

Hope longitudinally predicts achievement:

Mediation of cognitive engagement, teacher, and peer support.

THE GIST: In this study we followed 300 students in 9th-11th grade and assessed their hope levels, engagement with teachers and peers, and tracked their grades. We found what's called a "longitudinal mediation effect", meaning kids who feel positively about themselves and their futures were then more likely to engage with supportive peers and interact positively with their teachers, which then led to higher grades a year later, in addition to increased hope.

THE TAKEAWAY: To some extent, the rich get richer when it comes to youth hope. This is not a bad thing. It simply means that early intervention and encouragement of future-thinking and goal-setting will have lasting benefits. Secondly, teachers need all the support they can get, because they catalyze the hope-building process toward youth's relationship and educational success. Good friends are also a plus. What YOU can do: Support teachers. Encourage goal-setting early in the high school career. Focus on relationships in addition grades - because one will naturally lead to the other.