

The Shine Hope Company Partners with National Louis University to Equip Students with Hopeful Mindsets®

Comprehensive partnership brings evidence-based Hope tools to help students build resilience, emotional strength, and success in college and life



Chicago, Illinois Jun 13, 2025 ([Issuewire.com](https://www.issuewire.com)) - The Shine Hope Company announced today its partnership with National Louis University to implement “Hopeful Mindsets® on the College Campus.” Hopeful Mindsets® is a powerful new program developed by The Shine Hope Company that teaches Hope as a measurable, practical, and essential life skill. “Hopeful Mindsets on the College Campus” is now available for licensing by schools, universities, cities, and organizations worldwide. Individual students may also enroll in the course directly at www.hopecourses.com.

Hopeful Mindsets on the College Campus is a 10-module video course grounded in the Five Keys to Hope: Stress Skills, Happiness Habits, Inspired Actions, Nourishing Networks, and Eliminating Challenges. The program includes:

- Science-informed lessons featuring mental health experts from Harvard, Stanford, and Columbia
- Real-life stories from college graduates overcoming trauma, loss, and adversity
- A comprehensive student workbook to reinforce learning
- Implementation tools for institutions, including a syllabus, CANVAS page outline, marketing assets, and social media content

“We know students perform better—academically, emotionally, and socially—when they feel hopeful,”

said Kathryn Goetzke, CEO & Chief Hope Officer of The Shine Hope Company. *“Hope is not wishful thinking. It’s a teachable skill. And Hopeful Mindsets delivers the tools students need to navigate life’s challenges with resilience and purpose.”*

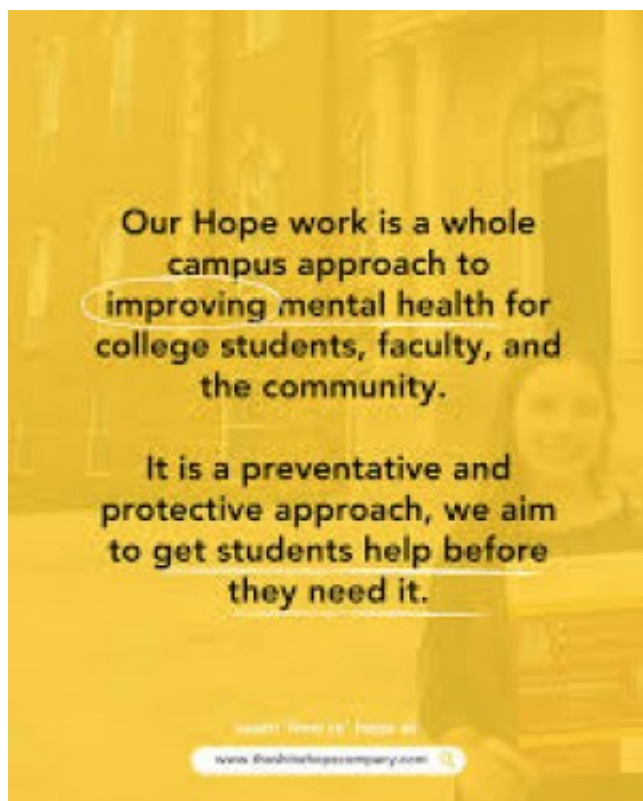
At a time when suicide is the [second leading cause of death](#) for teens and young adults, and 44% of college students report symptoms of depression, universities are urgently seeking scalable, evidence-informed solutions. Recent data shows that hopelessness is a key predictor of both [loneliness and suicidality](#), making it imperative that students learn how to proactively build and sustain Hope.

“National Louis University is committed to the holistic success of our students as we prepare them for and advance them in meaningful lives and productive careers,” said Eddie Phillips, National Louis University Provost. *“The resources provided through Hopeful Mindsets will help our faculty and staff incorporate hope-based strategies into academic programs and curriculum that educate, empower, and equip our students for social and economic mobility.”*

Initial research conducted at Arizona State University ([Bryce et al., 2024](#)) demonstrated an increase in student Hope scores and strong course engagement, with approximately 70% of students reporting high levels of participation. While broader research is ongoing, these early findings signal the program’s promise in fostering emotional resilience and student connection. This partnership marks a bold step toward supporting student mental health, academic performance, and retention.

About The Shine Hope Company

Our mission is to empower all by teaching scientifically informed and evidence-based methods that cultivate Hope. Through our educational resources, tools, and activations, we aim to inspire individuals to foster positive feelings and take inspired actions, measuring their progress in nurturing and sustaining Hope. Visit www.theshinehopecompany.com to find out more.



Media Contact

Theresa Ashford

*****@ashfordmediagroup.com

315.778.7636

Source : The Shine Hope Company

[See on IssueWire](#)