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Hope in Learning

Missouri Association of
Secondary School Principals

School Wellness Symposium
November 17-18, 2019

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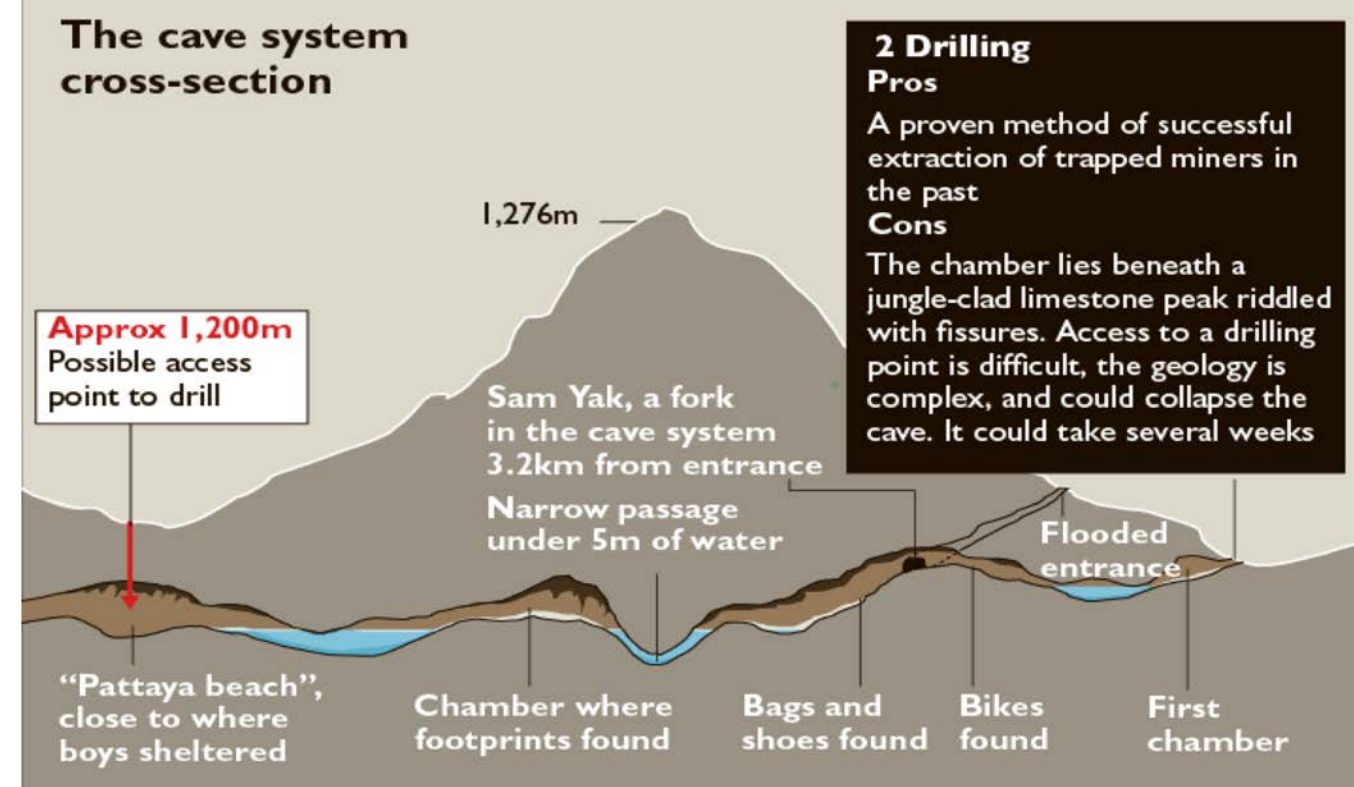
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Tham Luang Cave Rescue in Thailand, 2018







What words do you associate with HOPE?

Read the Room

1. What resonates with your current thinking about hope?
2. What is surprising to you?



Instilling Hope in Students



1

Hear stories and read books about how others have succeeded or overcome challenges.

