

Children's Hope Scale



This hope scale measures children's hope through their perceptions of their ability to reach their goals, as "children are goal directed and . . . their goal-related thoughts can be understood according to two components: agency and pathways" (Snyder et al., 1997, p. 400). Agency is the ability to work towards a goal, and pathways indicates the capacity to find a way towards the goal. The Children's Hope Scale has six items on a 6-point Likert scale and is suitable for children ages 8 to 16. It is free and requires only the proper citations to use. It is reliable and valid, having been extensively tested in schools (Snyder et al., 1997).

Pros for Schools

Wide age range (8-16)
Combines with life satisfaction and gratitude measures for a 3-pronged chronological view of wellbeing: gratitude as past oriented, life satisfaction as present oriented, and hope as future oriented.

Cons for Schools

Available only in English

Suggestions for Further Research

RAND. (2018). Children's Hope Scale (CHS). <https://edtechbooks.org/-ftfM>.

Snyder, C. R., Hoza, B., Pelham, W. E., Rapoff, M., Ware, L., Danovsky, M., Highberger, L., Ribinstein H., & Stahl, K. J. , (1997)[The development and validation of the Children's Hope Scale.](#) *Journal of Pediatric Psychology*, 22(3), 399–421.





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