**DOMAIN:** Mental and Emotional Health

**OUTCOME:** Hopeful Future Expectations

**MEASURE:** Abbreviated version of the Hopeful Future Expectations (HFE) Scale

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| Think about how you see your future. What are your chances for the following? |
|  | Very low | Low | About 50/50 | High | Very high |
| 1. Being involved helping other people. | □1 | □2 | □3 | □4 | □5 |
| 2. Having friends you can count on. | □1 | □2 | □3 | □4 | □5 |
| 3. Being healthy. | □1 | □2 | □3 | □4 | □5 |
| 4. Being safe. | □1 | □2 | □3 | □4 | □5 |

The full scale is available upon request from the Institute for Applied Research in Youth Development at Tufts University. Email iaryd@tufts.edu to request copy.