Hope and Planning Our Outcomes

MC Online/Remote Teaching Summer
Professional Development Institute
May 20, 2020

Thomas C. Bailey, PhD
drbailey0799@gmail.com

Planning and executing plans can be difficult, even more so when we face uncertainties that escape our conscious thoughts. As faculty, our challenges are greater, not only do we have to be prepared, but we also have to help our students in these uncertain times. Let's talk about hope and problem solving - both are cognitive constructs, that can be used together to move forward.

"It never hurts to keep looking for sunshine."

—Eeyore

Hope
"You Can Get There from Here"

* *"Hope is the sum of the mental willpower and waypower that you have for your goals"*

* Mental - cognitive engagement with emotional context

* Willpower - determination and commitment =======> **Agency**

* Waypower - plans and road maps =======> **Pathways**

* Supporting Structures

Agency
Determination and Commitment

* The *"Will"* of the way

* Mental aspects of "willpower"

  * Optimism - a belief of positive outcome

  * Locus of control - self or other

  * Perceived mental ability - can "I" do this

  * Resilience - "good adaptation under extenuating circumstances" - "parsimonious definition...'bouncing back'" after challenges
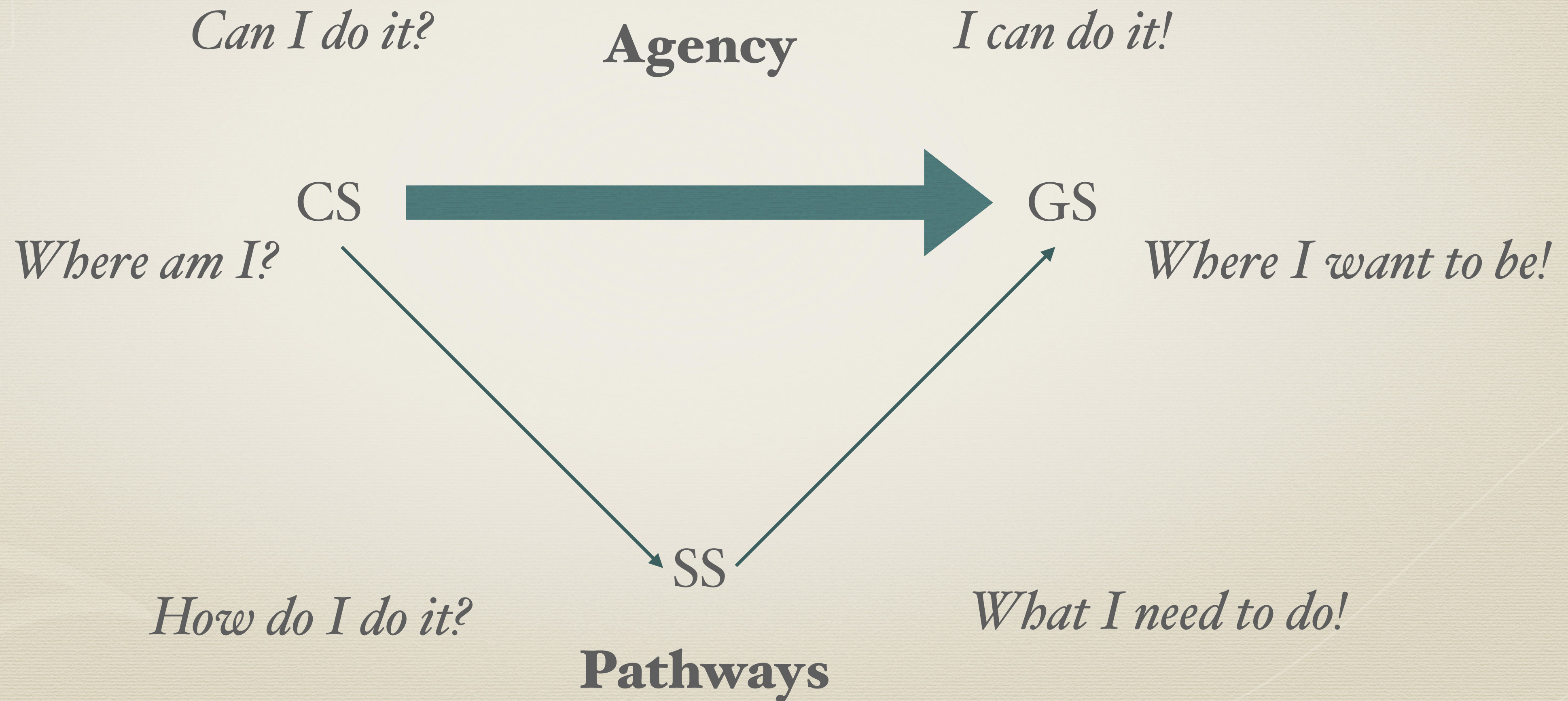
Pathways
Plans and Road Maps

