

# Making Ripples: How Hope and Wellbeing Promote Academic Success

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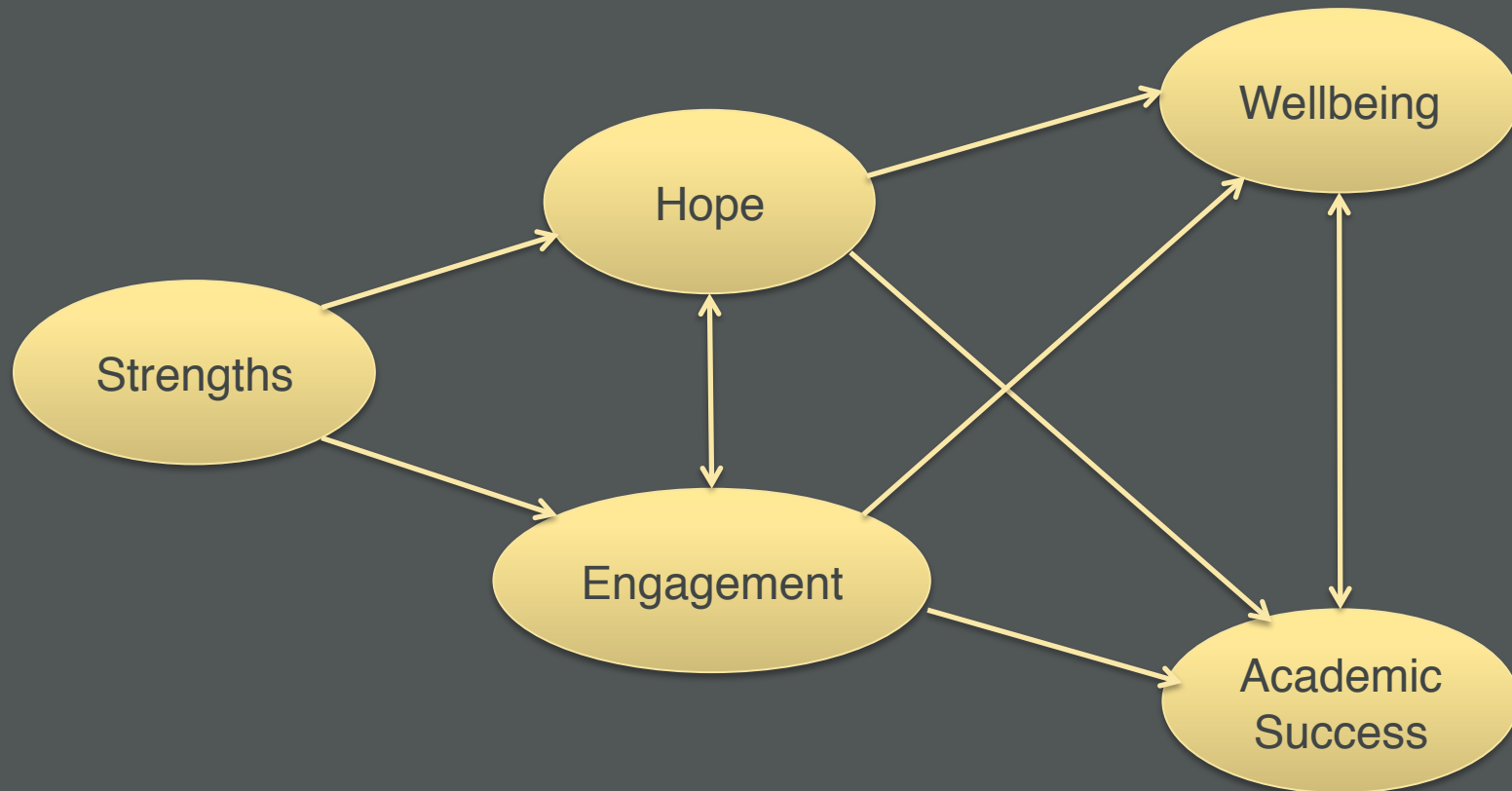
GALLUP

Strengths development leads to hope and engagement which, in turn, lead to wellbeing and academic success.

Hope and engagement work independently and interdependently to produce positive outcomes.

People with high wellbeing have more success than people with low wellbeing. Wellbeing drives success.

