

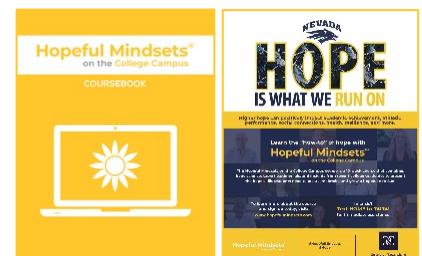
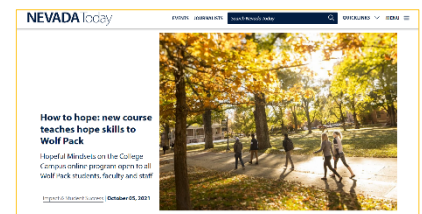
Hopeful Mindsets®

on the College Campus

DID YOU KNOW? HOPE PREDICTS RETENTION (AND IS TEACHABLE).

WHY HOPEFUL MINDSETS?

- **Hope uniquely predicts college retention, a key indicator of school ratings and funding support.** Research has shown that among first-semester college students, hope predicts second-semester enrollment above and beyond high school academic performance. Hope also predicts objective academic achievement above intelligence, personality, or previous academic achievement.
- Hopeful Mindsets teaches students and educators how to proactively manage stress, channel emotions for good, create goals, overcome obstacles, and create a mindset for hope, so no matter what life brings, there is always a way from hopelessness to hope.
- Hopeful Mindsets on the College campus consists of 10 online video and text lessons, guided coursebook reflections, lesson quizzes, a college marketing campaign, and a CANVAS page outline with suggested campus-specific resources. The course combines interviews with hope experts, including experts from Harvard, Stanford, Columbia, and more, stories from college graduates, and Hope Science to introduce critical hope skills.
- Initial research conducted at Arizona State University said approximately 70% of students who took the Hopeful Mindset College course were very or extremely engaged in the course and 50% stated that they were more engaged in the Hopeful Mindset course than any of their other classes. Initial research suggests for hope, the control group showed a decline in hope levels from pre-test to post test and the HM students showed an increase in hope scores.



WHY HOPE?

Hope is a known protective factor against anxiety, depression, addiction, and suicide. Hope impacts all outcomes in life, including academic outcomes, athletic performance, health, and resilience. Hope uniquely predicts if a student will return to campus the following year.

WHY NOW?

Hopelessness is growing at unprecedented rates among youth and adults around the world and is the leading cause of suicide and primary symptom of depression. The JED Foundation found that 63% of college students say their emotional health is worse now than before the COVID-19 pandemic. A high proportion of college students are dealing with anxiety (82%), social isolation and loneliness (68%), depression (63%), and difficulty coping with stress in a healthy way (60%). Our ability to effectively manage and adapt to these times determines our success as a society. Join us today by bringing Hopeful Mindsets to your school and community.

Learn more about Hopeful Mindsets by visiting www.hopefulmindsets.com