

How Hope and Mindset Impact College Success

Hope

Hope in the academic context “reflects individual’s perceptions regarding their capacity to (1) clearly conceptualize **goals**, (2) develop the specific strategies to reach those goals (**pathways** thinking), and (3) initiate and sustain the motivation for using those strategies (**agency** thinking)” (Snyder, C. R., et. al, 2003).

$$\text{Hope} = \text{agency} + \text{pathways} \rightarrow \text{goals*}$$

Goals

Setting **specific** and **challenging** goals motivates people to take action to start on a pathway toward achieving those goals (Halvorson, H. G., 2010).

Agency

Recognizing that you have the capability and responsibility to start moving towards your goals gives you agency.

Pathways

As you move toward your goals, you need to know how to get there (specific action steps) or how to find the resources, tools, and strategies to help you get there. Pathways thinking also involves finding ways around obstacles that you encounter as you move toward your goals.

Snyder, C. R., Shane J. Lopez, Hal S. Shorey, Kevin L. Rand, and David B. Feldman. "Hope Theory, Measurements, and Applications to School Psychology." *School Psychology Quarterly* 18.2 (2003): 122-39. Print.

Halvorson, Heidi Grant-. *Succeed: How We Can Reach Our Goals*. New York, NY: Hudson Street, 2011. Print.

Mindset

Your mindset is determined by how you think about your basic qualities (intelligence, talent, character, athleticism, etc.). If you believe these qualities don't really change much, then that belief tends to lead to a **'fixed' mindset**. If you believe these qualities can change with the right amount of effort, practice, process, knowledge, and strategy, then that belief tends to lead to a **'growth' mindset**. Many people may have a growth mindset in one area of their life and a fixed mindset in another area. Research has shown that people who approach a goal with a growth mindset are much more successful and happy in the long-term perspective.

How are mindsets formed?

Mindsets are formed out of our experiences and responses to praise, reward, failure, and our environment as they are filtered through our personalities. When we are praised for being smart or talented as natural, then we can sometimes begin to believe that our value as a person is directly tied to being 'naturally' smart or talented. We can then falsely make the assumption that success is directly related to natural intelligence or talent instead of hard work, practice, strategy, and growth.

Can you change your mindset?

Mindsets are based on our basic beliefs about ourselves and learning, so we have the ability to change our beliefs and, as a result, our actions change as well.

From *Mindset: The New Psychology of Success* by Carol Dweck (2006)

Setting Goals to Succeed



SMART goal: _____

Actions I need to take soon

When/Where

- 1.
- 2.

Actions I need to take in the next few weeks

Reward

- 1.
- 2.

Actions I need to take in the next few months

- 1.
- 2.



Obstacle 1 :

Obstacle 2 :

Obstacle 3 :

Resources:

People:

Strategies:

Resources:

People:

Strategies:

Resources:

People:

Strategies:

Reflection of Past Success



What obstacles did you have to overcome in your journey to succeed?



How did you overcome those obstacles (resources, strategies, people)?

What did you learn from responding to/overcoming these obstacles?

How did you feel when you overcame these obstacles and reached your goal?



How can you apply this previous success in achieving a new challenge you are pursuing now or in the near future? _____

Hope/Mindset Matrix



Changing Mindsets/Hope – Strategies

My Hope/Mindset

- Learn to hear your low hope/fixed mindset scripts and reframe them in high hope/growth mindset ways.
- Demonstrate belief in your own capabilities
- Reflect on how you've overcome past obstacles
- Become aware of and develop your strengths
- Take on new challenges with a growth mindset
- Receive feedback thoughtfully
- Learn from mistakes/failures and find ways to make them opportunities for growth
- Other:

Classmates/Co-workers/Friends

- Be available and be an empathetic listener – redirect low hope/fixed mindset statements and attitudes towards high hope/growth mindset thinking.
- Model a high hope/growth mindset to others when starting projects, tasks, etc.
- Set challenging goals together
- Anticipate potential obstacles and plan pathways to overcome those potential obstacles together
- Share how you have overcome obstacles in an area the other person is struggling with
- Help others recall past experiences where they have overcome obstacles
- Other:

Becoming a Hopeful Leader

- Frame feedback and direction in constructive/positive ways and make it specific
- Find ways to praise and reward others for using appropriate strategies, processes, effort, and attitudes
- Coach others through the thinking process necessary to accomplish the task
- Demonstrate your belief in other people's capabilities to complete tasks and achieve goals
- Other:

Be HOPEFUL! Strategies For Success

Harness Your Strengths

- Discover your passions, interests, strengths, and learning strategies
- Examine how you became good at something and apply those strategies to something you're struggling to learn

Overcome Obstacles

- Predict possible difficulties or obstacles you might face and seek out tools, resources, and people who can help you overcome these potential obstacles.
- Think of alternate pathways to achieve your goal.

Plan and Prioritize

- Use planning tools, lists, etc. to help you keep track of and be prepared for due dates, tests, assignments, etc.
- Always keep your goals in mind. Consider ways that your classes and assignments can help you reach your goals.

Embrace the Journey

- Approach learning with a growth mindset
- Remember that learning is a process – enjoy the journey
- Be prepared to work hard
- Learn as much as you can from mistakes

Focus on your Progress

- Track your own progress in your classes
- Look closely at graded work that your instructors hands back to you – make an effort to understand the feedback/grade
- Celebrate your successful completion of tasks, assignments, etc. and see them as one step closer to achieving your goals

Utilize Resources

- Learn about and try new study/organizational strategies
- Find a mentor, tutor, or teacher to guide you in your journey
- Be creative and resourceful. Seek out solutions to any problems you might be facing.
- Use Chaffey's resources to help you achieve your goals (Success Centers, SI, library, financial aid, Career Center, Counseling, health services, etc.)

Live Out Your Dreams

- Find meaningful ways to celebrate your progress and achievement of your goals
- Keep going! Once you've reached a goal, set a new one.