**DOMAIN:** Mental and Emotional Health

**OUTCOME:** Hopeful Future Expectations

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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](mailto:iaryd@tufts.edu) to request copy.