A hand is shown from the bottom, holding a glowing, golden orb. The background is a soft, out-of-focus sunset or sunrise with warm, golden light. The overall mood is hopeful and uplifting.

# The HOPE Connection

Shauna F. King, Ed.S.

November 4, 2022

PPW Conference

[www.classroomsofhope.com](http://www.classroomsofhope.com)

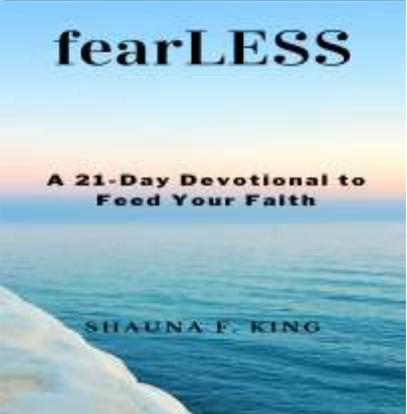
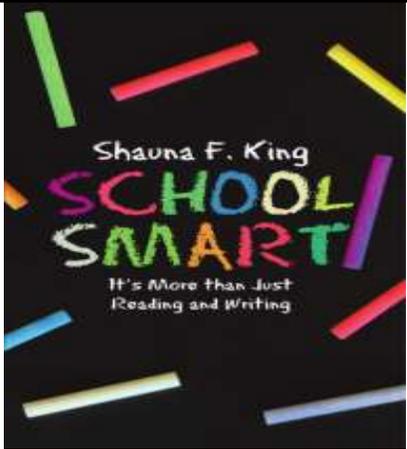
## 2 BIG Takeaways

- Define HOPE
- 4 Actionable strategies to foster HOPE to improve outcomes for children



# Quiz (Truth or Myth)

1. Humans are hard wired to connect with each other.
2. Stress impairs memory.
3. Dwelling on stressful events increases inflammation in the body.
4. The brain's main purpose is to get smarter at surviving and thriving in life.
5. There is no scientific evidence to demonstrate the impact of hope.



## About Your Presenter

- Wife, Mother, Sister, Friend
- Science/Health Educator (Grades 5-12)
- Principal (PreK-6)
- Adjunct Faculty
- Equity & School Climate Consultant
- Author
- Music Lover, Line Dancer & Bad Singer
- Lifelong Learner
- HOPE Dealer

[www.classroomsofhope.com](http://www.classroomsofhope.com)

[shaunafking@gmail.com](mailto:shaunafking@gmail.com)

Twitter@shaunafking

# Snyder's Theory of Hope

- There is a long-established, measurable science around hope.
- The evidence is convincing that **hope buffers stress and adversity, predicts important outcomes, and can be learned and sustained.**
- These findings are consistent for both adults and children demonstrating that **hope mitigates the negative effects of trauma.**
- There are approximately 2,000 published studies investigating hope.

