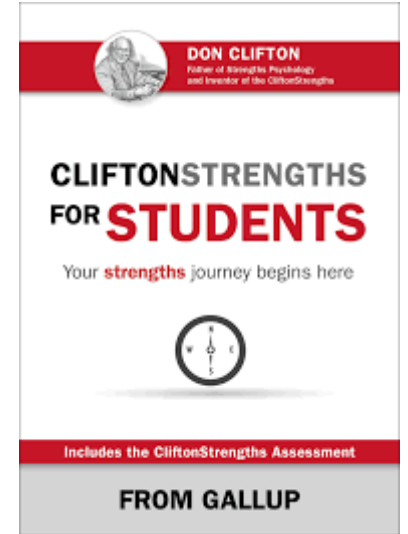
Praise hard work not “smarts”.



Agency

CliftonStrengths for Students

- CliftonStrengths code required as a “textbook” from the bookstore
- A series of strengths “assignments”
- Add “strengths” language when possible to other assignments
- Extra credit strengths assignments related to career
- www.strengthsquest.com



GALLUP®

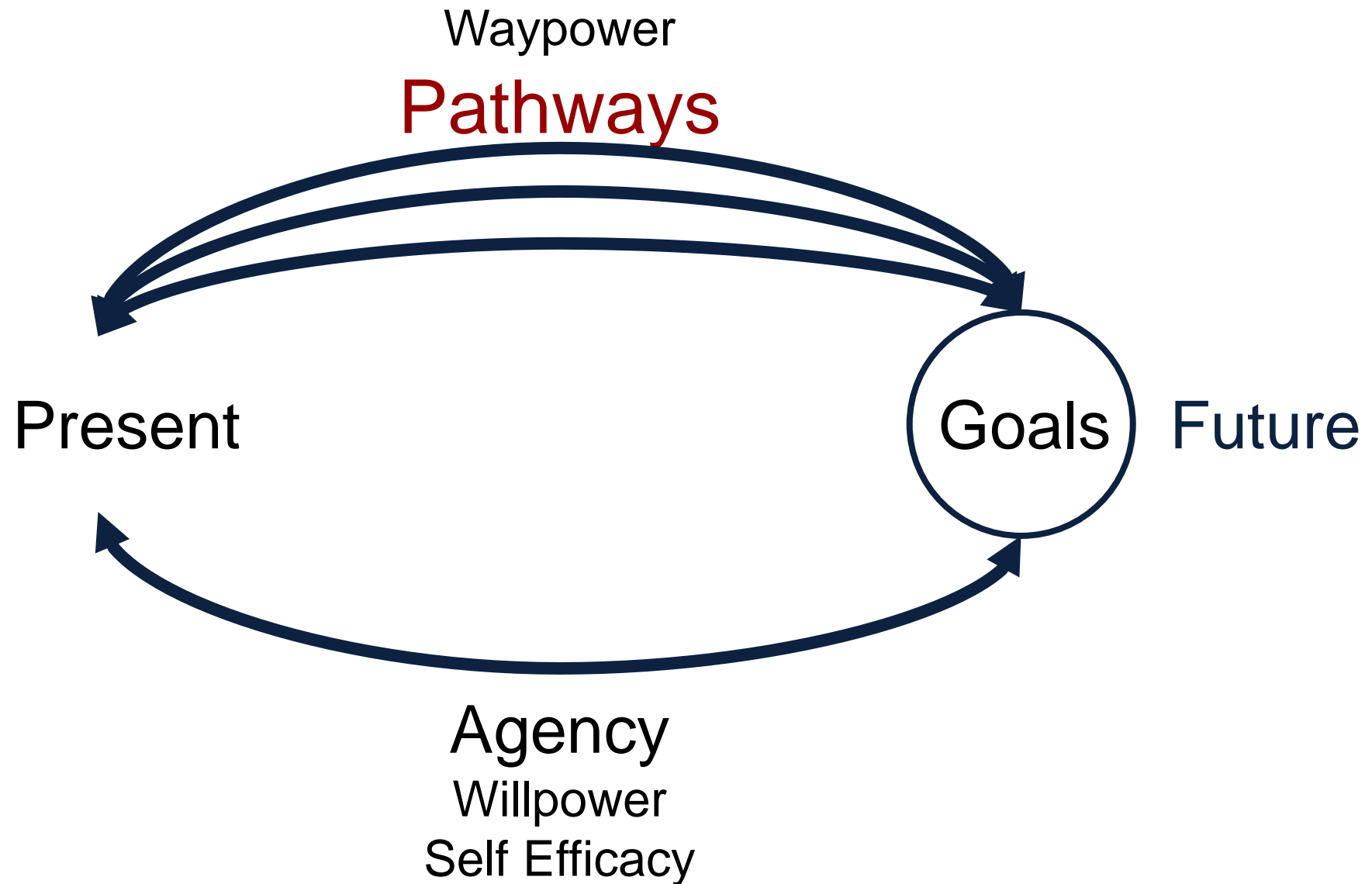
Agency

Early feedback connected to small rewards

- Syllabus Quiz
- Introduction as a graded assignment



What Hope is





**How can you
help students
develop
pathways?**

Pathways

Routes through
obstacles that stand in
our way.

Declining Student Resiliency

“We have raised a generation of young people who have not been given the opportunity to learn how to solve their own problems, to get into trouble and find their own way out, to experience failure and realize they can survive it, to learn how to respond [to challenges] without adult intervention.

So now, here's what we have: Young people going to college still unable or unwilling to take responsibility for themselves, still feeling that if a problem arises they need an adult to solve it.”

- Peter Gray, Research Professor Boston College
“Declining Student Resilience: A Serious Problem for Colleges”.
Psychology Today. 9/22/15



Pathway Blindness

Stuck on an Escalator



Go to:

https://www.youtube.com/watch?v=rsjj_-5RIkl&feature=youtu.be

Pathways

- ✓ Procedural Self Talk Activities
- ✓ Grading Rubrics
- ✓ Stories of failure/success

SUCCESS

KEEP
DOING

DO

TRY

PLANNING

ANALYSIS

THINK

START



Hope

- ✓ Teach Hope
- ✓ Teach how to learn
- ✓ Hold students accountable
- ✓ Don't provide hope, help students find and develop hope



Hopeful Thinking

is an infinite resource
regardless of budget.





Hope

...matters.

...is a choice.

...can be learned.

...can be shared with others.



Hope

**What will you do
so tomorrow will
be better than
today?**

'Hope' is the thing with feathers—
That perches in the soul—
And sings the tune without the words—
And never stops—at all—

And sweetest—in the Gale—is heard—
And sore must be the storm—
That could abash the little Bird
That kept so many warm—

I've heard it in the chilliest land—
And on the strangest Sea—
Yet, never, in Extremity,
It asked a crumb—of Me.

Emily Dickinson





References, Handout, PowerPoint, Feedback

<https://inspired-engagement.com/hope/>

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