∗ The *"Way"* of the will

∗ Mental aspects of the "waypower"

    ∗ Number of goals - minimizing the maximum

    ∗ Difficulty of goals - layers and levels of achievements

    ∗ Evaluation of way - can "I" go this way

    ∗ Multiple ways - what do I do when one way is blocked

Problem Solving
Engaging the Outcomes

* Define the what and why of the "problem"

* Express and Evaluate Current State (**CS**)

    * Use multiple tools (financial, cognitive, transcript evaluations, unofficial documents, employment history/status)

* Express Goal State (**GS**)

    * **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime based (**SMART**)

* Determine the Solution Set (**SS**)

    * Identify the 'things' you need to do to move from **CS** to **GS**

Hope and Problem Solving

Can I do it? **Agency** *I can do it!*

CS ⟶ GS

Where am I? *Where I want to be!*

SS

How do I do it? *What I need to do!*

Pathways

Moving the Needle

* Current States (**CS**) move

* Goal States (**GS**) may change

* Maintaining "will" requires a continuing effort (**Agency**)

* Identifying "ways" requires a continuing effort (**Pathways**)

* Resilience is necessary (Ability to adjust)
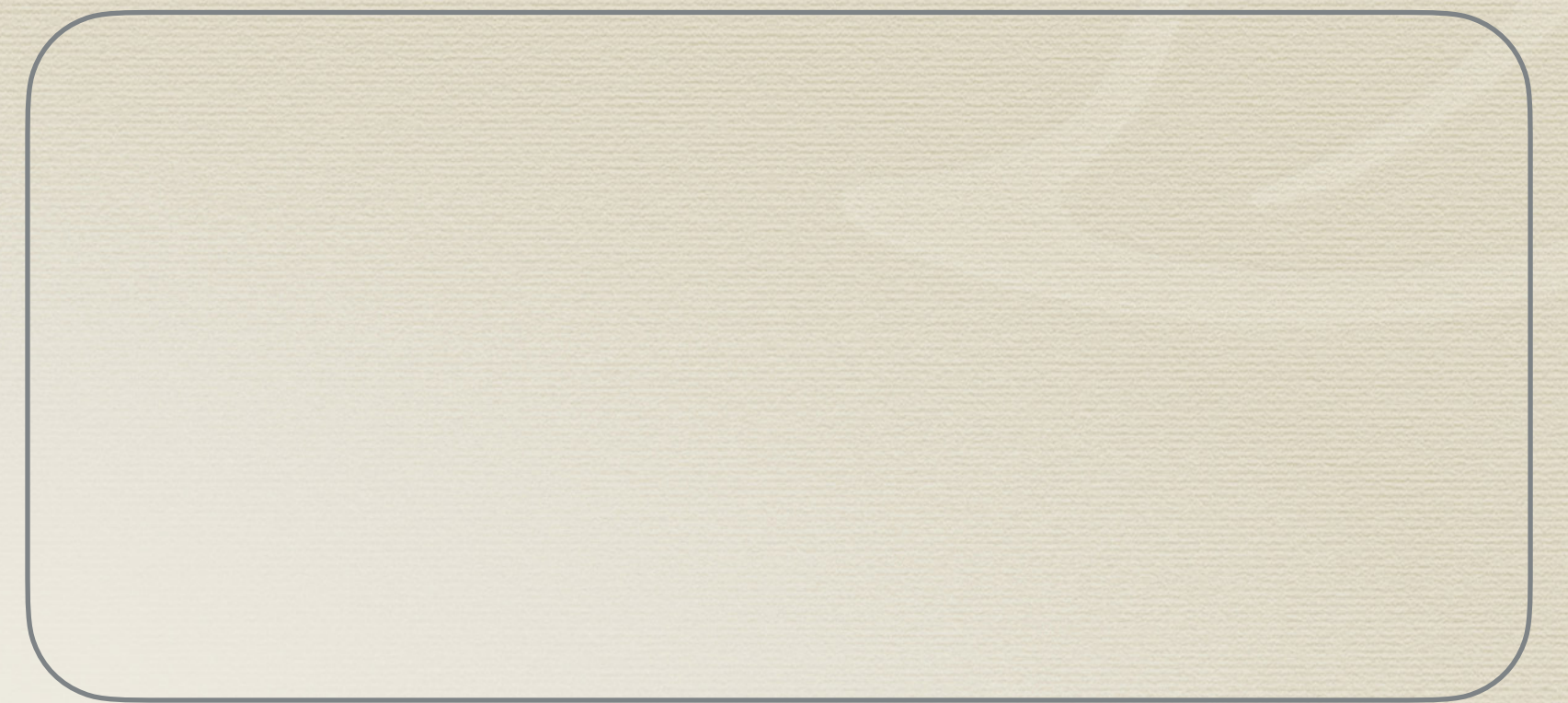
* Support structures can enable or detract

Questions and Reflection

References

* Masten, A.S., & Reed, M-G.J. (2005). Resilience in development. In C.R. Snyder & S.J. Lopez (Eds.), *Handbook of Positive Psychology* (pp. 74-88). Oxford University Press.