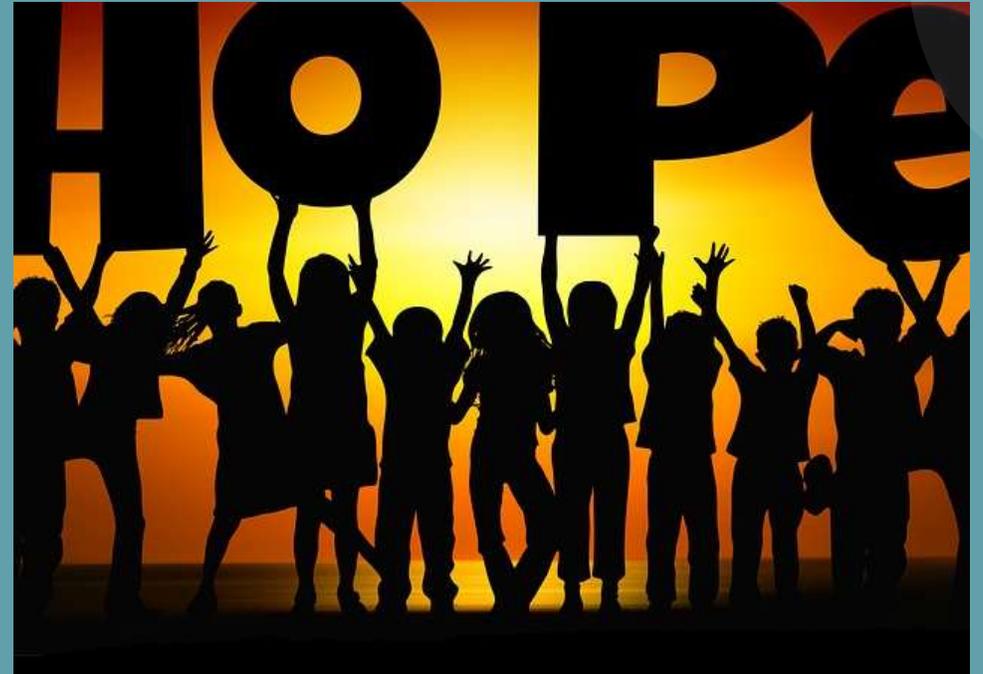


**HOW WOULD YOU  
DEFINE HOPE?**

# HOPE DEFINED

Hope is the belief that your future can be brighter and better than your past and that you have a role to play in making it better.

Casey Gwinn, J. D., & Hellman, C. (2018). *Hope rising: How the science of hope can change your life*. Morgan James Publishing.



## Hope

*The degree to which you experience hope is shaped by two factors. These are your:*