# Gallup Student Success Model



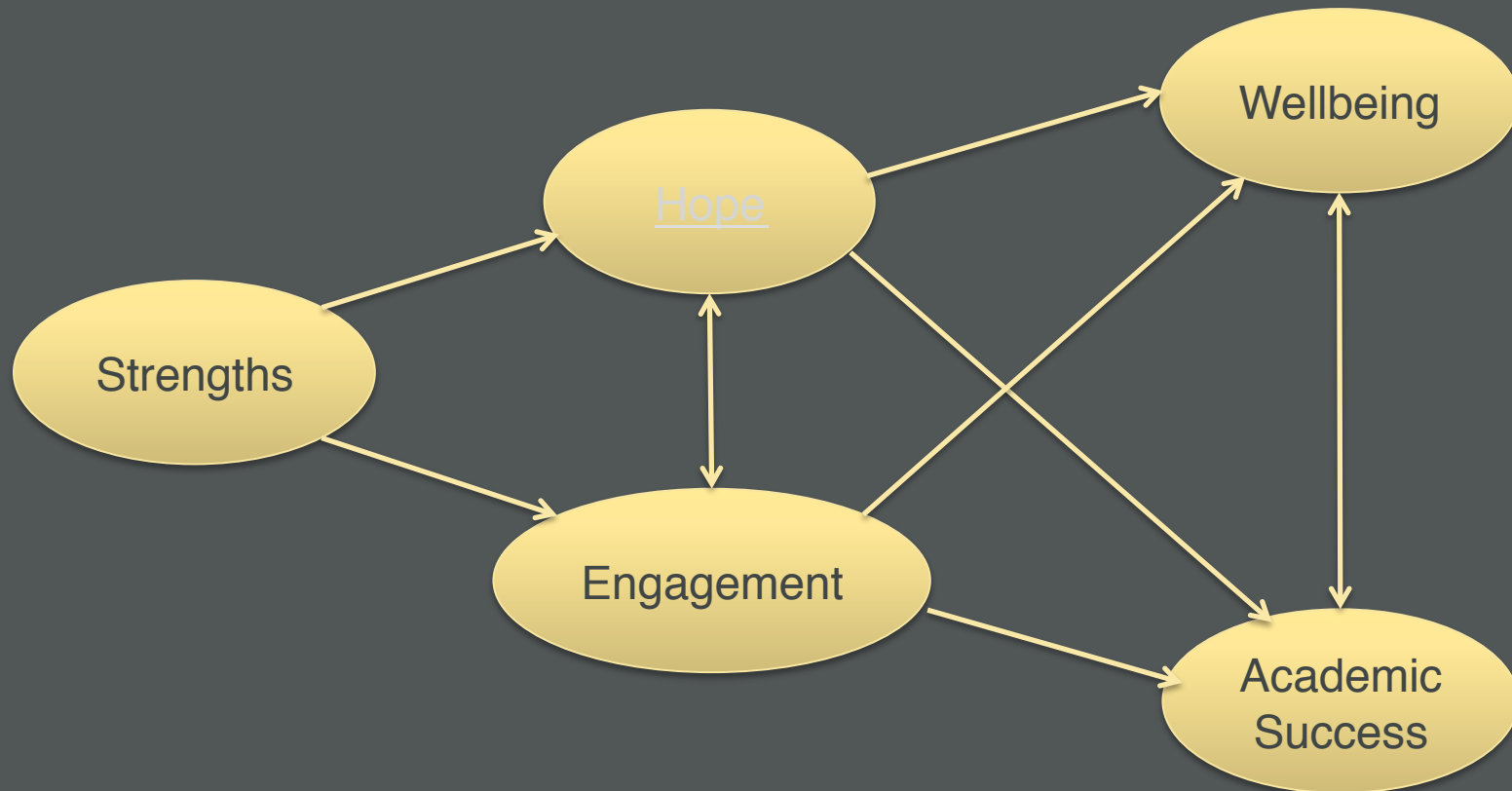
# Strengths

57 middle school students participated in chat groups

198 high school students received 1 on 1 feedback

62 college freshmen completed 3 mentoring sessions

# Gallup Student Success Model



Hope

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Hope	Low Hope	High
Dismissed	18	5
Withdrew	17	21
Still Enrolled	8	5
Graduated	29	39

