

## INFORMATION SHEET

# VIRTUAL MEETING in the classroom with LDT and guests

Target audience : elementary cycle 3 and high school

*This document is intended to inspire you if you would like to ask LDT a question.*

The HSD campaign is delighted to have Laurent Duvernay-Tardif return as spokesperson.

This year, HSD is asking people to take a moment for young people. Our spokesperson has stepped up, and he wants to take a moment, for them and with them, during HSD. This will be a golden opportunity for Québec elementary cycle 3 and high school classes to take part in a virtual meeting with LDT and his guests.

To get the most out of this unique experience focused on young people, we would like you and your students to come up with a question to ask LDT. Students whose questions are chosen by the selection committee will get a chance to ask Laurent their questions live during the event.

**Three steps for registering for the virtual meeting:**

**1**

Formulate a question to ask LDT with your class and identify the student who will ask the question if it is chosen!



**2**

**Register here**

<https://journeesperseverancescolaire.eventbrite.ca>  
before January 29, 2021 to receive a login link before the event

*\*Teachers will be responsible to transmit the connection link to their students, if they are not in class (face-to-face) during the event.*

**3**

Don't forget to submit a student's question to LDT in the same form!

The event will be held in French, but we invite English speaking classes to register and ask a question in English, if they wish.

## QUESTION THEMES

Laurent has many areas of interest that go beyond sports, including community engagement, volunteering, modern art, health, and medicine. However, all topics are welcome, and if Laurent doesn't know the answer, he will have people on hand who can. He wants to talk to young people about what interests them and the different means they use to stay motivated and persevere.

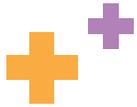
**Let your imagination soar!**

You might build a question around things your class is interested in, such as astronomy, biology, or politics. The question might also be related to a reading assignment you have given your class in the past year,

the inspiring journey of a classmate, or an experience the students wish to share.

Another option is to base your question on our campaign theme—motivation. Motivation is key to persevering at school, and it helps to explain why, despite encountering many obstacles, young people remain engaged with school and succeed in achieving their goals. While Laurent Duvernay-Tardif has become a symbol of perseverance, he is well aware of the effort involved and grateful for the help from family and friends who helped him succeed. And he wants to encourage young people to nurture their own sources of motivation, because while we are all different, we can all succeed if we persevere.

**OUR  
ACTIONS,  
A+ IN  
THEIR  
SUCCESS!**



## WORD CLOUD AND GLOSSARY

Here is a word cloud of concepts related to motivation, along with definitions. You can use this as a supplementary tool to approach various motivation-related concepts.



**MOTIVATION** Motivation can be defined as a process that contributes to initiating, sustaining, maintaining, or stopping a behaviour. It can be thought of as a driving force behind acting or thinking in a particular way. It is a determining factor in perseverance and success.

**PERSEVERANCE** Perseverance means to continue along a path to completion, to go all the way to the journey's end. School perseverance therefore means sticking with an education program until the credit is achieved (diploma, certificate, attestation of studies, etc.).

**RESILIENCE** Resilience is a phenomenon that expresses itself by the capacity of a person who has experienced trauma to not let it affect their happiness, to overcome obstacles, and to remake themselves in a socially acceptable manner. Resilience means facing life's trials with the ability to bounce back and rekindle the spark of life again afterward.

**PERSONALITY** Personality can be defined as a dynamic and organized process of characteristics in a person that influences their thoughts, motivations, behaviours, feelings, character, and perceptions. How a personality is organized predicts the specific ways a person will react in a given situation and, therefore, what makes them unique.

**SOCIAL SUPPORT** Social support is what a person receives in terms of emotional support, assistance with social integration, opportunities to feel useful and needed, confirmation of their value, and practical and material help. The power of social support is also related to one's social network, which is defined as the entirety of a person's stable social connections and which is measured in terms of frequency and quality of interaction.

**ASPIRATIONAL LEVEL** A person's success and failure can only be measured in terms of a goal or level of performance they have set to achieve; this momentary goal by which a person measures their performance is called "aspirational level." A distinction is often made between idealistic and realistic goals—the first referring to what one hopes to achieve, the second, to what one actually expects to achieve.

**EMOTIONS** An emotion is a psychological and physical reaction to a situation. Emotion is intimately linked with motivation, since it precedes and often triggers, inhibits, or sustains an action. For example, an emotion like fear is crucial to provoking certain actions essential to our survival, or to inhibiting other actions that could have undesirable consequences.

**FLOW** This is what you might also call being "in the zone"—the mental state of a person who is completely immersed in an activity, engaging all of their attention in it and taking great satisfaction from its accomplishment.

**ADAPTATION** Adaptation occurs when a new situation arises, and that situation requires a specific response that is assessed as being difficult or exceeding a person's capabilities. The response to the change restores a certain balance by contributing to a resolution of the problem and will engage the person on a path likely to lead to learnings that will result in a state of growth.



**\*\*Please note that you are not required to use these concepts in your question. This is simply a companion tool to help your students in the question-building process.**

