

Hope Scale

What does this SSW measure address?

This scale measures students' feelings of confidence that they are "doing well", can problem solve, and can be successful in the future.

For use with:

Middle and high school students

Why is it important?

Hope is a major indicator of overall well-being and mental health. Low levels of hope can indicate other mental health needs. Low levels of hope can impede student's academic performance, behavior, and relationships. Use the Hope Scale as a follow up to risk-level SSP scores on future orientation, self-esteem, and social isolation and as a pretest post-test measure for intervention. Depending on the percentage of students with risk-level scores, tier 1, 2 or 3 strategies may be indicated.



Scoring:

Sum the item scores to create a hope scale score. That score will range from 0 to 30 with higher scores indicating a higher sense of hope. You can also interpret each item as an important individual indicator of hope that can be discussed with students.

What do researchers say about the quality of the scale?

A number of studies have found the Children's Hope Scale to have good qualities.

Source:

This measure was developed by Family and Children First Councils.

If you have questions about how to use these scales, contact Natasha K. Bowen at bowen.355@osu.edu

MEASURES FOR PRACTICE

Hope Scale

Please choose the answer for each questions that describes you best.

	None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
1. I think I am doing pretty well.	1	2	3	4	5	6
2. I can think of many ways to get the things in life that are important to me.	1	2	3	4	5	6
3. I am doing just as well as other kids my age.	1	2	3	4	5	6
4. When I have a problem, I can come up with lots of ways to solve it.	1	2	3	4	5	6
5. I think the things I have done in the past will help me in the future.	1	2	3	4	5	6
6. Even when others want to quit, I know I can find ways to solve the problem.	1	2	3	4	5	6