

HOOKED ON SCHOOL DAYS



Perseverance will take you far.

From **February 16 to 20, 2026**, mark your calendars for the 22nd edition of the *Hooked on School Days* (JPS) in Quebec!

In a world where everything moves fast and immediate results are often valued, it is essential to remember that success takes time.

It is built through challenges, trials, errors, and above all, through constant commitment. It is precisely perseverance, this ability to continue despite obstacles, that allows us to overcome stages that we sometimes think are inaccessible.

And behind every person who perseveres is someone who believes in them.

School perseverance is not solely based on individual willpower. **It takes root in environments where every act of support fosters confidence and the desire to move forward.**

Actions that will take them far

Supporting school perseverance is sometimes as simple as:

- Saying: "I'm proud of you"
- Value progress, **not just results**
- Sharing one's own journey, with its detours and obstacles
- Helping to set **short-term goals**
- Create an environment where **mistakes become learning opportunities.**
- Presenting **diverse models** of resilience and perseverance
- Offering **flexibility in working hours** during exam periods
- Schedule **study time in the workplace**

These actions **propel forward and help build a culture of perseverance**, where every young person and adult in training feels supported and encouraged to continue their path.

A word of encouragement
can ignite a spark.

A gesture of support
can change a course.

What if, today, you were the one making the difference?



Because perseverance will take you far.

Ushkuishtatishuti aven katak^u tshipa tshi ituteu.



Each year, thanks to the involvement of more than 200 North Shore partners, as well as the support of the Réseau québécois pour la érusite éducatve (RQRE), RAP Côte-Nord is able to deploy the JPS in its region.

Join the movement!

Here are several ways to participate:

- Download the **campaign tools and visuals** to share the message around you and encourage young people and adults in training in your community.
- **Wear the green and white ribbon**, a symbol of your commitment to school perseverance.
- **Participate in one of the activities** organized specifically as part of the JPS.
- **Add a touch of green** to your outfit or decorate your workspace in green on February 19th, for **PerseVERT Thursday**. Take a photo and share it with the hashtag #perseVERT2026 to create a green wave of support on social media.
- **Share your message of support or your story of perseverance** with the hashtag #JPS2026

**Join us to celebrate the
*Hooked on School Days 2026!***

Activity ideas

- Workshop on **job prospects and training**
- Workshop on **motivation, self-esteem, and social skills**
- Workshop on **management tools** (budget, agenda, calendar, note-taking, 168-hour tool, etc.)
- Perseverance **roadmap**, keeping a **personal journal**
- **Perseverance café**
- One-day **internship** and **visits** to businesses and industries
- **Perseverance blog**
- **Sharing messages** by the student association
- **Integration of the theme of perseverance into various student projects**

Activities to download



Download all
activities for
post-secondary
in a single ZIP file



The Improv of Perseverance

Hold improv matches on a wide variety of topics: perseverance, motivation, dreams, self-confidence, success, failure, effort, stress, the future, etc.
Find everything you need in this sheet and, above all, HAVE FUN!



Photobooth of success

- Create a “photo booth” activity during **Jeudi PerséVERT** (Green Thursday).
- Take photos
- Post the photos on social media with the hashtags #JPS2026 and #PerseVERT2026



Motivation and Success Quiz

Organize a quiz with students and learn about the subject of motivation!

Whether it's with Kahoot!, PowerPoint, Canva or any other medium, the important thing is to have fun!

Find a **Kahoot!** with
25 questions already
prepared in the link
on the sheet!



Encouragement cards

Haven't ordered your message cards from RAP Côte-Nord? Print them yourself. **A personalized message of encouragement has a STRONG impact on students.** Find encouragement cards from adults to youth and thank-you cards from youth to adults.



Compass of my Success

Encourage them to reflect on their personal values and identify those that will guide their professional aspirations and future plans.

Adult
Education



School Perseverance Sticky Notes

Encourage youth to answer the question "School perseverance means..." on a sticky note (Post-it or other brand). Stick all the notes around the cardboard to create a mural.



Vision Board "Visualizing Success"

Use this powerful motivational tool that helps people **identify their values, set priorities, and visualize their goals.** By creating their own vision board, young people equip themselves with a means to stay focused on persevering while exploring their creative and artistic sides.



School-work-personal life balance Activity

Take stock of the situation with your students, discuss it, watch some very short videos, and explore possible solutions and available resources!



Quotes to print

Print and display these inspiring quotes throughout the year in eye-catching visuals!

Another great way to spark interesting discussions!



Cut-out Mortarboard

Encourage students to write down an achievement, something they are proud of, a quality, a challenge they have overcome, a dream, or even the profession that motivates them to study! Use it during a photo shoot or even during **Jeudi PerséVERT!**



Letter to myself: “Hi, future me, ...”

Young people write a letter to their future selves to reflect on their **goals, dreams, and strategies** for persevering. **Encourage them to look ahead and become aware of their strengths.** The letters can be kept and given to them later so they can see how far they have come.

Would you like to have **tools, images, or content tailored** to and representative of JPS?

Contact RAP Côte-Nord!

[Contact us](#)

