



High School

Home Connection

Optimism

Dear _____,

Today, in class, we learned that optimism is an attitude of confidence that even though a situation may be challenging or troublesome, it will work out, and **pessimism** is the belief that things will not turn out well.

Please encourage your student to share what they have learned in class about themselves, whether they are optimists or pessimists.

Please do not hesitate to reach out with any questions or concerns.

Best,
