Hope is a belief and a feeling that a desired outcome is possible.
WHO IS IN THE ROOM?

- Let’s take a look who is in the room
- Take a look at the top challenges educators are facing today
- Turn to an elbow partner to discuss your reactions to those challenges
WHY ARE TALKING ABOUT THESE CHALLENGES?

**Which barriers most affect your students’ academic success?**

- **Family stress**: 76%
- **Poverty**: 63%
- **Learning and psychological problems**: 52%
- **English language challenges**: 24%
- **Substance abuse**: 11%
- **Bullying**: 9%
- **Inadequate nutrition**: 4%
- **Crime**: 0%
- **Other**: 17%

Respondents were allowed to select more than one answer.

(The Washington Post/Source: Scholastic Inc.)
The gap between the rich and the poor is increasing at a dramatic rate. The U.S. now has the largest income gap between rich and poor of any developed nation in the world.
Kids from poverty are sometimes different

Brains adapt to suboptimal conditions

But brains can and do change every day

Students can change, if you change first

You’ll have to let go of every single excuse you’ve ever heard

You can ensure your students graduate
LEARNING OUTCOMES

- Understand the power of relationships on student success
- Take away practical strategies that positively impacts achievement for all students
- Understand the role hope plays in student outcomes
3 COMMON DIFFERENCES

Students from low SES (socio economic status) VS Kids from higher SES (socio economic status)

- Acute/Chronic Stress
- Cognitive Skills
- Emotional Support
STRESS

- Stress (on/off) is healthy for us
- Distress (chronic) is toxic to our brain and body
- Reality: Children from poverty are exposed to:
  1) more intense and longer lasting stressors
  2) have fewer coping skills than their higher SES counterparts
The stress we experience in our reaction to a perceived loss of control over an adverse situation.

Increase the control and our stress goes down.

Decrease the control and our stress goes up.
THE EFFECTS OF CHRONIC STRESS ON STUDENTS

- Greater impulsivity (blurts, talking back, less reflection, more scattered)
- Poor working memory
- Might be either angry or detached
- Academic underperformance
- Inappropriate classroom behaviors
- Less effort put out in class
MAKING CHANGES

Here’s how you help more students graduate:

1. Giving students more control
2. Teach stronger coping skills
3. Teach stress management skills
4. Relationship-building

Four Corners Activity
RELATIONSHIPS CAN LOWER STRESS:

How well do you connect?

Of all the things researchers have discovered about the value of quality relationships, one of the most surprising is that they are strong mediators of stress. Good relationships diffuse stress and make your life easier.
WHAT IS YOUR ROLE AS A LEADER?

CREATE THESE EVERYDAY IN YOUR BUILDING AND CLASSROOMS

- EFFORT
- ATTITUDE
- BEHAVIOR
- CAPACITY
- HOPE
5 MINDSETS FOR SUCCESS

- **Mindset #1: Fierce Urgency**
  (we’re running out of time)

- **Mindset #2: Empathy**
  (not sympathy or indifference)

- **Mindset #3: Brains are Designed to Change**
  (do you know how?)

- **Mindset #4: Teachers**
  (are the single greatest difference maker)

- **Mindset #5: No Excuses**
  (at all)
Cognitive Skill Builders

- Vocabulary taught daily
- Teach subject-specific study skills
- Writing skills taught
- Teach reasoning skills
- Reading skills solid by 3rd grade
- Teach memory skills
Affirmation reinforces the good

Relationships to connect and empathize

Mindset of Growth is the learner’s belief that he/she can change and grow

Feedback to foster effort and growth

Engagement: active, relevant learning

HOPE fuels the pursuit of dreams
BUILDING HOPE
Hope is not an emotion but “the process of thinking about one’s goals, along with the motivation to move toward those goals, and ways to achieve those goals” (Synder, et al., 2002, p.820)
“How much hope and optimism your kids feel at school is more important for boosting achievement than IQ...Without it, all other strategies will fail.”

-Eric Jensen, 2011
HOPE BUILDERS

- Ask for their dream
- Break it down into doable chunks
- Connect their classwork to their dream
- Reinforce their dreams
- Show you believe in them
HELPING STUDENTS DEVELOP HOPE AND OPTIMISM

Four things have a greater impact than money on making people happy:

1. Control over what you’re doing
2. Progress in what you’re pursuing
3. Connections to other people
4. Having purpose and meaning

-Daniel Pink and Eric Jensen
LEADERS MUST BE THE ARCHITECTS OF HOPE

- What is one thing you learned new today?

- What is something you will do different based on your learning today?

- Place your responses on post-it notes