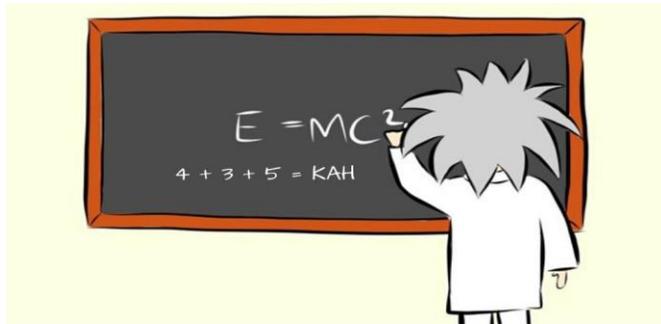


## How Professor Einstein Assisted Kids at Hope- The Theory of Everything-The Theory of HOPE



Rick Miller

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Most of his life, Professor Albert Einstein struggled to create one simple and unifying formula/equation that would define what he called, the *Theory of Everything* – everything about our universe.

Even on his deathbed, Dr. Einstein asked his assistant to fetch his working papers. He died never linking together two theories upon which all modern physics rests: general relativity and quantum field theory.

Since sharing its research conclusions, followed by revealing its universal truths and ultimately supporting those understandings with a series of practices, Kids at Hope has sought to have one unifying formula/equation that holistically and simply expresses what it learned, how it is translated, and the manner in which it is operationalized.

First a definition of HOPE.

Hope is not optimism, resiliency, nor self-efficacy but it does intersect with those three elements.

Dr. Richard Snyder: “A positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy) and (b) pathways (planning to meet goals).”

Dr. Shane Lopez: “the belief that the future will be better than the present, along with the belief that you have the power to make it so.”

Gallup Organization: “Ideas and Energy about the future”

Kids at Hope: “The ability to mentally time travel into the future (home & family, education & career, community & service and hobbies & recreation) return to the present and prepare for the journey.”

In honor of Dr. Einstein's relentless pursuit of the *Theory of Everything*, Kids at Hope is pleased to offer its Theory of HOPE – a holistic understanding of research, translation, and operationalization.

By connecting its **four research conclusions** . . .

1. It's not risks or trauma that prevents a kids' success- it is the absence of HOPE
2. People who work with other people's children do not control most of the risk/trauma kids experience, but they do control much of the HOPE
3. HOPE is taught and learned-however, you cannot teach that which you do not know
4. It is not programs or curriculum alone that make the greatest difference in kids' lives; it is meaningful and sustainable relationships with caring adults.

. . . to the **three universal truths** as a translation of the research conclusions into a theoretical, and strategic cultural framework – three critical elements needed to teach hope

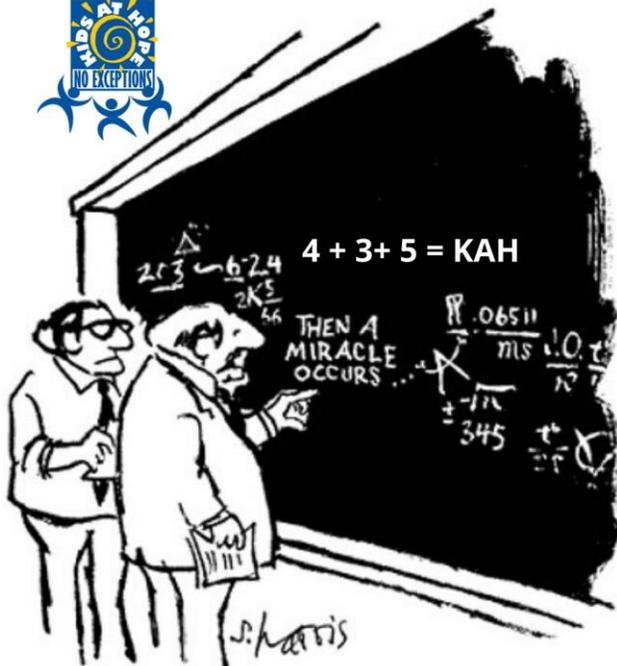
1. **Believe** – all kids are capable of success, No Exceptions!
2. **Connect** – every child/youth is guaranteed a meaningful relationship with a caring adult
3. **Time Travel** – all children/youth learn the power of mental time travel by exploring their future in four destinations: home & family; education & career; community & service; and hobbies & recreation.

. . . supported by **five practices** that operationalize the universal truths and address the four research conclusions:

1. **Belief** (celebrate the belief)
2. **Pledges** (the science of self-talk)
3. **KAH Report Card** (acknowledging multiple intelligence/treasure hunting)
4. **KAH Passport to the Future** (documenting Time Travel)
5. **Aces Tracking** (documenting the power of relationships)

**The Theory of HOPE** may be formulated as:

***4 + 3 + 5 = Kids at Hope***



"I think you should be more explicit here in step two."

Image credit: Sidney Harris

Within the social services field, a lot has been written about change and the process needed to achieve the desired result. Whether one calls it the Theory of Change, Blueprint for Change, Logic Model, etc. the concept remains the same – what is the desired outcome and what is the plan to achieve it?

Kids at Hope's desired outcome is ensuring that all children are seen as 'at hope' and have the opportunity to experience success at life's four major destinations: home & family; education & career; community; & service; and hobbies and recreation

By working backward from the desired outcome, Kids at Hope challenged the **youth at risk** paradigm. The **youth at risk** paradigm consciously and unconsciously establishes a much different reality where some children are seen as capable of success; others have potential but may not achieve success in an expected time frame, and there will be others who will not find or experience success at all.

By discrediting the conventional wisdom of the day that advances the notion that some but not all kids are capable of success, KAH was able to establish a cultural framework, supported by a series of simple practices that are demonstrating how all kids can succeed, No Exceptions.

The Kids at Hope *Theory of HOPE* model can now be shown as a *Theory of Change* construct by asking three key questions:

Is what is being proposed for change:

- Plausible?
- Feasible?
- Testable?

With all that as a backdrop, Kids at Hope's ***Theory of Everything*** is now in place to create a change model that inspires, empowers and supports the success of all kids, No Exceptions.

## Kids at Hope Formula for “Success for all students, No Exceptions!”

Four Major Research Conclusions + Three Universal Truths + Five Top Practices = a holistic strategic framework that supports the success of all students, without exception.



The Formula – “Theory of Change”  $4 + 3 + 5 = \text{KAH}$

Based on

- [Plausibility](#)
- [Feasibility](#)
- [Testability](#)



Theory of HOPE-Theory of Change  
 Kids at Hope Formula for Success-  
 All children and youth are capable of success, No Exceptions!

**4 Conclusions + 3 Universal Truths + 5 Practices = KAH**  
 (Plausible) (Feasible) (Testable)

1. It's not risk – it's hope	1. Believe	1. Belief (celebrate)
2. We do not control most of the risk – we do control much of the HOPE	2. Connect	2. Pledge (science of self-talk)
3. HOPE is taught & learned	3. Time Travel	3. KAH Report (multiple intelligence/treasure hunting)
4. Meaningful adult relationships		4. KAH Passport to the Future (Time Travel)
		5. Aces Tracking (relationships)



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[www.kidsathope.org](http://www.kidsathope.org)

<https://thesanfordschool.asu.edu/center-for-advanced-study-practice-of-hope>

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