

# Hope levels across adolescence and the transition to high school:

Associations with school stress and achievement.

**THE GIST:** Hope is critically important to educational success and achievement. We examined hope level surveys of 1018 students between 6th and 10th grade and examined the relationship between stress and hope, as well as the relationship between hope and achievement. Overall, transitioning from middle to high school may be a time of less hope for students. Findings support educational practices and policies promoting student hope with the idea that hope can buffer student stress and help students achieve more.

**THE TAKEAWAY:** Moving on to high school can have many new opportunities, challenges, stresses, environments, and expectations. The transition from middle school to high school can be eased with a little hope. Supportive school climates, discussions about future goals, and focused activities regarding agency and pathway thinking can help students find success. This is a crucial time of development where teachers and school staff can help teach and encourage hope, which can help boost the success and well-being of students. We should be open to including hope as one of the skills we teach children. The world changes, and we can help students cope and adapt as it does.