

Afterschool's Role in Helping Build Hopeful Youth

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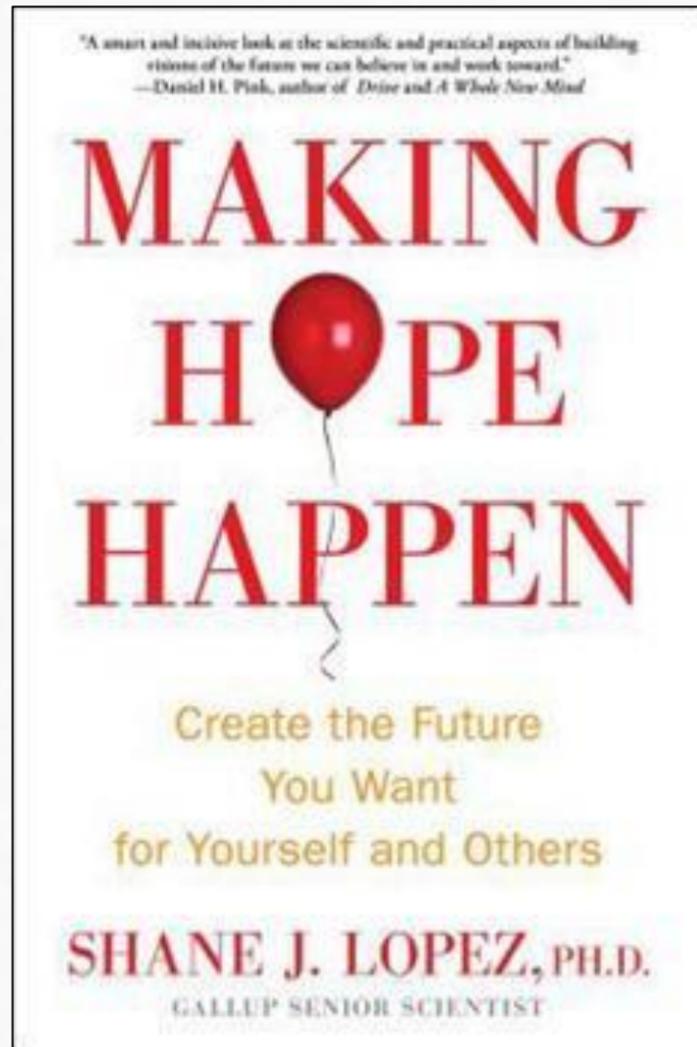


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IN OUR GRIT, OUR GLORY™

Making Hope Happen



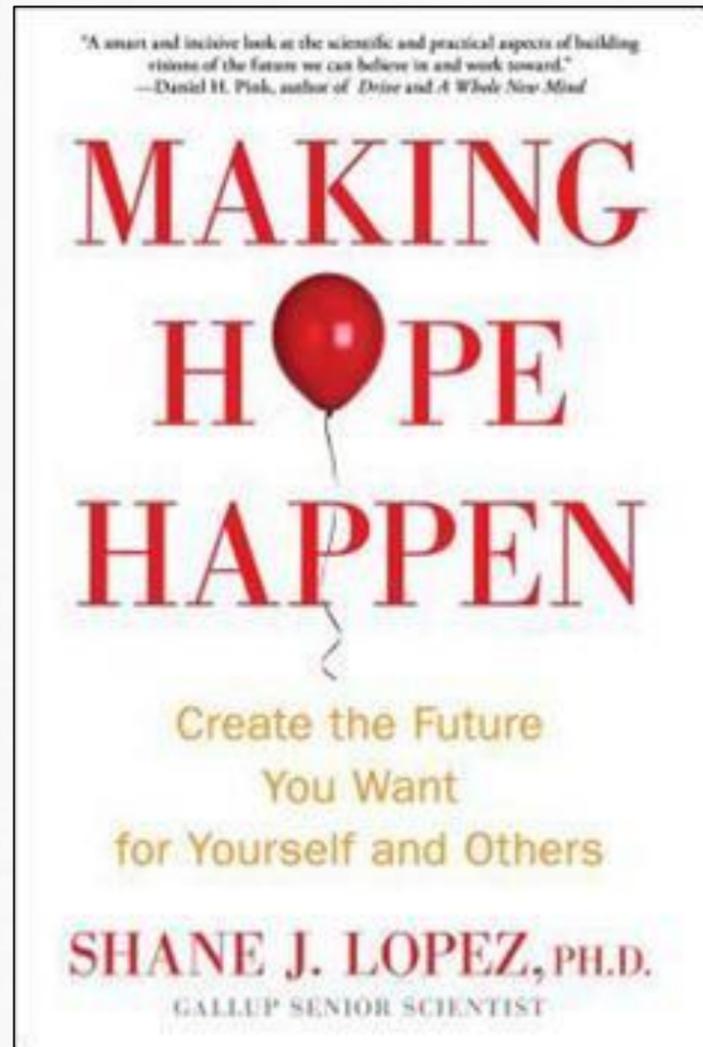
Hope is the belief that the future will be better than the present, and that you have the power it takes to make it so.



