
APPENDIX 19.1: Promoting Hope Assignment (Student Handout)

Welcome to the Promoting Hope Assignment, an opportunity to explore and enhance your understanding of the concept of hope in positive psychology. In this activity, you will embark on a journey of self-discovery, setting meaningful goals, and planning your path to success. Here are some instructions to help you get started:

STEP 1: SETTING YOUR GOALS

Identify two goals that you have for each of the following timeframes (six total goals):

1. This semester.
2. The remaining time you have in college (if this is your last semester, focus on the first year after graduating).
3. The first 5 years after you graduate.

STEP 2: STRATEGIES AND PATHWAYS

For each of your selected goals, think about two pathways or strategies that may lead you to success. There are the actionable steps or methods you'll use to make progress.

STEP 3: IDENTIFYING AND OVERCOMING OBSTACLES

Anticipate potential challenges or obstacles that might stand in your way as you pursue these goals. For each goal, come up with one or two solutions or approaches to overcome these obstacles.

STEP 4: STAYING MOTIVATED

Consider what resources, people, activities, or support systems can inspire and energize you along the way. These will be your sources of motivation and encouragement.

SUBMISSION

You will be asked to share your insights in class during a group discussion. Prior to the discussion, organize your findings and be prepared to present the following:

1. A list of your chosen goals, strategies, obstacles, and motivating resources for each goal. Keep each component concise, with just one to two sentences per item.
2. Additionally, write a brief (half-page) reaction paper describing what you've learned during this goal-setting exercise. Share the impact it had on your outlook and mindset.

These two components can be used as a starting point for the discussion of what you have learned from identifying and reflecting on your goals. This activity is a unique opportunity for self-reflection and personal growth. By setting your sights on the future and devising a plan, you're fostering hope. Enjoy the journey!

APPENDIX 19.2: Adult State Hope Scale

Read each item carefully. Using the scale shown below, please select the number that best describes how you think about yourself right now and put that number in the blank before each sentence. Please take a few moments to focus on yourself and what is going on in your life at this moment. Once you have this “here and now” set, go ahead and answer each item according to the following scale:

Definitely false	Mostly false	Somewhat false	Slightly false	Slightly true	Somewhat true	Mostly true	Definitely true
1	2	3	4	5	6	7	8

1. If I should find myself in a jam, I could think of many ways to get out of it. _____
2. At the present time, I am energetically pursuing my goals. _____
3. There are lots of ways around any problem that I am facing now. _____
4. Right now, I see myself as being pretty successful. _____
5. I can think of many ways to reach my current goals. _____
6. At this time, I am meeting the goals that I have set for myself. _____

Scoring instructions:

- Pathways subscale score: Add Items 1, 3, and 5. Scores on this subscale can range from 3 to 24, with higher scores indicating higher levels of pathways thinking.
- Agency subscale score: Add Items 2, 4, and 6. Scores on this subscale can range from 3 to 24, with higher scores indicating higher levels of agency thinking.
- Total hope score: Add the pathways and agency subscales together. Scores can range from 6 to 48, with higher scores representing higher hope levels.

Note. The scale is adapted from “Development and Validation of the State Hope Scale,” by C. R. Snyder, S. C. Simpson, F. C. Ybasco, T. F. Borders, M. A. Babyak, and R. L. Higgins, 1996, *Journal of Personality and Social Psychology*, 70(2), p. 335 (<https://doi.org/10.1037/0022-3514.70.2.321>). Copyright 1996 by the American Psychological Association.