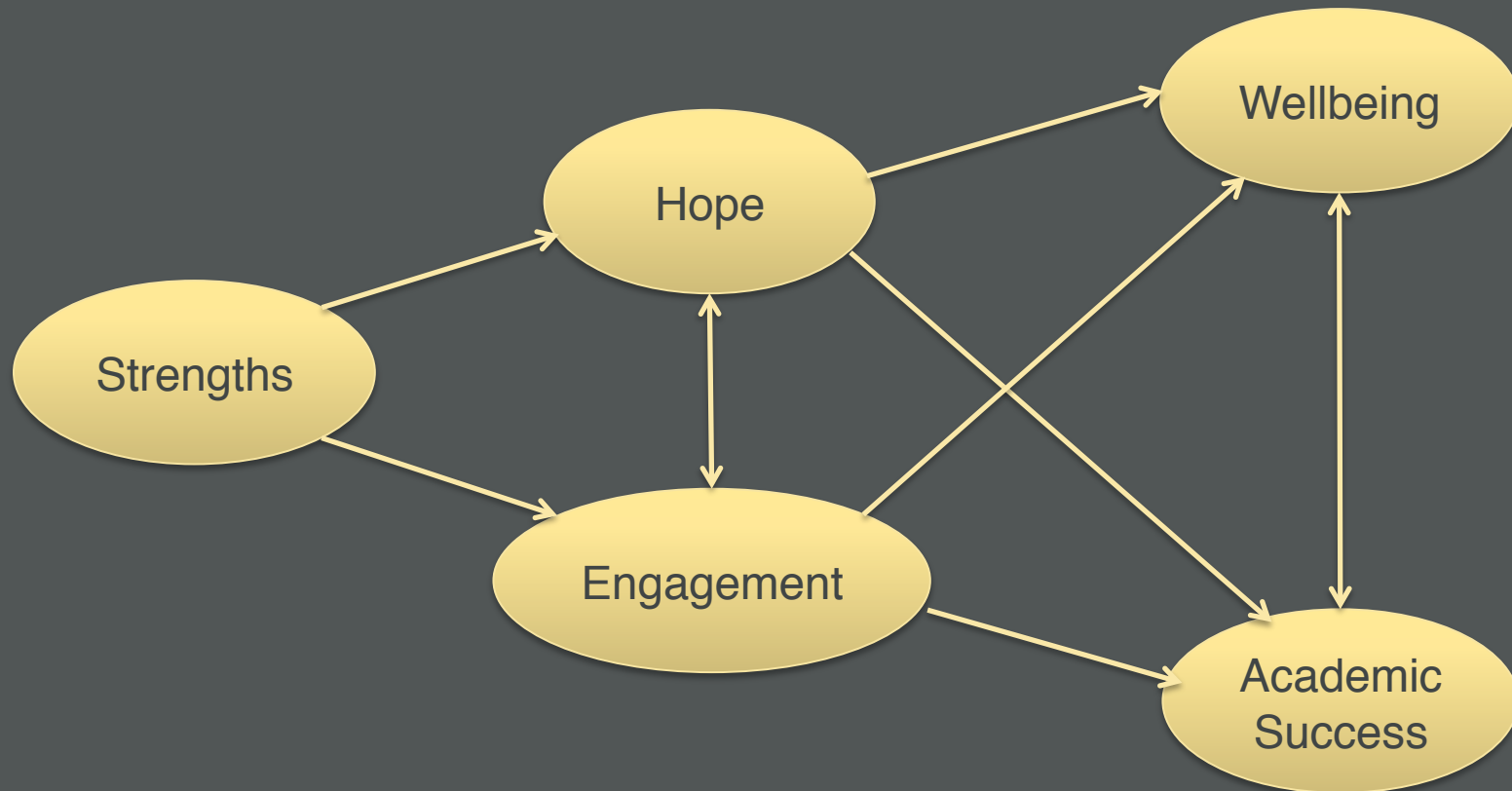


Enrollment – predicted by hope

GPA – predicted by hope, academic self-efficacy,  
engagement

Graduation – predicted by hope

# Gallup Student Success Model



# Wellbeing

# Five Wellbeing Elements

- **Career Wellbeing:** How you occupy your time; liking what you do each day
- **Social Wellbeing:** Relationships and love in your life
- **Financial Wellbeing:** Managing your economic life to reduce stress and increase security
- **Physical Wellbeing:** Good health and enough energy to get things done daily
- **Community Wellbeing:** Engagement and involvement in the area where you live

# Five Wellbeing Elements

- **Career Wellbeing:** “I like what I do each day.”
- **Social Wellbeing:** “I have a lot of love in my life.”
- **Financial Wellbeing:** “I have enough money to do what I want to do.”
- **Physical Wellbeing:** “My physical health is near-perfect.”
- **Community Wellbeing:** “I can’t imagine living in a better community than the one I live in today.”

