

## Children's Hope Scale

Directions: The six sentences below describe how children think about themselves and how they do things in general. Read each sentence carefully. For each sentence, please think about how you are in most situations. Place a check inside the circle that describes YOU the best. For example, place a check (✓ or x) in the circle (□) above "None of the time," if this describes you. Or, if you are this way "All of the time," check this circle. Please answer every question by putting a check in one of the circles. There are no right or wrong answers.

**1. I think I am doing pretty well.**

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

**2. I can think of many ways to get the things in life that are most important to me.**

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

**3. I am doing just as well as other kids my age.**

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

**4. When I have a problem, I can come up with lots of ways to solve it.**

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

**5. I think the things I have done in the past will help me in the future.**

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

**6. Even when others want to quit, I know that I can find ways to solve the problem.**

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

Notes: When administered to children, this scale is not labeled "The Children's Hope Scale," but is called "Questions About Your Goals." The total Children's Hope Scale score is achieved by adding the responses to the six items, with "None of the time" = 1; "A little of the time" = 2; "Some of the time" = 3; "A lot of the time" = 4; "Most of the time" = 5; and, "All of the time" = 6. The three odd-numbered items tap agency, and the three even-numbered items tap pathways.