



Well-being

Hope

Learning Activities

Activity 1: Use group discussion method to help students understand ways that hope changes both in nature and in length of future orientation.

1. Divide the class into small groups of 3 to 5 students.
2. Ask groups to be responsible for identifying the role of hope at different points in the illness trajectory.
3. Share the discussion with other groups.

Activity 2: The Herth Hope Scale

1. Ask the students to complete the Herth Hope Scale.
2. Ask students to break into groups of 3-5 students. Use the results of Herth Hope Scale to discuss:
 - Their own level of hope
 - The approach taken to measuring hope
 - The adequacy of this approach

Note: The scale is provided in a separate document named "hearth hope scale.doc." It is automatically copied to your hard drive along with the other MS Word documents when the save button is activated for this TEENL-NE activity.

Activity 3: The Jalowiec Coping Scale

1. Have the students read the information about the Jalowiec Coping Scale.
2. Ask the students break into groups of 3-5 students. Use the information about the Jalowiec Coping Scale to discuss:
 - Their own coping style
 - Whether they use more than one style
 - Whether they can identify types of situations and coping styles

Note: Information about the scale is provided in a separate document named "Jalowiec coping scale.doc." It is automatically copied to your hard drive along with the other MS Word documents when the save button is activated for this TEENL-NE activity.