Note to Learner: The Institute for the Advancement of Family Support Professionals (IAFSP) encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:
- Learner and supervisor review course objectives and competencies
- Learner rates knowledge of learning objectives

During the training, the learner:
- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Prints Reflective Responses to share with supervisor
- Completes post-training evaluation

After the training:
- Learner:
  - Rates knowledge of learning objectives
  - Completes post-training activities, as required
  - Develops an action plan for applying skills and knowledge in daily practice
  - Meets with supervisor to:
    - Review pre- and post-training activities
    - Discuss reflections, questions, and concerns
    - Review action plan for applying skills and knowledge in daily practice
    - Assess personal learning goals, transfer of learning, and action plan over time

This 60-minute online module, *Understanding Hope as an Intervention Strategy,* offers an introduction to the construct of hope and how it can be used as an intervention strategy. Participants will hear about the history of hope theory, become familiar with tools for measuring and increasing hope, and learn strategies for using these tools in their own lives and when working with families. Because hope is malleable and can impact outcomes, the family support professional's role in modeling and boosting hope can make a critical difference.

NATIONAL FAMILY SUPPORT PROFESSIONAL COMPETENCIES

Domain 7: Relationship-Based Family Partnerships
    Dimension 27: Collaboration
        Component c: Action planning

BEFORE THE TRAINING

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Understand how hope differs from other constructs (like optimism and self-efficacy), and how it can be useful as an intervention strategy.		
How to measure Agency and Pathways thinking to assess levels of hope.		
How to increase hopefulness around a desired goal.		
How your own levels of hope can empower you as an agent of change.		

My personal learning goals for this training are:

1. _____

2. _____

3. _____

AFTER THE TRAINING

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner's plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will…

- Take the Trait Hope Scale Survey and use my results to identify areas for growth.
- Practice using the Hope Map in my own life.
- Use the Trait Hope Scale Survey and Hope Map with families I work with to help them meet goals.

My Action Plan

ACTION	TARGET DATE	DATE COMPLETED