



National Educator Shortage Summit 2023

ADULT HOPE SCALE

Directions: Using the scale shown below, please complete the eight questions. Read the questions carefully and be sure to answer all them all.

SCALE

Definitely False	1	Slightly True	5
Mostly False	2	Somewhat True	6
Somewhat False	3	Mostly True	7
Slightly False	4	Definitely True	8

1. _____ I can think of many ways to get out of a jam.
2. _____ I energetically pursue my goals.
3. _____ There are lots of ways around any problem.
4. _____ I can think of many ways to get the things in life that are important to me.
5. _____ Even when others get discouraged, I know I can find a way to solve the problem.
6. _____ My past experiences have prepared me well for my future.
7. _____ I've been pretty successful in life.
8. _____ I meet the goals that I set for myself.

Agency (add items 2, 6, 7, 8): _____

Pathways (add items 1, 3, 4, 5): _____

Total Hope Score _____