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Making Hope Happen



Who is the most hopeful person you know?

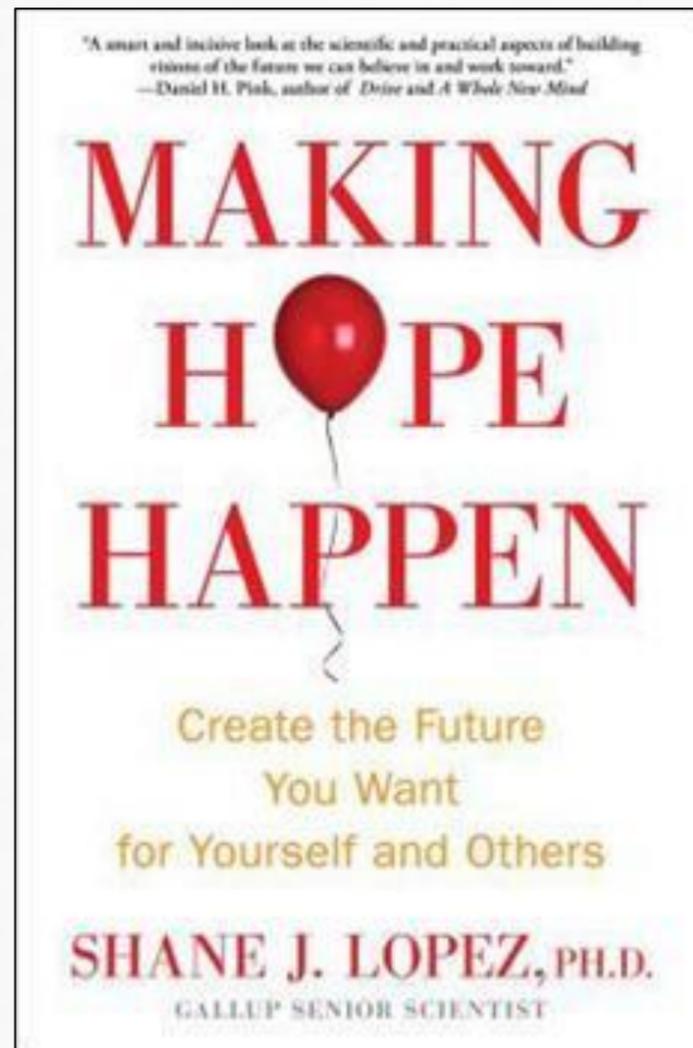
What do they do to help you lead a hopeful life?



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Hope is a positive motivational state that:

- Starts with a goal
- Requires agency (goal-directed energy; “the will-power”)
- Pursues pathways (planning to meet goals; “the way-power”)



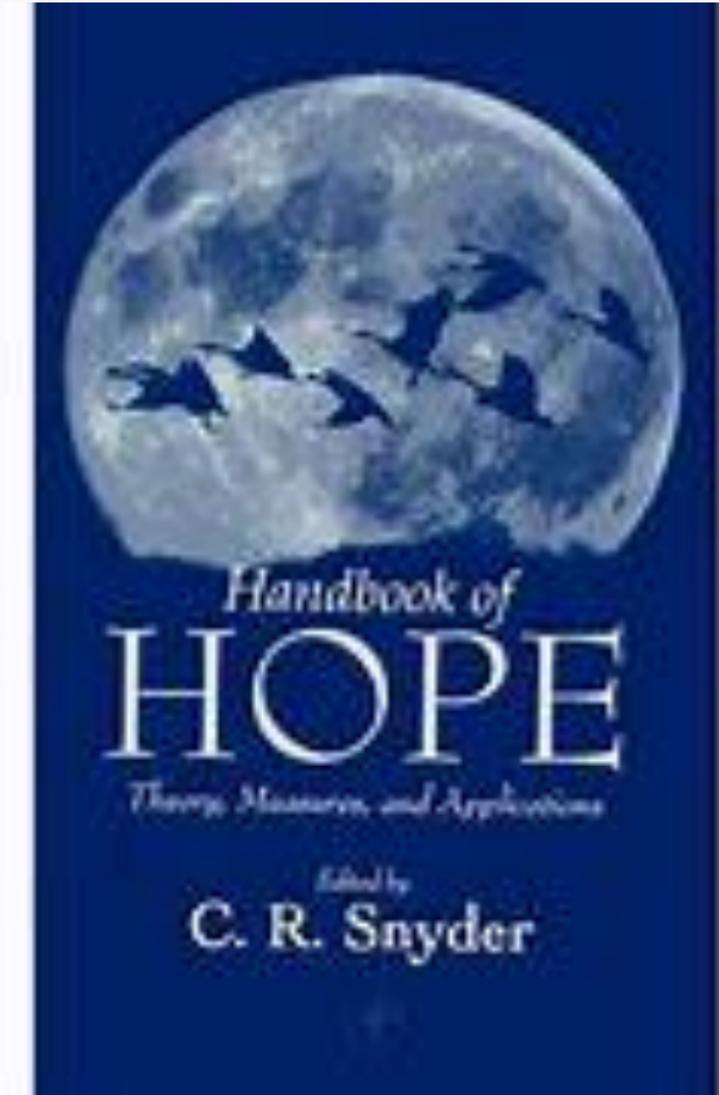
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Exploring the Research on Hope