# Gallup Conceptualization of Youth Wellbeing



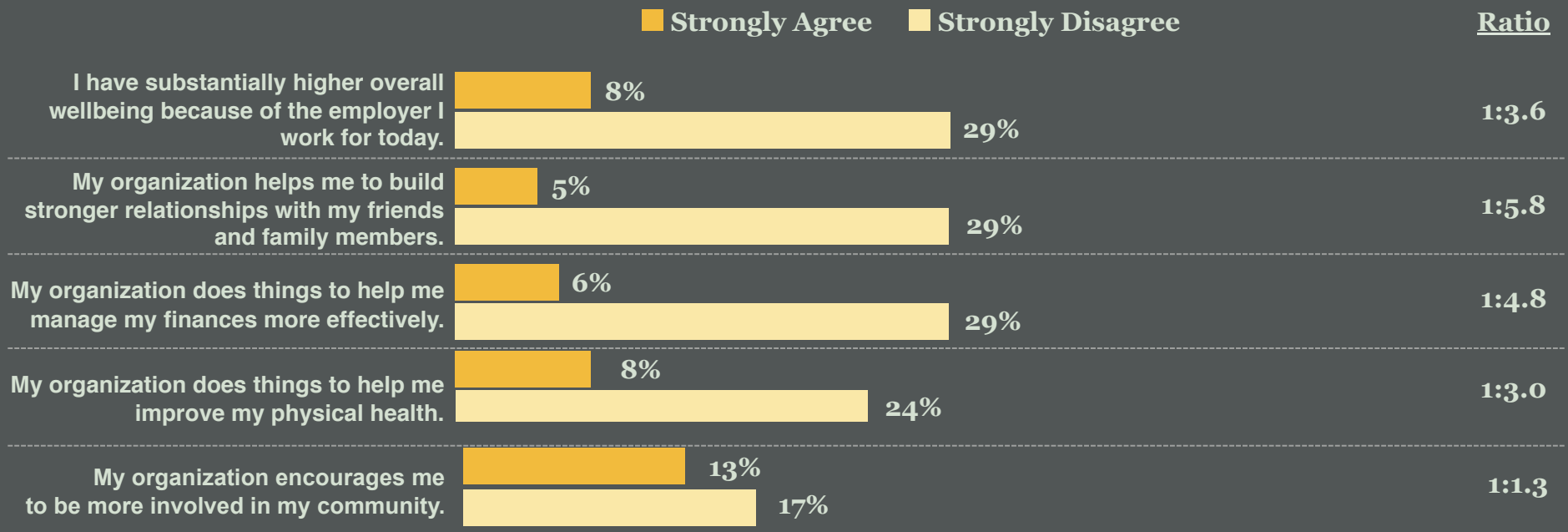
# Career Wellbeing

- Using strengths
  - Interesting and meaningful activities
  - Achieving goals
  - Leader who motivates
- 
- **Current State:** Just 31% have high Career Wellbeing; those who do are more than 4.5 times as likely to be “thriving” in life. Those with high Career Wellbeing are able to enjoy workdays nearly as much as they enjoy evenings and weekends. Only 20% of people truly like what they do each day.

# The Role of Organizations in Driving Wellbeing

A Gallup study of 13,800 randomly selected employees across the United States

Please indicate how much you agree or disagree with each of the following:



Gallup Panel of U.S. households, September 2009  
(weighted)



# Increasing Levels of Wellbeing



Action	Short-term Incentive	Long-term Goal
Use your strengths	Get more done	Engaging career
Hour of time with friend	Better daily experience	Stronger relationships
Automate payment	Less stress	Financial security
30 minutes of exercise	More energy throughout the day	Better health, longer life
Opt into community involvement	Feel better before and after	Meaning, purpose, better place to live

Strengths development leads to hope and engagement which, in turn, lead to wellbeing and academic success.