### *Will Power*

*Your will to shape your future.*

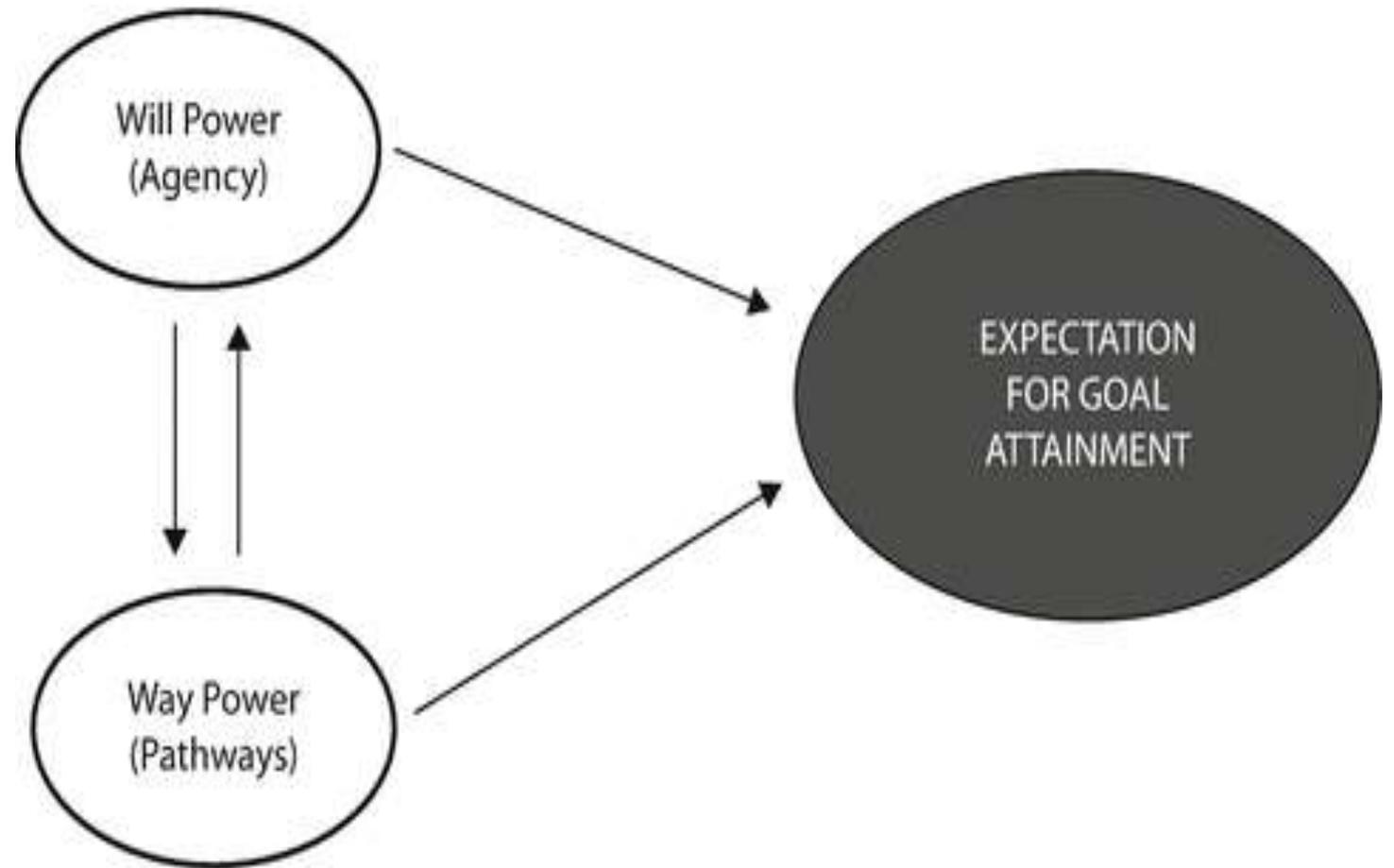


### *Way Power*

*Your ability to see ways to shape your future.*



# The Science of HOPE



Both pathways and agency are required for hope...agency without pathways is more likely a wish!

What Has Impacted Our HOPE?

# The H.O.P.E. Connection

High Expectations

Optimistic Mindsets

Positive Home School Relationships

Emotional and Social Supports

High  
Expectations



High Levels of  
Support

# High Expectations Changing Our Perspective

*“How can we move from feeling defeated, helpless, and hopeless in our beliefs about students experiencing trauma, violence, and chronic stress to being lighthouses of hope, high expectations, and appreciation of our students' and their families' inherent strengths?”*

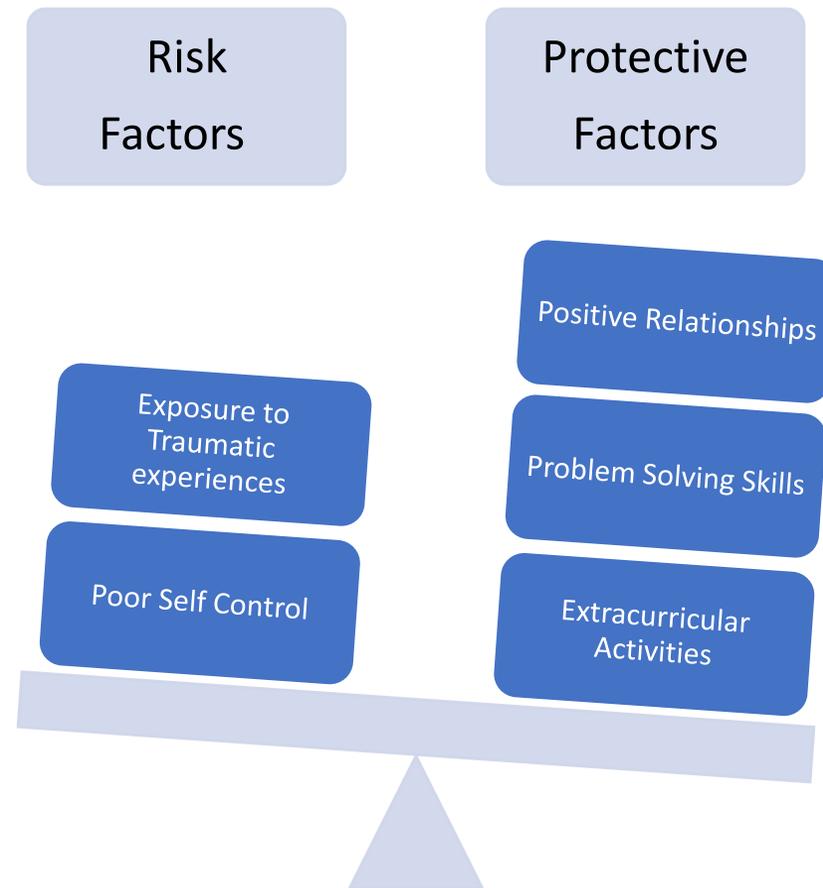
Pediatrician and professor of pediatrics at Children's Hospital of Philadelphia, and director of youth services at Covenant House Pennsylvania, Kenneth Ginsberg believes that **our students are "not broken" despite the many odds that they face.**

We must look at our students in a different way so that we can see their many strengths and assets and tap into their natural resilience to improve their outcomes in school and beyond.

