

# Navigating A Changing World Pursuing Passions, Solving Problems, and Seeking Hope in the Anthropocene

## Vocabulary for Students



- **Hope:** a dynamic, cognitive motivational process
  
- **Hope Theory:** the process of thinking about one's goals, along with the motivation to move towards (agency) the goal and the ways (pathway) to achieve those goals.
  
- **Pathways Thinking:** thinking about one or more workable routes to achieve a goal.
  
- **Agency Thinking:** provides the motivational force necessary to achieve a goal.
  
- **Sense of purpose:** shaped by the things a person values; is the motivation that drives individuals toward a satisfying future.
  
- **Passion:** a self-defining activity people deeply enjoy doing and find important.