Investing in the future pays off today!

- A meta-analysis of more than 50 academic studies shows that hope is worth the equivalent of a letter grade in school.
- Hope is also worth the equivalent of one day per week in productivity.



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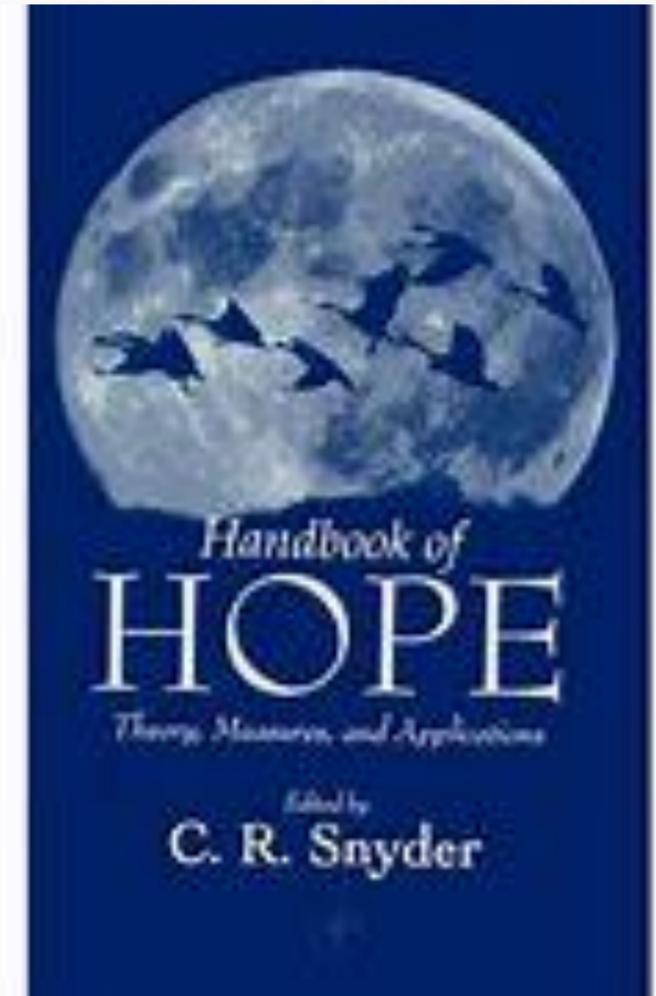
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Exploring the Research on Hope

Hope represents ideas and energy for the future.

Hopeful students are...

- More engaged with school.
- Active goal-setters with good ideas about how to achieve them.
- Able to find ways around obstacles and rely on caring adults and their own strengths to help make their future vision into a reality.





Building Hope: **Ideas** for the Future

Lead students to set goals for the future and establish ways for them to reach their goals.

- Help students practice thinking about the next opportunity to use their strengths or take a step toward the future.
- Ask questions to learn the students' goals for the future.
- Encourage students to practice setting achievable short- and long-term goals across a variety of domains.





Building Hope: **Ideas** for the Future

- Don't assume students know what they do best – help them figure it out.
- Don't assume students know strategies to achieve goals or get good grades – teach them what might work.
- Don't take over – let students make decisions and take ownership.





Building Hope: **Energy** for the Future

Help students leverage internal and external resources to set clear pathways to create the future they dream about.

- Help students learn to talk in positive voices (e.g., “I can...” and “I’ll keep at it...”)
- Share success stories and examples about how students like them have overcome adversity.



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Building Hope: **Energy** for the Future

- Fight the temptation to set rules that primarily make grown-ups' lives easier.
- Instead, start with the student's better future in mind. Implement habits and mindsets that facilitate that better future for our students.