→ **Example:** Chronically ill children and their families – consider the strengths that they possess despite the effect that illness has upon them.



# Build Hope by reducing risk factors and enhancing protective factors



# The H.O.P.E. Connection

High Expectations

Optimistic Mindsets

Positive Home School Relationships

Emotional and Social Supports

# “How Does Our System Grow These Four Student Mindsets?”

“I belong in this academic community”

---

“My ability and competence grow with my effort.”

---

---

“I can succeed at this.”

---

---

“This work has value for me.”

---

---



# Hope is a Powerful Emotional State

- The state is one of positive expectation. It requires a positive picture or voice of a good outcome in your brain to create the feeling.
- *Hope occurs when you purposefully place optimistic and compelling, believable outcomes of a better future in your head.*
- Say things like, “When you graduate...” not “If you graduate.” Or, “With an extra half hour of effort, you should be able to finish that off.”

# The H.O.P.E. Connection

High Expectations

Optimistic Mindsets

Positive Home School Relationships

Emotional and Social Supports

# Why is it important?

Home-School partnerships are predictive of:

- increased academic performance (higher grades and test scores)
- increased homework completion rates
- better work habits
- more consistent school attendance
- reduced drop-out rates
- school completion or increased graduation rates and higher postsecondary education enrollment
- socioemotional benefits (better social skills and reduced discipline issues)
- decrease in negative behaviors such as alcohol and drug use and violence
- increase in positive attitudes (especially towards learning) and behaviors
- greater connections between home and school

# Positive Home/School Partnership Guiding Beliefs

- All parents have dreams for their children and want the best for them.
- All parents have the capacity to support their children's learning.
- Parents and school staff should be equal partners.

Henderson, A.T. et al. (2007) *Beyond the bake sale: The essential guide to family-school partnerships*