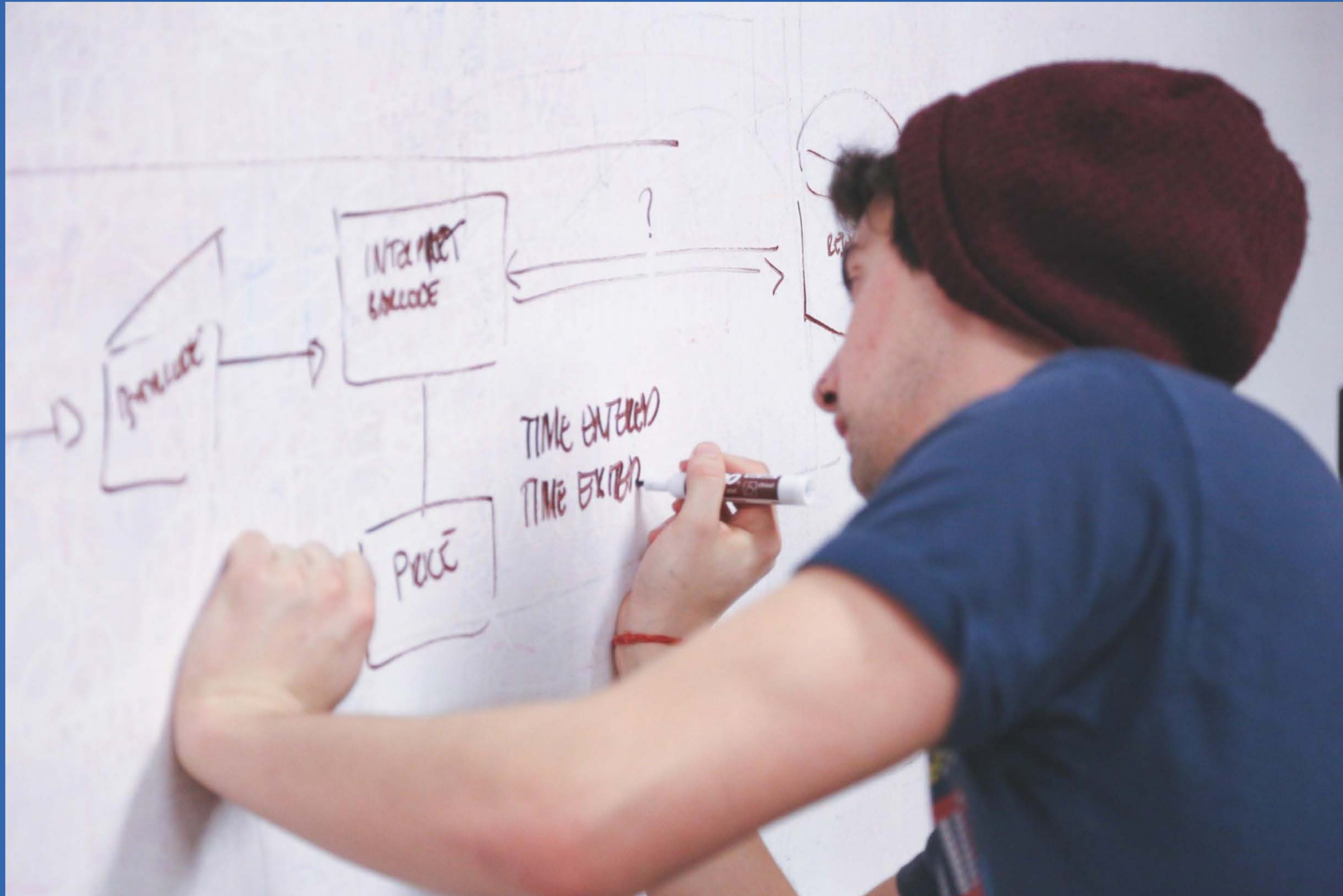
Instilling Hope in Students



2

Stay positive during adverse times and monitor self talk.

Instilling Hope in Students



3

Set clear
attainable
goals.

