

Professional Development
The Science of Hope Resources

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1. Before the Presentation: Pre-Test (make copies)

Adults- Take this short quiz to determine your Hope Score. Research shows that hope is made up of two qualities: Agency (or Willpower) and Pathways (or Waypower).

- [The Adult Hope Scale](#) English
- [Spanish](#)

2. During the Presentation: Slideshow

Helping students to identify clear goals helps students to cultivate hope—a positive outlook toward the future accompanied by the motivation, confidence, and pathways to achieve one’s goals.

- [Slideshow](#) English
- [Slideshow Bilingual Format](#) - English and Spanish

3. After the Presentation: Action Tool (make copies)

Use this graphic organizer to assist you in building your skills in hope, and break down your hopes into a series of steps to help you achieve your goals.

- [Hope Building Tool](#) English & Spanish

Want to Learn More?

[“Hope and Education”](#)

Excerpt from Hope Rising: How the Science of HOPE Can Change Your Life, 2022

By Casey Gwinn, J.D. & Chan Hellman, PhD ISBN 978-1-68350-965-3

[Video](#)- The Science and Power of Hope by Chan M. Hellman *Director of the Hope Research Center at the University of Oklahoma*

A lot of people want to change their lives, but they are not quite sure how. They think of hope as a magic wish, or an ideal that is out of reach. In this talk, Dr. Chan Hellman shares that there is both science and power in hope to help people create the change they want in life. Another: [Video](#)

[The Greater Good Science Center](#) - Education Page, UC Berkeley

Learn how to build happier, kinder schools and classrooms where everyone belongs through a collection of free practices and resources.

Jane Goodall's Message of Hope - [Video](#)

Books

- [Keith C. Barton](#) and Li-Ching Ho, Curriculum for Justice and Harmony
- [The Greater Good Science Center](#) How to Help Students Develop Hope
- [The Book of Hope](#) - A Survival Guide for Trying Times by Jane Goodall and Douglas Abrams