# The H.O.P.E. Connection

High Expectations

Optimistic Mindsets

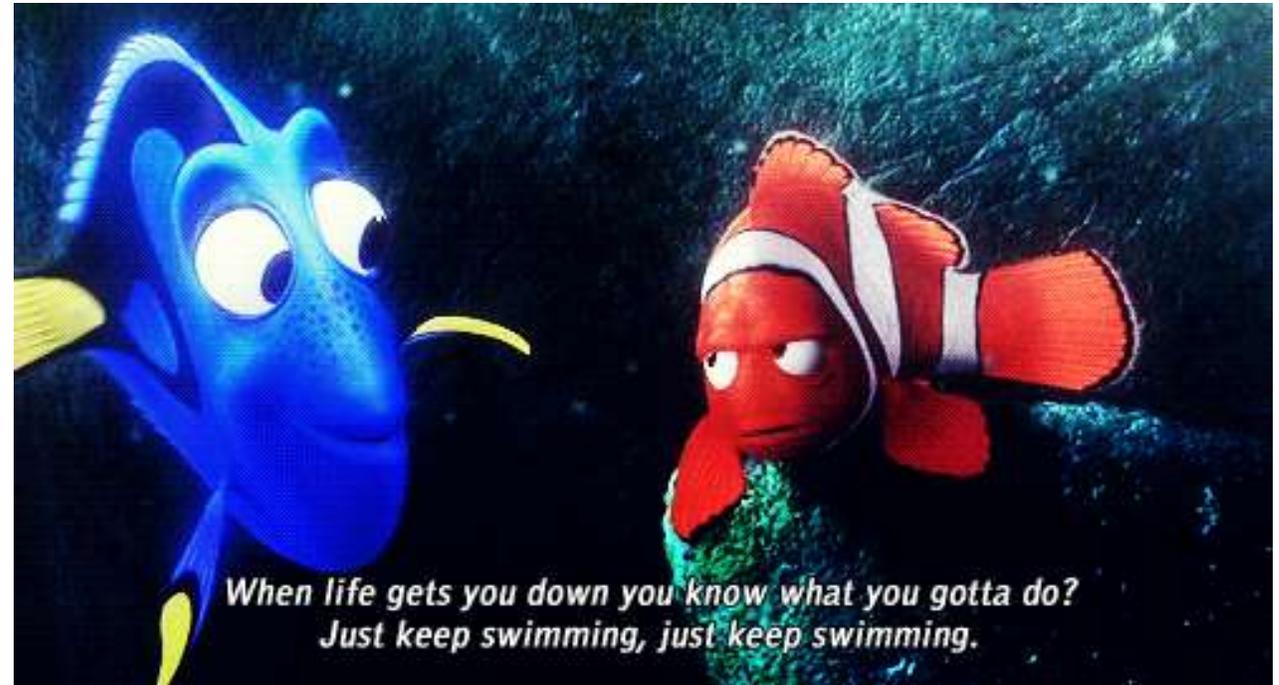
Positive Home School Relationships

Emotional and Social Supports

# Resilience

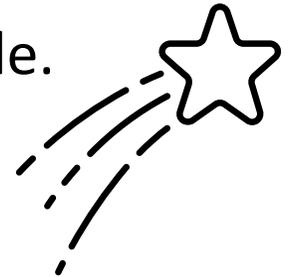
**Resilience -- the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress.**

Resilience can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress.

