

Quick Consolidation: Boost Optimism and Hope

For many students, losing hope means the game is over—students may drop out. I have come to understand why daily optimism and positive energy work so well. It's more than engagement. It's more than a coping tool or happy face in the classroom. Use the positive strategies in this chapter every day, and you'll start seeing and hearing positive students over time. With this firmly in mind, answer the following reflection questions on how you can build more optimism and hope in your classroom.

1. How has your understanding of the importance of hope and optimism changed after reading this chapter?
2. What is a strategy for building optimism you learned about in this chapter that you will use or adopt in your classroom? What is your plan to implement it?
3. What strategy from this chapter will you use or adapt for use in your classroom to build a sense of hope in your students?
4. The next time a student of yours expresses a lack of self-confidence, what will you do to build him or her up?
5. What will you do to learn about and encourage your students' most treasured dreams and ambitions?