

## Appendix 3

### Selected examples of online modules

**Lesson 1-Structuring Hope**

- You will learn **about** the brief outline of structuring hope, including:
  - Developing goal
  - Visualisation
  - Hope reminding
  - Reflection
  - Application in the future

The screenshot shows a video player interface with a sidebar on the left containing an 'OUTLINE' and 'NOTES' section. The main content area features a cartoon illustration of a girl with orange hair and a pink bow, and a small video inset of a woman with glasses in the bottom right corner. The video progress bar shows 1/11 at 00:44 / 00:49.

This is my first day studying in the Education University of Hong Kong. My goal of this semester is to get an A grade on an subject. There are three situations that I might encounter in my college life. Please randomly choose one.

- Heading to start the first class (situation 1- Realized that lecturer's teaching speed is very fast and I cannot follow).
- Heading to start the first class (situation 2- Confused about the concept of lecture materials).
- Heading to start the first class (situation 3- Realized that my English language ability is not as good as I think).

The screenshot shows a video player interface with a sidebar on the left. The main content area features a cartoon illustration of a girl with orange hair and a pink bow, and a background image of a university building. The video progress bar shows 2/11 at 00:24 / 00:24.

**What is a SMART Goal**

- Setting up a goal is the first step to build up "hopeful thinking"
- By setting goal for yourself, you are providing yourself with a target to aim for so that you have something to "hope" for.
- SMART Goal helps you guide goal setting
- Click the box below


Specific  
Measurable  
Achievable  
Realistic  
Timely

The screenshot shows a video player interface with a sidebar on the left. The main content area features a hand-drawn diagram of the SMART acronym with arrows pointing to each letter: Specific, Measurable, Achievable, Realistic, and Timely. The video progress bar shows 2/11 at 00:24 / 00:24.

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## Lesson 3- Visualization

You will learn and be guided to do a visualization.



1 / 10 00:04 / 09:06

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< PREV NEXT >

### VISUALIZATION

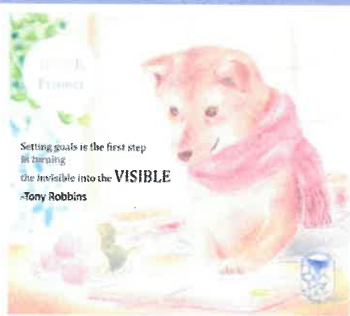
OUTLINE NOTES

Search

1. Visualization
2. Visualization
3. Visualization
4. Visualization
5. We are positive!

Show all

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Setting goals is the first step in turning the invisible into the **VISIBLE**  
-Tony Robbins

9 / 10 00:06 / 00:14

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OUTLINE NOTES

Search


1. Visualization
2. Visualization
3. Visualization
4. Visualization
5. We are positive!
6. JUST A Quick Reminder
7. Visualization
8. Visualization

Show all

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## WE ARE POSITIVE!

- "You can't go back and change the beginning, but you can start where you are and change the ending." --- Anonymous
- Be more positive? Let's change your PDF!
- P= Perspective
- D= Doing
- F= Feelings



5 / 10 00:14 / 01:57

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OUTLINE NOTES

Search

1. Visualization
2. Visualization
3. Visualization
4. Visualization
5. We are positive!
6. JUST A Quick Reminder
7. Visualization
8. Visualization

Show all



### JUST A QUICK REMINDER

- What is Pathway & Agency ?
- Agency refers to **perceived ability to initiate and sustain motivation to reach goals** (Snyder, Rand, & Sigmon, 2002).
- Pathway thinking refers to **self-perceived ability to generate multiple routes to reach goals** (Snyder, Rand, & Sigmon, 2002).
- So hope is the **ability to think of multiple ways (pathways) to reach a (goal) and the motivation (agency) to use the pathways identified**

1. What is Pathway & Agency ?

2. Agency refers to perceived ability to initiate and sustain motivation to reach goals (Snyder, Rand, & Sigmon, 2002).

3. Pathway thinking refers to self-perceived ability to generate multiple routes to reach goals (Snyder, Rand, & Sigmon, 2002).