* Snyder, C.R. (1994). *The psychology of hope: You can get there from here*. The Free Press.

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Current State
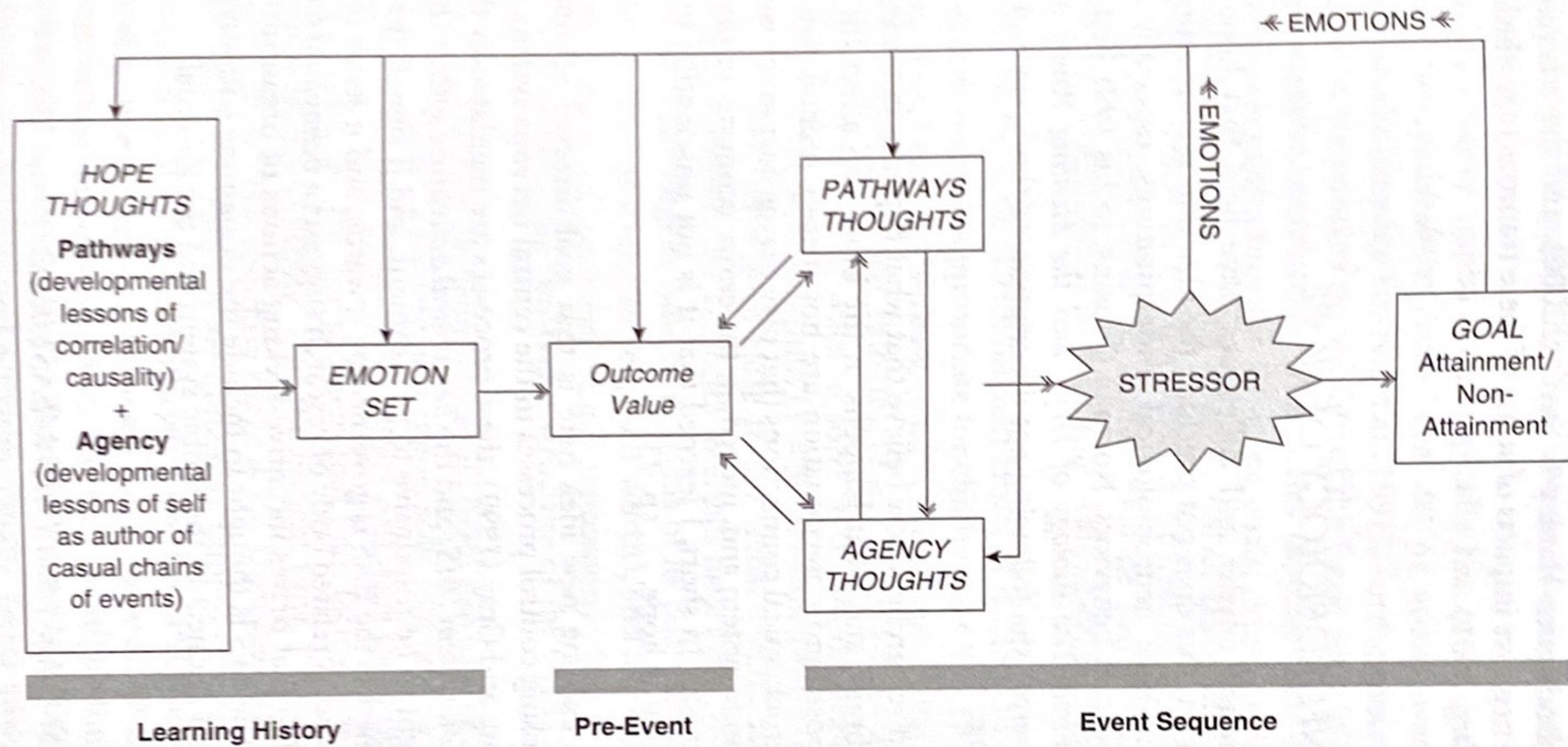
Goal State

What I need to do...

Figure 9.2   The Feedforward and Feedback Functions in Hope Theory