Embedding Hope in a First Year Experience Course

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It’s all about Perspective
The Theoretical Perspective
The Student Perspective
The Academic Perspective

* 0.05 GPA increase for each unit increase in hope – Mean = 52
The Point

Increase in hope score =
Increase in college success =
Increased benefit to society and passing on high hope to children (Snyder, 2000)

By increasing hope scores in adults, you are giving them the power in the prime time of their lives to make a difference in society, shaping it for the future.