

Good morning,

Before our program begins today, we'd like you to take a brief survey online. The survey questions are listed below with the response choices. To complete the survey, you can use your phone, iPad or laptop. Just open a browser (Chrome, Internet Explorer, FireFox, etc.) and type in: <https://www.surveymonkey.com/r/PJPSSK9>. Yes, it is case sensitive. Or if you have a QR Reader, this code will take you to the survey.



The Adult Trait Hope Scale Survey

Directions: Read each item carefully. Using the scale, please select the number that best describes you.

1. Definitely False
2. Mostly False
3. Somewhat False
4. Slightly False
5. Slightly True
6. Somewhat True
7. Mostly True
8. Definitely True

- ___ 1. I can think of many ways to get out of a jam.
- ___ 2. I energetically pursue my goals.
- ___ 3. There are lots of ways around any problem.
- ___ 4. I can think of many ways to get the things in life that are most important to me.
- ___ 5. Even when others get discouraged, I know I can find a way to solve the problem.
- ___ 6. My past experiences have prepared me well for my future.
- ___ 7. I've been pretty successful in life.
- ___ 8. I meet the goals that I set for myself.

Thank you!