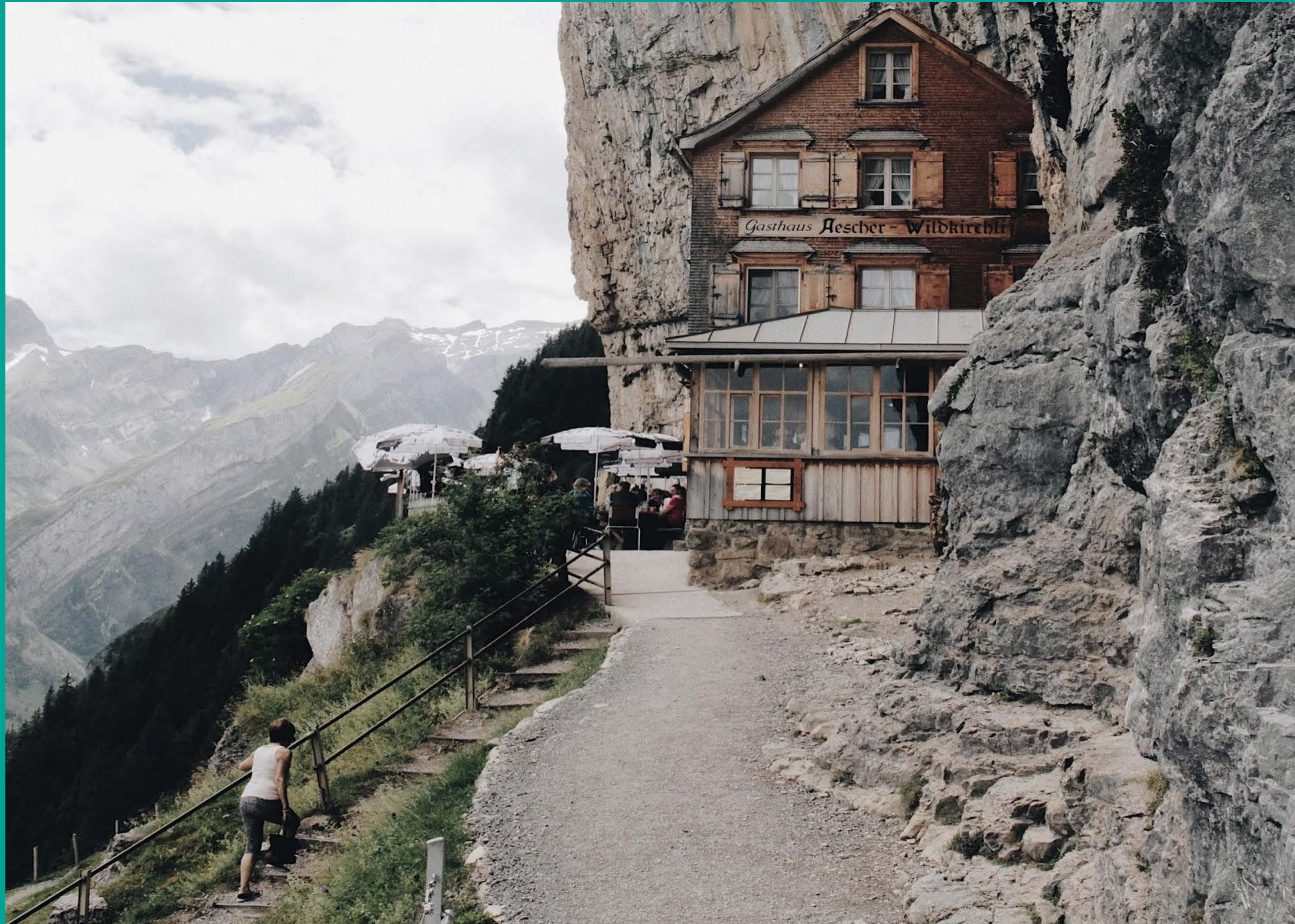
Instilling Hope in Students



4

Stay motivated
to attain goals
when things get
tough.