4. So hope is the ability to think of multiple ways (pathways) to reach a (goal) and the motivation (agency) to use the pathways identified

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6. JUST A QUICK REMINDER

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6. JUST A QUICK REMINDER

7. I have no goals. I do not know what to do next.

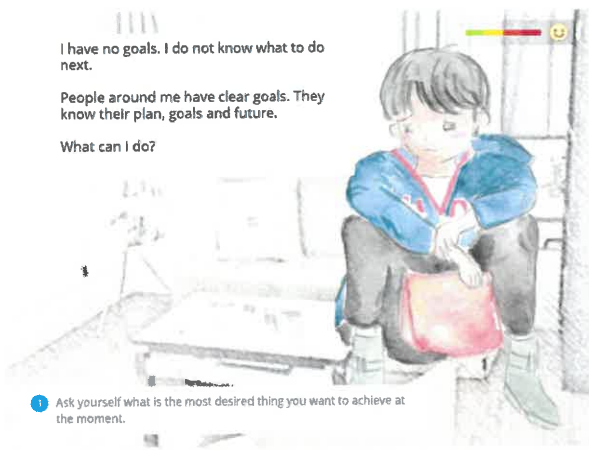
8. People around me have clear goals. They know their plan, goals and future.

9. What can I do?

I have no goals. I do not know what to do next.

People around me have clear goals. They know their plan, goals and future.

What can I do?



- 1 Ask yourself what is the most desired thing you want to achieve at the moment.

Search...

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7. I have no goals. I do not know what to do next.

8. People around me have clear goals. They know their plan, goals and future.

9. What can I do?

10. Hmm, Let me think.

11. Yes, sure! Take your time. Thinking of a goal is not easy. Try to think of a short-term goal that you can finish it in this semester.

Hmm, Let me think.



- 1 Yes, sure! Take your time. Thinking of a goal is not easy. Try to think of a short-term goal that you can finish it in this semester.

OUTLINE NOTES

Search...

1 Lesson 5- Reflection

2 ...

3 What will we do in this e-learning lesson?

4 ...

5 ...

6 ...

7 ...

8 ...

9 ...

10 ...

WHAT WILL WE DO IN THIS E-LEARNING LESSON?

- You will learn how to write a reflection. A model developed from Driscoll (1994) will be used as a guidance for it and an example will be provided for your reference.
- This model uses 3 "What?" questions for the reflection. They are "What?", "So what?" and "Now what?".
- When we are trying to reach the goal that we "hope for", things may not go smoothly, sometimes, we may also need to change our pathways. Therefore, doing a reflection helps us to improve, and also keeps ourselves on the right track towards our goals.

3 / 14 00:16 / 00:21

PREV NEXT

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OUTLINE NOTES

Search...

1 Lesson 5- Reflection

2 ...

3 What will we do in this e-learning lesson?

4 ...

5 ...

6 ...

7 ...

8 ...

9 ...

10 ...

Steps

1 "What?"

Some questions you can ask yourself when you are doing reflection:

What..

- ... was the experience/ situation?
- ... was the reason hindering me to achieve my goal?
- ... was my feeling about this experience/ situation?
- ... was the consequence of this experience/ situation for me?

PREV NEXT

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Lesson 5- Reflection - Google Chrome

psdlet.com/nmchung/kvvtunc6jgpx3f

padlet

SIGN UP LOG IN SHARE ? ...

Lesson 5- Reflection

Please write a reflection on your goal!

Anonymous

What: find a job  
So what: I did not send many cv  
Now what: send more cv

Anonymous

what: have a good GPA  
so what: effort needed  
now what: prepare for my assignments on a scheduled basis

Anonymous

What: have an overall GPA 3.3 or above  
So what: not start doing the essay early  
Now what: start to think of the outline of the essay before two weeks of the submission date

Anonymous

what: I did not do well in the group project and get a grade of b-  
so what: I did not really know much about this course and the knowledge about

Anonymous

What : Keep fit  
So what: eat a lot and always eat unhealthy food  
Now what: exercise daily and maintaining a balanced diet

Anonymous

What: I want to get along with friend, but

Type here to search

1:23 pm 5/5/2021