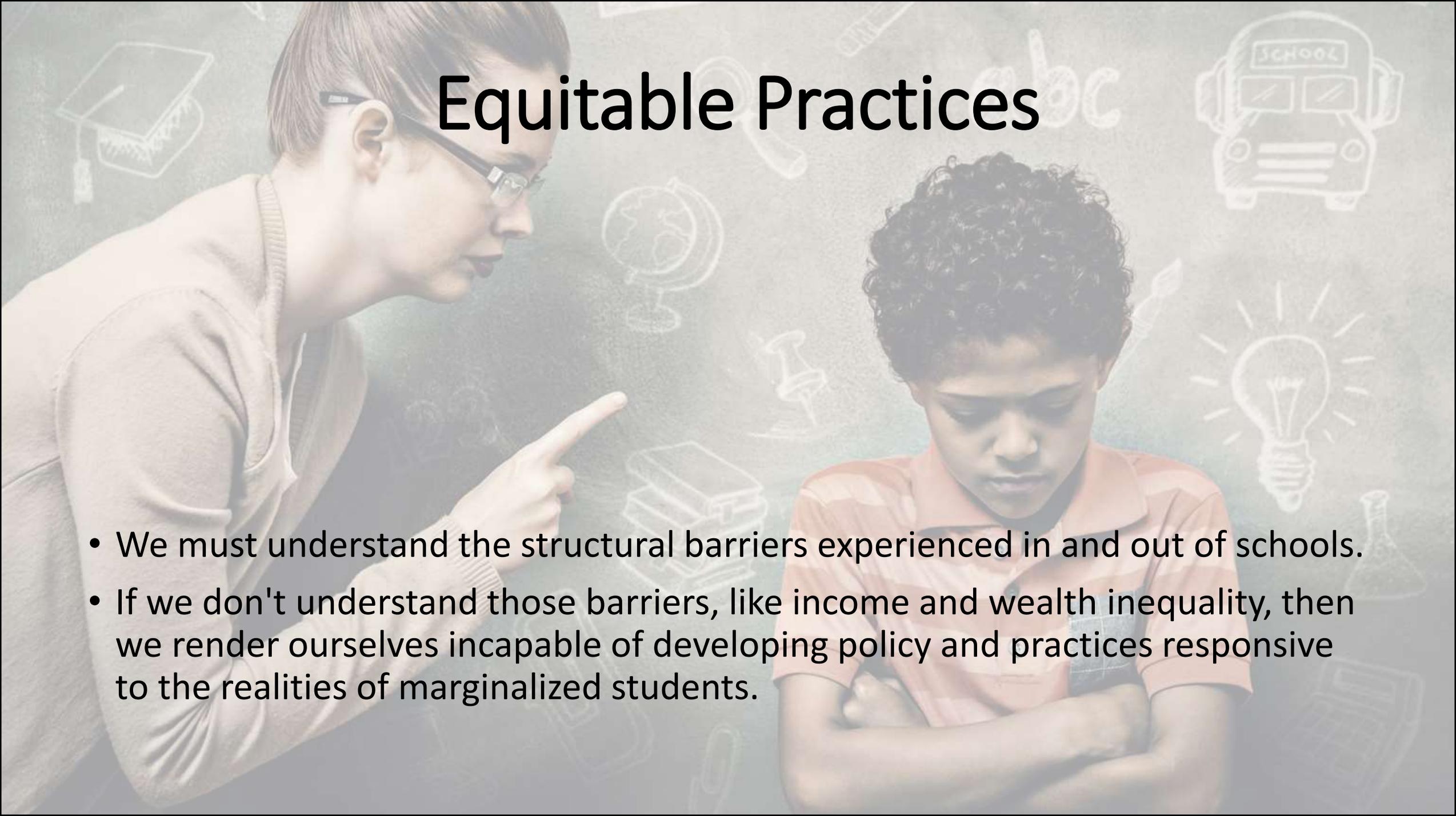


# Emotional and Social Support Trauma Recovery and Hope

- We don't just want trauma-survivors to bounce back from adversity, we want them to move forward in their lives with new goals, supportive relationships, and the abilities to overcome obstacles and barriers in achieving their dreams.
- In every published study of hope, **hope is the single best predictor of well-being** compared to any other measures of trauma recovery.
- Hope is the best predictor of outcomes focused on well-being and a quality of life.
- Hope is the mindset that drives resilient behavior.
- Most importantly: hope is measurable. It is teachable. And it is cultivable.



# Equitable Practices

The image shows a female teacher with glasses leaning over a desk, pointing her finger towards a young male student with curly hair who has his arms crossed and a somber expression. The background is a chalkboard with various white chalk-drawn icons: a graduation cap, a globe, a school bus with 'SCHOOL' written on it, a lightbulb, a stack of books, a pushpin, a pencil, and a beaker.

- We must understand the structural barriers experienced in and out of schools.
- If we don't understand those barriers, like income and wealth inequality, then we render ourselves incapable of developing policy and practices responsive to the realities of marginalized students.



# Marian Wright Edelman Children's Defense Fund

**Education, Equity, & Empowerment**

## 5 Preventive Investments

Hea\_\_y Start

He\_\_d Start

Fa\_r Start

Sa\_e Start

Mo\_\_l Start

State of America's Children Community Survey

Children's Defense Fund (2017). *State of America's Children American Community Survey 5-year estimates*.  
<http://www.childrensdefense.org/library/state-of-americas-children>

John was raised in Brooklyn, NY. His mom died when he was eight years old and his dad died when he was 12. After moving in with his half brother, he began acting out in school and got expelled his junior year in high school.



**What would you have predicted for him?**

*"A roadmap toward different, and better, lives."*

—GAVIN DE BECKER

New York Times Best Selling Author of *The Gift of Fear*



# HOPE Rising

*How the  
Science of HOPE  
Can Change  
Your Life*

Casey Gwinn, J.D. &  
Chan Hellman, Ph.D.

We can't give hope to our students if we don't have it ourselves.

# The H.O.P.E. Connection

High Expectations

Optimistic Mindsets

Positive Home School Relationships

Emotional and Social Supports

# Key Factors that Affirm Hope

1. Supportive Rel\_\_\_\_\_
2. Repeated Suc\_\_\_\_\_
3. Pos\_\_\_\_\_ R\_\_\_\_\_ models
4. Af\_\_\_\_\_ by Authorities
5. Setting and achieving \_\_\_\_\_
6. Compelling personal vi\_\_\_\_\_
7. Perception that it's getting b\_\_\_\_\_
8. Faith and stories of those who've m\_\_\_\_\_ i\_\_\_\_\_
9. Having a vo\_\_\_\_\_ and sharing it
10. Do ser\_\_\_\_\_ wo\_\_\_\_\_





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## Let's Stay In Touch!

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 shaunafking

 shaunafking@gmail.com

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