

## How You Approach Hope and Optimism

<p>At the start of a typical teaching day, how do you feel about teaching? (Circle one.)</p>	<p>I feel excited and can't wait to start.</p>	<p>I like what I do, but I don't make a difference.</p>	<p>I can't wait to go home at the end of the day.</p>
<p>Describe some of the reasons you feel this way.</p>			
<p>Do you get the sense that your students feel like they can succeed in school and life? (Circle one.)</p>	<p>My students are generally positive and energetic.</p>	<p>Many of my students seem despondent or disinterested.</p>	<p>My students don't want to be there.</p>
<p>How do you think a sense of hopelessness or negativity affects student performance?</p>			
<p>What are some things you currently do (or could try) to help build in students a sense of hope and optimism about their learning and lives?</p>			