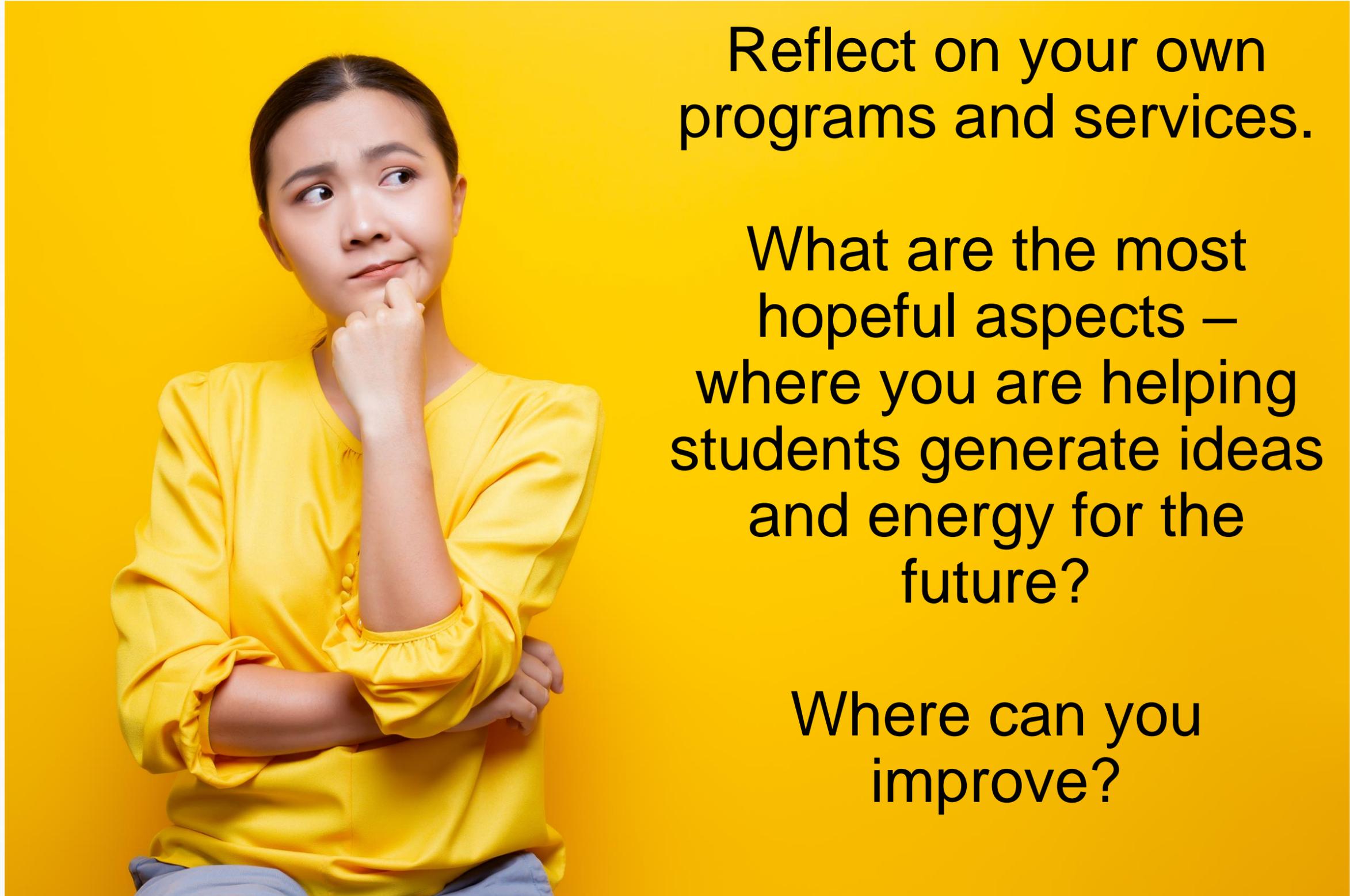
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Reflect on your own programs and services.

What are the most hopeful aspects – where you are helping students generate ideas and energy for the future?

Where can you improve?

10 Hopeful Conversation Starting Questions

1. How were you successful today?
2. What are your hopes and dreams for the future?
3. What goals do you have to help you get there?
4. How can I help you achieve your goals?
5. Who else can help you achieve your goals?
6. What's another way of doing that?
7. Who do you know that has overcome a challenge like that?
8. What jobs are you curious about?
9. What jobs do you find fun and exciting?
10. Who do you want to be like when you grow up?



5 Tips for Successful Hope Building

1. Care. A lot.
2. Be curious.
3. Be patient.
4. Be present.
5. Be positive.



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What are your key takeaways or next steps?

What questions do you have?



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