CHILDREN’S HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **None of the Time** | **A Little of the Time** | **Some of the Time** | **A Lot of the Time** | **Most of the Time** | **All of The Time** |
| **j** | **k** | **l** | **m** | **n** | **o** |

|  |  |  |
| --- | --- | --- |
|  | 1. | I think I am doing pretty well. |
|  |  |  |
|  | 2. | I can think of many ways to get the things in life that are most important to me. |
|  |  |  |
|  | 3. | I am doing just as well as other kids my age. |
|  |  |  |
|  | 4. | When I have a problem, I can come up with lots of ways to solve it. |
|  |  |  |
|  | 5. | I think the things I have done in the past will help me in the future. |
|  |  |  |
|  | 6. | Even when others want to quit, I know that I can find ways to solve the problem. |

**Scoring Hope: Total Hope Scores range from a low of 6 to high of 36.**

|  |  |  |
| --- | --- | --- |
| Pathways Score: | Add items 2, 4, and 6 |  |
|  |  |  |
| Willpower Score: | Add items 1, 3, and 5 |  |
|  |  |  |
| Total Hope Score: | Add all 6 items. |  |
|  |  |  |

**Grouping Scores Into Categories:**

|  |  |  |
| --- | --- | --- |
| **Category:** |  | **Total Hope** **Score Range** |
|  Low Hope |  | 6 to 12 |
|  Slight Hope |  | 13 to 23 |
|  Moderate Hope |  | 24 to 29 |
|  High Hope |  | 30 to 36 |

Snyder, C. R., Hoza, B., Pelham, W. E., Rapoff, M., Ware, L., Danovsky, M., ... & Stahl, K. J. , (1997). The development and validation of the Children’s Hope Scale. *Journal of Pediatric Psychology*, 22, 399–421.