Instilling Hope in Students

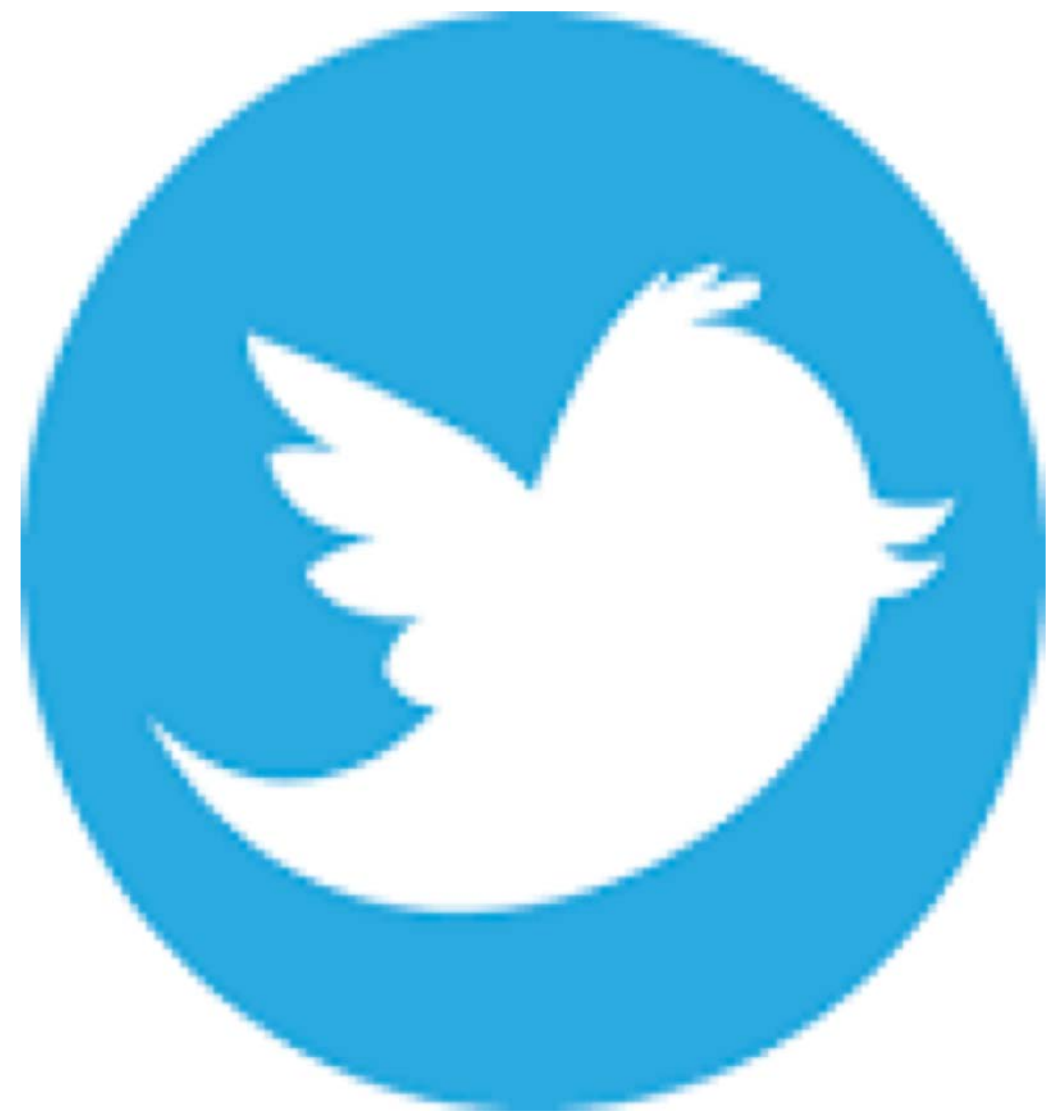


5

Don't perceive roadblocks as a lack of ability, find an alternative.

What will you do to be a dispenser of hope for the students you serve?

Let's Stay Connected!



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Grow Your PLN!

#AchieveIT Twitter Chat

Join us for our next Twitter Chat...

The 1st Wednesday of every month

8pm EST

Visit venolamason.com/achieveit for how to join & archives!



Remember to use

#AchieveIT

Venola Mason & Kristin Gainer
@masonvenola @kgainerteacher

Free Resources to Continue Your Professional Learning Journey

Visit learn.hmhco.com/MoASSP-Wellness to explore:

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- Articles
- Downloadable posters
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Thank you!



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“Helping our students cultivate **hope** might be one of the most important things we do for them. Not only will it help them to get more As in the short run; it’ll give them the confidence and creativity to reach their long term goals in school and in life.”

- Vicki Zakrzewski

Percentages for lesbian, gay, or bisexual students that experienced persistent feelings of **sadness or hopelessness** (63.0%) and students not sure of their sexual identity with **hopelessness** (46.4%) as compared to heterosexual students percentages (27.5%)

- Center for Disease Control, 2018

Higher **hope** has been positively related to superior athletic (and academic) performances among student athletes, even after statistically controlling for variance related to their natural athletic abilities.

- e.g., Curry, Maniar, Sondag, & Sandstedt, 1999

“The ability to instill **hope** in others requires that you truly care about the people involved and the work you are doing. The work has to matter to you and so do the people. If you want others to care and put their hearts into something that is hard or daunting then you have to care.”

- Susan Mazza



Hope predicts academic achievement, and the predictive power of **hope** remains significant even when controlling for intelligence, prior grades, self-esteem, personality, and college entrance examination scores such as high school GPA and ACT/SAT.

- e.g., Gallagher & Lopez, 2008; Snyder et al., 1991; Snyder et al., 2002; Snyder et al., 2002; Day, Hanson, Maltby, Proctor, & Wood, 2010; e.g., Snyder, Cheavens, & Simpson, 1997; and Gallagher & Lopez, 2008; Snyder et al., 2002

“Children tend to give up **hope** the minute they see that success is unattainable. There are a number of ways to keep success attainable for all students. The most important is never failing a student who shows that he is trying. It's far better to help a student feel that he hasn't yet learned something than that he's failed at trying. If a student demonstrates effort and fails, what more can you ask them to do?”

- Richard Curwin



Hopelessness is the leading predictor of suicide, and more closely associated with suicide than depression. “Hope is the bedrock of getting out of suicidal states,” says Jon G. Allen.

- The Menninger Clinic (APA, 2013)

Hope is associated with many positive outcomes, including greater happiness, better academic achievement and even lowered risk of death. It's a necessary ingredient for getting through tough times, of course, but also for meeting everyday goals. Everyone benefits from having **hope** — and psychologists' research suggests almost anyone can be taught to be more **hopeful**.

- Kirstein Weir

“They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to **hope** for.”

- Tom Bodett

“You may not always have a comfortable life, and you will not always be able to solve all of the world’s problems at once, but don’t ever underestimate the importance you can have. Because history has shown us that courage can be contagious, and **hope** can take on a life of its own.”

- Michelle Obama