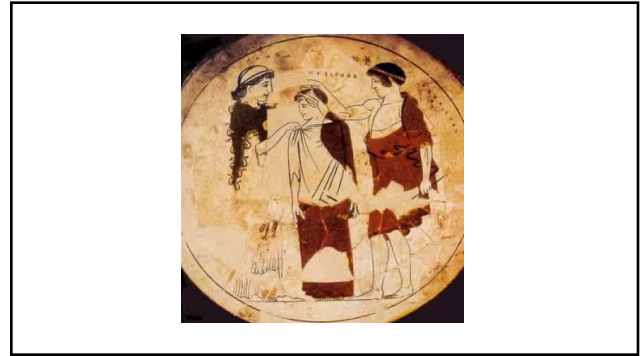




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2

+ A powerless view of hope

A warm, squishy feeling we cling to when we don't know what else to do.

3

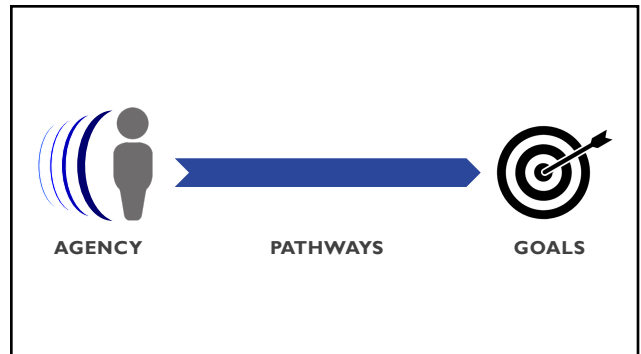


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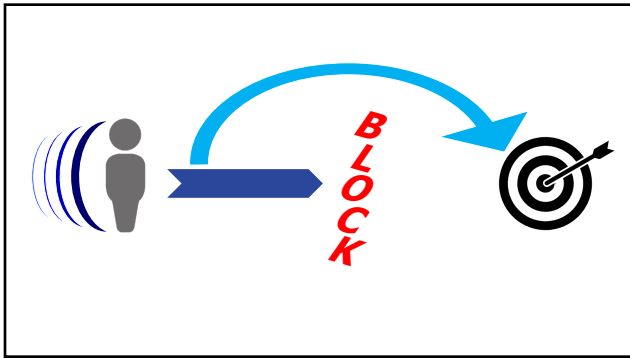
+ Defining and Measuring Hope

- Importance of operationalizing hope and careful measurement.
 - Snyder's (1991) "Hope Theory" model.
 - Almost 30 years of social science research.
 - Valid and reliable measures, including the Adult Hope Scale (AHS).
- Hope defined by three inter-related components:
 - Goals
 - Pathways
 - Agency

5



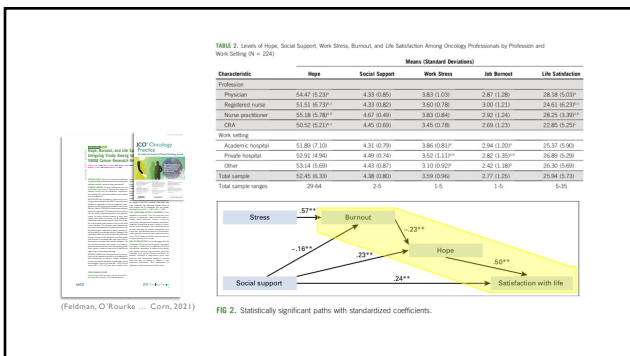
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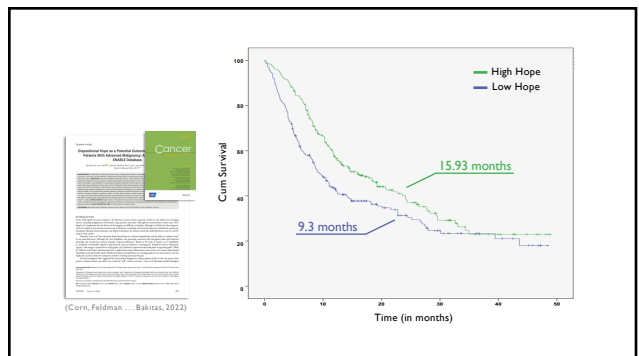
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+ Profound Slide

Hope is good.

11

J Happiness Stud (2012) 13:745–759
DOI 10.1007/s10902-011-9292-4

RESEARCH PAPER

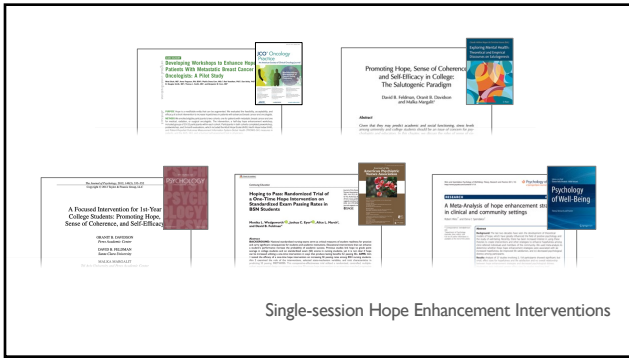
Can Hope be Changed in 90 Minutes? Testing the Efficacy of a Single-Session Goal-Pursuit Intervention for College Students

David B. Feldman · Diane E. Dreher

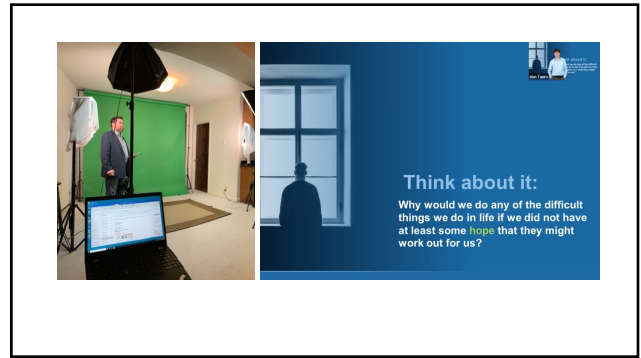
Published online: 31 August 2011
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Single-session Hope Enhancement Interventions

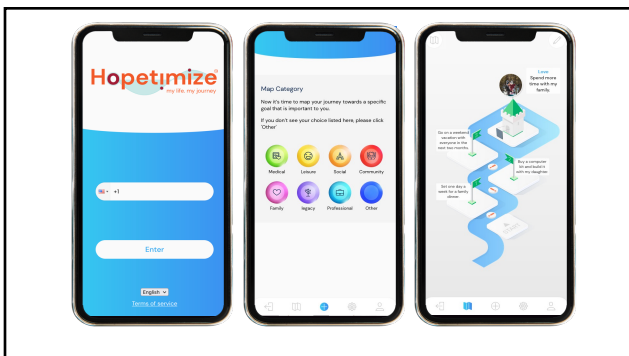
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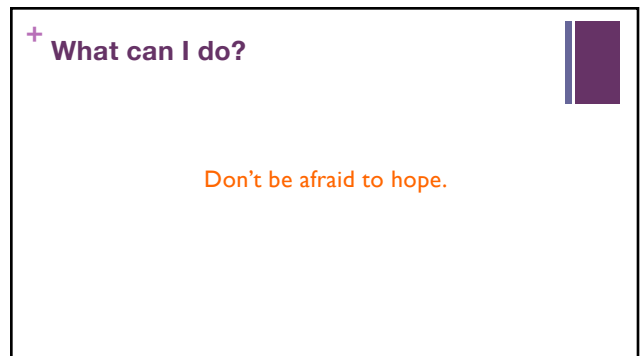
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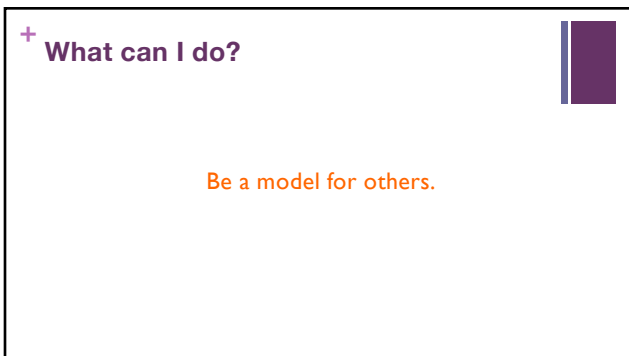
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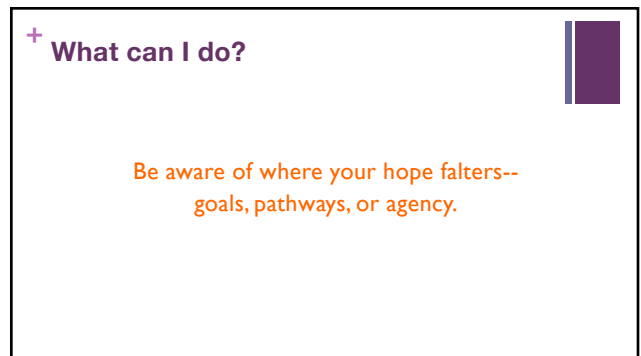
15



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+ What can I do?

Be honest.
Hope is grounded in reality.



19

+ In all of our dealings,
small interactions can create a
Culture of Hope.

20

+ THANK YOU!



21